



Food List

Asheville TAASC Program

North Carolina Mountains

During expeditions TAASC will be responsible for dinners and the individual students will be responsible for their own breakfast, lunch, and snacks. The following reasons are why TAASC has adopted such a model:

🌐 Education - We would like TAASC members to develop skills in wilderness expedition nutrition and meal planning. The best way to learn is by doing. They will develop a sense of what foods are trail worthy, what have the best nutritional value for their activity level, and how much they need.

🌐 Allergies/Fussy Eaters - With expedition teams it can be difficult to please everyone's taste, especially carnivore vs. vegetarian. Students often complain about the food. They will at times not eat because they do not like the lunch when their bodies are needing the nutrients. By being in charge of a portion of their meals they will take responsibility for their likes and dislikes regarding foods and, in theory, pack the food they like bringing happiness to the lunch circle. It is also a way to deal with food allergies that exist. If there are food allergies please let us know so we can have that knowledge when packing dinners.

🌐 Food Waste - Unfortunately there can be a lot of food waste at the conclusion of an expedition. Food that was thrown out because they learned they did not like humus or food that was never eaten because the word 'tabouli' scared them. It is our hope that with individual students in charge of their breakfast, lunch and snacks we will be able to cut down on food waste.

The following are a list of ideas that we have collected over many years on the trail. They are a guide, as we know many of you have a lot of trail experience. A reminder that our expeditions are not "car camping" and the students will be hiking with their food. So think lightweight, no coolers, convenient, and hearty (non smooshable) food.

BREAKFAST

We will have hot water available but we will not be cooking food over the stove.

- Instant pre-packaged oatmeal and grits
- Bagels and cream cheese
- Cereal - granola, grapenuts (will need powdered milk)
- Fruit - Apple, oranges

LUNCH

We like to use the analogy of a 'vehicle' and a 'passenger' when teaching students to pack for lunch. If you plan at least one 'vehicle' and one 'passenger' for each lunch, you and your stomach will be satisfied. Regarding 'vehicles' - do not bring bread as it smooshes the minute it is crammed into a backpack. Hard rolls will work but please no bread.

Vehicle

- * Tortillas
- * Pita Bread
- * Bagels
- * Crackers
- * Hard rolls (French rolls)

Passenger

- * Peanut Butter and Jelly
- * Cream cheese and salsa
- * Hummus
- * Cheese and mustard
- * Tuna fish and cheese
- * Salami, pepperoni

SNACKS

We tell students to pack two snacks per day and that covers their energy output. You know your child best. If they can handle monitoring their snacks then you can put all the trail mix in one bag and they know they must get 5 snacks out of it. If this sounds to challenging for your child we suggest making up 5 individual bags of snacks to help them self monitor.

- * Granola Bars - they are cheaper then power bars
- * Trail Mix - You can make your own and save money. Mix peanuts, raisins, and M&Ms together.
- * Cereal Bars/Snack Bars
- * Pop Tarts
- * String Cheese (already packaged into monitored servings)
- * Carrots
- * Fruit - we tell students to pack a piece of fruit a day (apples and oranges - no bananas or peaches please). Whether they eat it for breakfast, lunch or snack it is just nice to have a piece of fruit a day.
- * Almonds, sunflower seeds, etc.

These are just a few ideas for snacks. We encourage the cookies and candy to be left behind. They are empty calories and do not supply the students with the nutrition they need.

Packaging the food. We recommend removing as much packaging as you can while at home. This creates less trash for your child to carry out.

No glass please! You can get plastic containers with screw lids for the peanut butter and jelly if you need.

Totally optional but you may want to bring Gatorade for flavoring the water. Students often do not like the taste of iodine and the Gatorade helps to keep their electrolytes in balance. Try to stay away from sugary lemonade, etc as they attract the bugs and can become a sticky mess in ones backpack.