

## What Makes Good Duke of Ed Expedition Food?

Shelf Stable | Lightweight | Calorie Dense | Quick Cooking

**There's more to expedition food than noodles – there's plenty of shelf stable options to add protein and flavour to your meals.**

### Shelf Stable

- Use ingredients that can be stored at room temperature.
- Don't risk bringing foods that spoil when unrefrigerated.
- Take food that's durable to withstand days getting knocked around in a rucksack.

Eat and Enjoy



**You have to carry it every step of the way, so make it lightweight.**

### Lightweight

- Dehydrated foods reduce the water weight - food can be easily rehydrated in the field.
- Bring food that is naturally light in weight, but filling and nutritious.
- Foil packed foods are much lighter than cans.
- Remove as much packaging as you can.
- Break down product packets and repack in snap lock bags.
- Avoid tin and glass containers so you won't carry the weight after the food is eaten.

Eat and Enjoy



**Hiking takes a lot of energy - you need food that can properly refuel you.**

### Calorie Dense

- Calorie dense foods offer the most calories in the smallest serving.
- Most of your calories should come from carbs (50%), some from fat (35%) and the remainder from protein (15%).
- Sugary carbs cause blood sugar to spike quickly and crash, meaning you end up tired and hungry.

Eat and Enjoy

Couscous – carb rich, lots of amazing flavours to spice up your meal.

Beans, lentils & chickpeas – protein & carb rich, pre-cooked and sachet packed, eat hot or cold.

Jerky, quinoa and dried fruit - they can pack a lot of calories without adding a lot of weight.

**How long do you want to wait for your meal?**

### Quick Cooking

- At the end of a hard day's hiking, you'll want your food to cook quickly.
- Store-bought shelf-stable pre-cooked ingredients can be heated quickly.
- Dehydrated food just needs hot water to make a delicious meal.
- Eat out of the packet or pot to reduce time cleaning utensils.

Eat and Enjoy

Minute rice – par-boiled, it is already pre-cooked and takes little time to heat up.

Pasta – the thinner the pasta the faster the cook time.

Instant mashed potato – just add hot water making them incredibly quick and easy.

Couscous – tasty flavours and ready in less than 5 minutes.

Quick oats – add powdered milk and boiling water to make a high energy breakfast.