



WINTER FOODS

STAYING WARM THROUGH YOUR STOMACH



COURSE OBJECTIVE

- **HOW TO SET-UP YOUR COOK AREA**
- **DEVELOP MENUS SUITABLE FOR WINTER CAMPING**
- **MAINTAINING ENERGY BETWEEN MEALS**

SETTING UP THE COOK AREA

- **USE YOUR SKIS, SNOW SHOES OR LARGE CONTAINERS TO PACK DOWN SNOW IN YOUR KITCHEN**
- **BE SURE TO HAVE ALL COOKING NEEDS HANDY BEFORE STARTING TO COOK**
- **SET YOUR STOVE ON CLOSED CELL FOAM OR PLYWOOD**
- **CHOOSE A COOKING AREA SHELTERED FROM STRONG WIND**
- **SITE SHOULD BE FREE OF DEAD TREES “OR” TREES COVERED WITH SNOW**



MAIN DISHES

- **MEALS MUST BE HIGH IN CALORIES**
 - **MUCH HIGHER THAN EVERYDAY ACTIVITIES**
 - **3600-6000 PER DAY**
- **CALORIES COME FROM THREE MAJOR GROUPS**
 - **CARBOHYDRATES**
 - **FATS**
 - **PROTEINS**



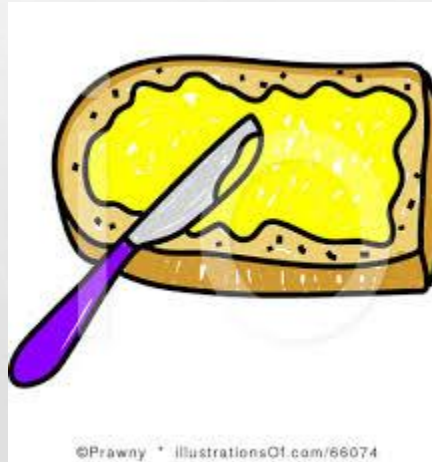
CARBOHYDRATES

- **50% OF CALORIES**
- **STARCH AND SUGAR PROVIDE QUICK ENERGY**
 - **RICE**
 - **PASTA**
 - **CEREAL**
 - **CIDER**
 - **CANDY**
- **COMPLEX CARBS RELEASE ENERGY SLOWER**
 - **BEANS**
 - **PEAS**
 - **GRAINS**
 - **POTATOES**
 - **VEGETABLES**
 - **FRUIT**



FATS

- **30% OF CALORIES**
- **LONG TERM ENERGY**
- **EXAMPLES INCLUDE:**
 - **OIL**
 - **BUTTER**
 - **CREAM**
 - **FATTY MEAT**
 - **CHEESE**



PROTEINS

- **20% OF CALORIES**
- **ESSENTIAL PART OF ANY DIET**
 - **BUILD AND REPAIR TISSUE CELLS**
- **LONG TERM ENERGY**
- **EXAMPLES INCLUDE:**
 - **LUNCH MEAT**
 - **PRE-COOKED CHICKEN/ BEEF**
 - **BEANS**
 - **NUTS**



FOODS TO AVOID

- **RAW MEAT**
- **COMPLEX DISHES**
 - **LONG PREP TIME**
 - **EXTENSIVE CLEAN-UP**
 - **MANY STEPS**
- **HIGH WATER CONTENT**
- **DIURETICS (DEHYDRATING FOODS)**
 - **SODA**
 - **CAFFEINE**
 - **SALTY FOODS**
 - **FRIED FOODS**
 - **CURED MEATS**



PICKING YOUR SNACKS

- **CHOOSE SNACKS HIGH IN CARBS AND PROTEINS**
- **EAT FREQUENTLY WHILE ACTIVE**
 - **BURN CALORIES FASTER DURING EXERCISE**
 - **ALTITUDE MAKES BODY WORK HARDER**
 - **AGE AND POOR HEALTH INCREASE CALORIE LOST**
- **KEEP SNACKS BY SLEEPING BAG**
 - **BURN CALORIES IN SLEEP**
 - **PROVIDE WARMTH WHILE SLEEPING**



QUALITY SNACKS

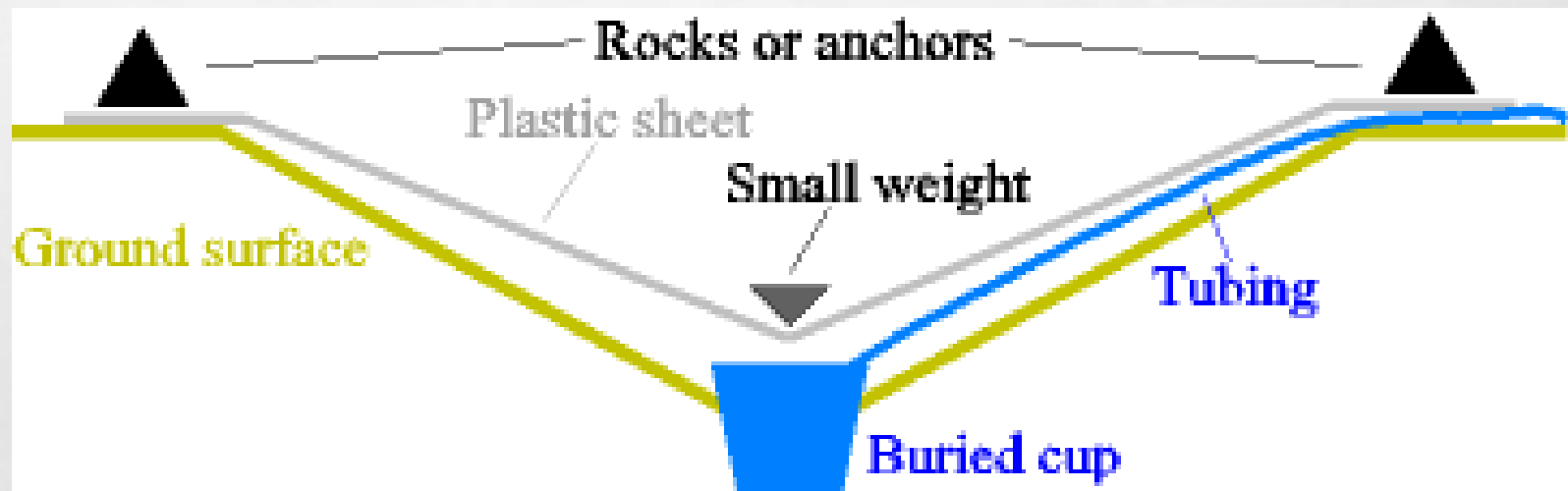
- **JERKY**
- **DRIED FISH**
- **BREAKFAST SQUARES**
- **GRANOLA BARS**
- **DRIED FRUIT**
- **FRUIT LEATHER**
- **FIG BARS**
- **GRANOLA**
- **SUPER COOKIES**
- **TRAIL MIX**
- **POP TARTS**
- **NUTS**
- **CHEESE**
- **MEAT SNACK STICKS**

HYDRATION

- **DRINK LOTS OF WATER**
 - **BODY USES MORE WATER WHILE ACTIVE**
 - **12 CUPS PER DAY MINIMUM**
- **MELT SNOW**
 - **USE STARTER WATER**
- **COLLECT CONDENSATION**
 - **USE A TARP AND A DEPRESSION**



WATER COLLECTION



MODEL MENU

<u>Fri. Dinner</u>	<u>Sat. Breakfast</u>	<u>Sat. Lunch</u>	<u>Sat. Dinner</u>	<u>Sun. Breakfast</u>
instant veggie soup	oatmeal	sandwiches	beef stew	Baggie omelets
mac & cheese	granola	apples	hot drink	pastries
hot drink	dried fruit	bananas		fruit
	hot drink	chips		hot drink
		granola bars		
		hot drink		

TIPS & TRICKS

- **TRY TO MAKE “ONE-POT-MEALS”**
- **KEEP FOOD HANDY FOR NIGHTTIME SNACKS**
- **CLEAN UP USING SNOW TO SCRUB FOOD FROM THE PANS**
- **DON'T WAIT UNTIL FOOD IS FROZEN IN THE PAN**
- **START EACH MEAL COOK WITH A FULL TANK OF GAS**
- **BE SURE TO PACK ENOUGH FUEL**
- **DON'T COOK IN TENTS**
- **DON'T EAT SNOW! IT MAKES YOU COLD!**



CONCLUSION

- **KEEP THINGS SIMPLE**
- **INCREASE CARBS, FATS AND PROTEINS**
- **DRINK LOTS OF WATER**
- **SNACK OFTEN**
- **PROTECT FOOD FROM THE ELEMENTS**





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