

# 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**
  - **YOU BURN 3600-6000 CALORIES PER DAY!**
- **CALORIES COME FROM THREE MAJOR GROUPS**
  - **CARBOHYDRATES**
  - **FATS**
  - **PROTEINS**





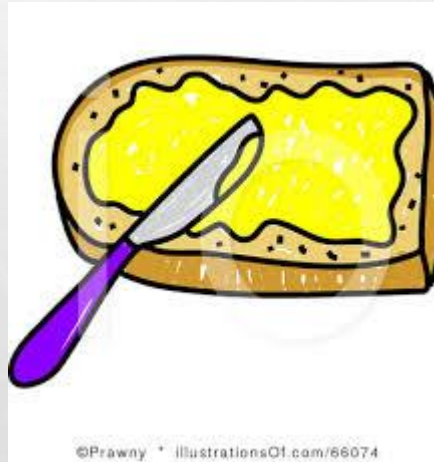
# CARBOHYDRATES

- **50% OF DAILY 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 DAILY CALORIES**
- **LONG TERM ENERGY**
- **EXAMPLES INCLUDE:**
  - **OIL**
  - **BUTTER**
  - **CREAM**
  - **FATTY MEAT**
  - **CHEESE**



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# PROTEINS

- **20% OF DAILY 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 LOSS**
- **KEEP SNACKS IN AN INSULATED FREEZER BAG 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**



# Nutrition Facts

Serving Size 1 package (24g)

## Amount Per Serving

**Calories** 70      Calories from Fat 10

## % Daily Value\*

**Total Fat** 1g      ← 2%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 25mg      8%

**Sodium** 200mg      ← 8%

**Total Carbohydrate** 6g      ← 2%

Dietary Fiber 0g      0%

Sugars 6g      ←

**Protein** 10g      ← 20%

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

# HYDRATION



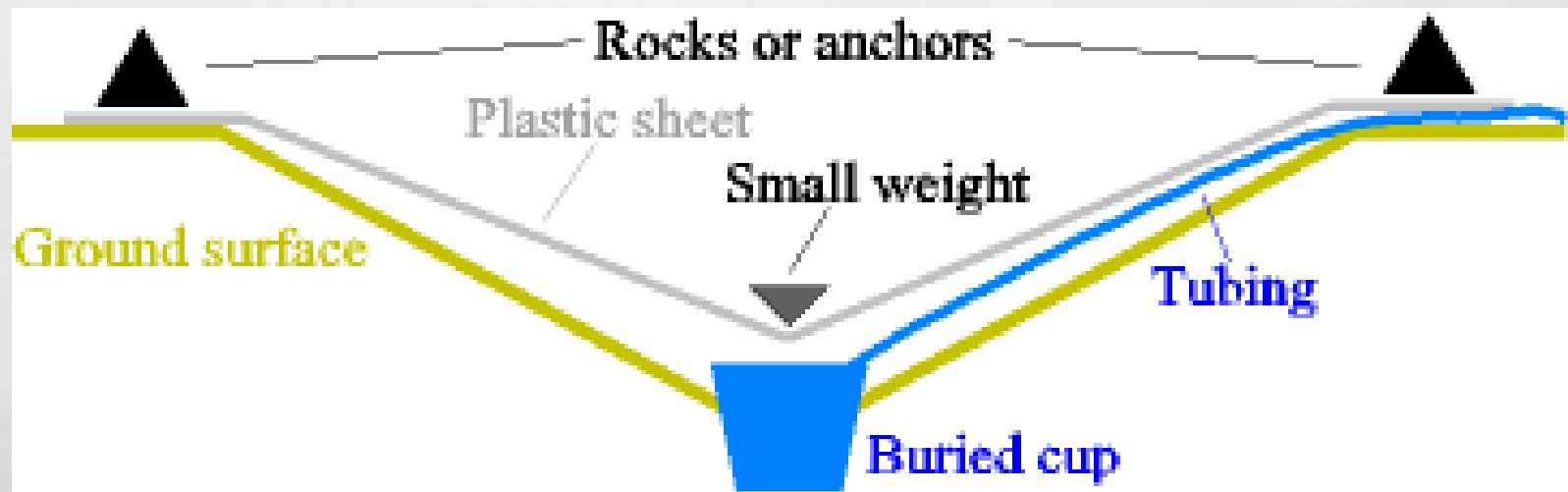
- **DRINK LOTS OF WATER**
  - **BODY USES MORE WATER WHILE ACTIVE**
  - **12 CUPS PER DAY MINIMUM**
- **MELT SNOW**
  - **USE STARTER WATER**
- **COLLECT CONDENSATION**
  - **USE A TARP AND A DEPRESSION**

## Symptoms:

- **Not feeling well**
- **Headache**
- **Dry, chapped lips**
- **Thirst**
- **Yellow Urine (See chart below)**
- **Prevention is key**

1		Good
2		Good
3		Fair
4		Dehydrated
5		Dehydrated
6		Very dehydrated
7		Severe dehydration

# **WATER COLLECTION SOLAR STILL**





# MODEL MENU ACTIVITY

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<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	Water	fruit
Water	hot drink	chips		hot drink
	Water	granola bars		Water
		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**
- **BEGIN EACH MEAL PREP 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**





YERBA BUENA LODGE

ORDER OF THE ARROW

**QUIZ TIME !?!?!?**

**WOAH IMAGINE THAT**



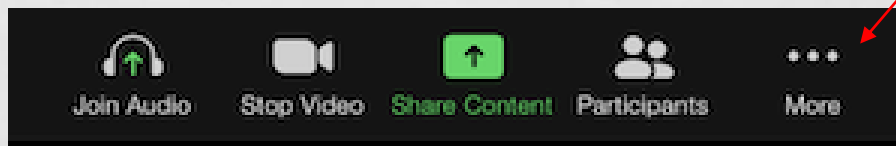
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# WHICH FOOD(S) PROVIDES IMMEDIATE(ISH) ENERGY?



**GRAINS, POTATOES, AND FRUITS**



**CANDY/PASTA/RICE/CEREAL**



**COOKED MEAT**



# WHICH FOOD(S) PROVIDES IMMEDIATE(ISH) ENERGY?



**CANDY/PASTA/RICE/CEREAL**

**WHAT ARE SOME  
“QUALITY”  
SNACKS/TRAIL  
FOODS?**

# **[TOTALLY NOT THE SAME LIST]**

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- **BREAKFAST SQUARES**
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- **POP TARTS**
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- **CHEESE**
- **MEAT SNACK STICKS**

**WHAT ARE SOME FOODS TO AVOID?**

# **(DEFINITELY NOT COPY PASTED)**

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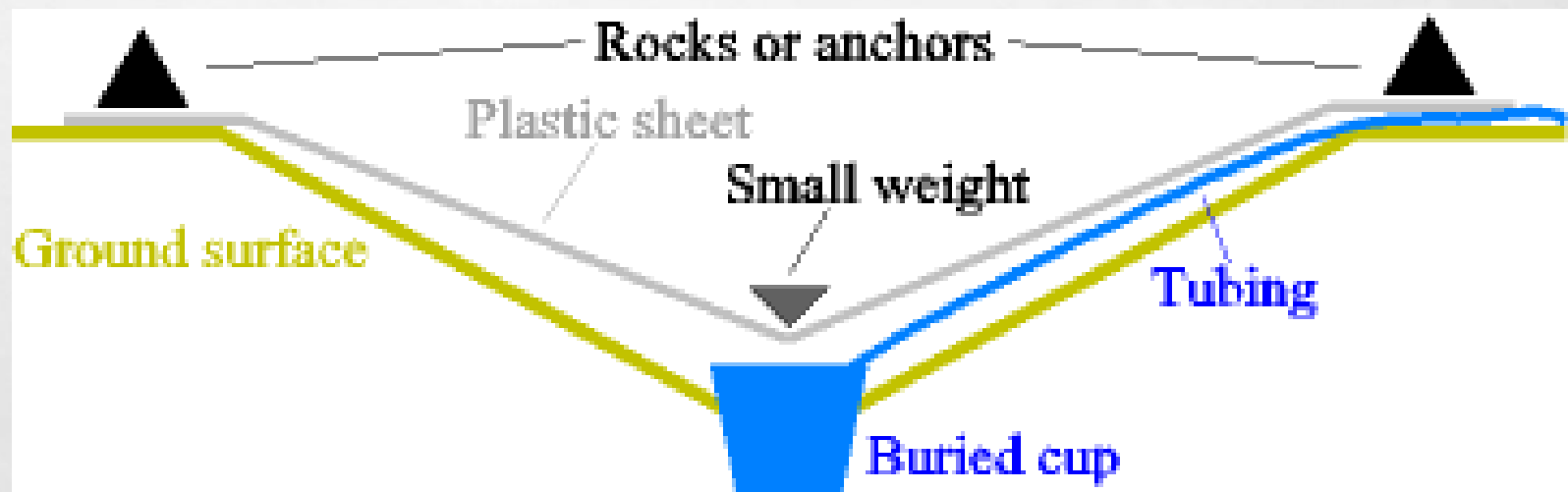


# **CHALLENGE QUESTION**

**NOW WITH 50% MORE CHALLENGE**



# WHAT IS THIS CALLED?



**ANSWER?**

**ANSWER?**

- **A SOLAR STILL**