



THE DUKE OF  
EDINBURGH'S AWARD



**Expedition Food**

- You'll need 3,000 - 5,000 calories a day
- Choose food you like to eat, that will keep and is quick and easy to cook. Plan meals you can cook and eat as a team. Save a treat as part of your emergency rations
- 'Waterproof' your food (Ziploc bags works well) and ensure it can withstand being squashed.

- Use ziploc bags to keep food dry
- Separate food out for each day, so don't eat it all on the first day!
- Don't take too much food or your bag will be really heavy
- Work as a team – someone bring pasta for the whole team, someone bring sauce

- Start the day with a substantial breakfast & hot drink
- Cup of **tea** or **coffee** 😊
- **Porridge** – warms you up in morning – could even bring small jar of squeezey **honey** for extra treat!
- **Cereal** – will have to eat dry though 😞
- **Croissants/brioche** – they squish down and last for ages





## Lunch (up to around 30 minutes)

- **Sandwiches** – freeze them so that they will last for longer (ham will only last for one day, cheese will last till day 2, but on 3<sup>rd</sup> day will have to have jam type stuff)
- **Cheese and crackers** (would only last till about day 2 though)
- **Pot noodle** – but you would have to stop to boil water



## Evening meal

- **Curry** sauce and rice
- **Pasta** and tomato sauce – if you precook some chicken at home and wrap it in foil you can add this to pasta – but will have to eat it on first night (but don't have this every night or you will get fed up of pasta!)
- **Risotto**
- **Couscous**



## Snacks

- **Biscuits** – if everyone in the team brings one big packet each you will get through them all!
- **Sweets**, Haribo, fruit pastilles etc – again get everyone in team to bring a bag and then share
- **Crisps** – if you poke a tiny hole in the bag it lets the air to save space
- **Emergency rations** should include a favourite high energy snack (Snickers and Mars bars work well or, in hot weather, Kendal Mint Cake), sweets (such as Haribo, wine gums, fruit pastilles, raw jelly cubes etc.), energy drink

## Top five ready meals DofE teams love...

- All day breakfast - smokey bacon, sausage, omelette and beans in a sweet tomato sauce
- Chicken tikka & rice - the best camping curry around!
- Beef meatballs in a rich red tomato sauce with basil and pasta shells - classic
- Chilli con carne - the ultimate warming meal for the end of a days expeditioning
- Vegetarian tomato noodles with red kidney beans and a sweet & sourish sauce.
- and the best pud... Chocolate pudding with chocolate sauce



# Food Planner

Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

For more advice go to [www.DofEShopping.org/food](http://www.DofEShopping.org/food)



**Thankyou**