

## Food Menu Ideas:

Canned foods or foods that contain water are generally too heavy to pack. Freeze dried foods are great but expensive. Here are some suggestions of kinds of food easy to pick up at any grocery store. Foods that only require boiling water are the easiest to prepare. Lunch foods should require no preparation as they will be eaten on-the-go.

Suppers –Dry soup mix to make 2-4 cups of soup (store bought or homemade) 1 pkg Lipton Noodles & Sauce or Rice & Sauce (there are a many flavors) Boxed Mac & cheese

Breakfasts – Instant Oatmeal, nuts, dried fruit, Dry cereal with hot chocolate poured over it as milk, or use powdered milk, Granola bars

Lunches – Clef bars, Power bars, granola bars, carrot sticks, dried fruit, peanut butter to dip granola bars in, dry, powder drink mix, Snickers bars

Roma, Tea, and Hot chocolate are good for an addition to your supper or breakfast meals.

Trail Mix: granola, add M&M, dried fruit and nuts