

## CATERING AND ALLERGY MANAGEMENT

### SELF-CATER PROGRAMS

During a self-catering program, students will plan, purchase, pack and prepare their meals. This is usually undertaken in tent groups of three. The Outdoor Education Group staff assist students when preparing and cooking meals. For reasons of safety, The Outdoor Education Group maintains some specific procedures regarding food that is permitted on self-catering programs. It is important that you read and understand the information below. Please do not hesitate in contacting us if you have any questions.

#### MENU PLANNING

Plan for breakfasts and lunches to be consumed without extensive preparation or cooking, as time is valuable (e.g. boiling water for porridge is realistic while cooking bacon and eggs or pancakes is unrealistic). For dinner, it is important that participants effectively plan to ensure that they have a filling and enjoyable meal. For example, if the weather is likely to be cold, soups, pastas and hearty casserole style meals would be appropriate. Refrigeration is not typically available and as such participants should not bring any fresh meats (see details below under ingredients). Dehydrated meals, such as those available from [Campers Pantry](#) provide a lightweight option with the necessary calories for being active outdoors.

In some instances, the needs of a participant in a group and any serious food-related allergies they have may dictate that certain food groups are not present on program. Should this be necessary, your school will inform you.

#### TOTAL FIRE BAN IDEAS

During the declared fire season (Typically Term One and Term Four), menus need to be adapted to include several meals which can be prepared and eaten either cooked or uncooked. Foods such as couscous, Hokkien noodles or cooked rice pouches are recommended.

#### EQUIPMENT

Cooking will occur on camp stoves called a 'Trangia'. It is important to plan meals that can be prepared in one or two pots. Consider the number of utensils individual participants bring; the stirring spoon can be the same spoon utilised to eat with. A lightweight plastic chopping board is recommended and please take care to ensure that any sharp knife is sheathed (plastic case or secured in a tea towel works well).

#### PACKAGING

Ingredients should be in plastic or lightweight containers. Participants will need to carry all rubbish out of the field, so look for containers that can be flattened once used. Avoid bringing

foods in glass or cans as they are heavy, do not compact, and can break if you fall or knock your pack.

## INGREDIENTS:

**TWO MINUTE NOODLES:** Two-minute noodles, whilst a tasty snack, are not suitable as a stand-alone meal on program. The energy required to fully participate in the program's activities will not be gained from this type of meal.

**MEATS (PROTEIN):** Pouch tuna or salmon is a great source of protein, along with any meats that have been processed (e.g. a stick of salami, small cans of shredded chicken, spam, Hormel's crumbled bacon, Chinese style sausage). Do not bring raw meats as there will be no refrigeration.

**MILK/CHEESE AND PERISHABLES:** Perishable items should be limited, particularly in the summer months. Parmesan cheese or Kraft cheddar blocks can be found on the shelves of most supermarkets and can be used year-round. Powdered milk is best and can be found in skim, full cream or soy styles.

**VEGETABLES AND FRUIT:** Look for items that are easily transported. Hard fruits and vegetables such as: apples, oranges, pears, carrots, broccoli, potato and pumpkin work well. Light vegetables such as zucchini, bok choy and onions are best. Fruits such as berries, melons or bananas can be squashed or bruised easily. Dehydrated foods can help limit the weight and space of your food. Dehydrated potato, peas, beans and corn and a whole range of fruits are readily available.

## FLAVOURING

Spices such as cinnamon, curry powder, oregano, paprika, chili and mixed herbs are extremely light and add great flavour. Soup sachets, stock cubes and powdered sauces are also highly recommended (no satay or pesto as these CONTAIN NUTS). Wet sauces such as pasta sauce can be brought in plastic containers although can be heavy.

## RECIPE IDEAS

### BREAKFAST

- Cereals with milk, fruit loaf with spreads, dried fruits such as peaches and bananas. Rice cakes are also good and make an easy snack during the day.

### LUNCH

- Meat (e.g. packaged tuna, chicken or salami) and salad wraps. This typically includes cheese, capsicum, cucumber, carrot, avocado, dips/ mayonnaise. Fresh fruits that travel well are also a great idea.

### DINNER

### Honey Soy Vegetable Stir Fry

- Assorted Vegetables – i.e. carrots, zucchini, broccoli, beans, capsicum, corn, bok choy etc. Hokkien Noodles, honey and soy sauce.
- Heat noodles according to packet directions. Chop vegetables finely and stir fry in a little oil until tender. Add honey and soy sauce to taste. Mix with noodles and serve.

### Napoli Pasta

- Pasta, salami, carrot, zucchini, capsicum, onion, garlic, dehydrated peas, tomato paste (or tomato- based pasta sauce) and dried mixed herbs.
- Boil water, add pasta and dehydrated peas, cook until tender then drain. Chop remaining vegetables and stir through tomato paste and herbs, add to pasta and peas and serve.

### Burritos

- Canned red kidney beans or 4 bean mix, tomatoes, tomato salsa, mushrooms, capsicum, onion, garlic, cheese and soft tortillas.
- Chop tomatoes, mushrooms, capsicum, onion, garlic, add peas and kidney beans. Heat in pot, add salsa and cook until vegies soft. Serve mixture wrapped in tortillas with cheese.

### SNACKS/TRAIL MIX:

Any snacks participants bring will need to be free of nuts. Trail-mix needs to be lightweight, portable and filled with energy-rich ingredients such as the items in the list below. As a rule of thumb, the general ratio is 50% dried fruit, 30% seeds and 20% other. Place all ingredients in a zip-lock bag and seal:

Apricots	Flaked Coconut	Banana chips	Cranberries	Chocolate chips	Chia	Dates
Pretzels	Dried papaya	Dried pineapple	Carob chips	Dried ginger	Prunes	Raisins
Dried figs	Pumpkin seeds	Sunflower seeds	Dried apple	Goji berries	Popcorn	Sultanas

## SAMPLE MENU FOR 24 HOURS

BREAKFAST	
PRODUCT	QUANTITY PER PERSON
Powdered Milk	120g (measure and put in snap lock bag)
Cereal (muesli or Weet-Bix, avoid sugary cereal)	1 – 2 cups
Rice cakes, margarine and spread	2
Fresh fruit	1 piece

LUNCH	
PRODUCT	QUANTITY PER PERSON

Wraps / Mountain bread	4 (2 double wrapped)
Cheese (Kraft cheddar is good)	100g
Avocado	Half
Capsicum	One Third
Carrot	Half
Cucumber	One Third
Salami/Tuna	100g
Tomato	Half
Mayonnaise (repackaged into plastic tub)	As per liking

## DINNER

PRODUCT	QUANTITY PER PERSON
Pasta	150g
Meat (pre-packaged salami/tuna/chicken)	100g
Carrot	Half
Capsicum	One Third
Zucchini	Half
Bok Choy	One Third
Onion	One Third
Garlic	One clove
Sauce (pre-packaged)	1 (for 3 people)
Herbs and Spices	Pinch
Tim Tams	Easy dessert
Milo (in zip lock bag)	For Hot Chocolate

## SNACKS

PRODUCT	QUANTITY PER PERSON
Rice Cakes	From breakfast
Dried fruit/Trail Mix (no nuts)	150g
Fruit	1 piece
Muesli Bar	2