

## Some Suggestions for Food Items and Yummies!

### Happy Hour/Pot Luck

Nuts, pretzels, salty crunchies of any variety  
Fresh veggies - small tomatoes, peppers, carrots, avocados, cauliflower, broccoli, zucchini  
Cheese and crackers - olives and artichoke hearts  
Tortilla chips or pita and dips - bean dip, cheese dips, roasted pepper dips, hummus  
Tinned fish - salmon, smoked oysters, sardines, tuna  
Cookies and brownies - chocolate of any kind  
Tortilla wraps with ?? inside - cream cheese holds pretty well for a couple of days  
Nachos - Guacamole - Salsa  
Fresh fruit - cherries, orange slices, apples, grapes, dried fruits  
Indian dishes (Trader Joe's) - boil in packet to heat and serve with crackers or pita  
Tabouli and Couscous  
Risotto - (packaged) - add boiling water  
Pre-cooked pasta and sauce - only requires reheating  
Instant mashed potatoes/couscous and soup mixes - just add boiling water  
Top Ramen and Cup-O-Noodles  
Various rice mixes in packages

### Tips

- Repackaging dried/powdered food in baggies saves ounces and space
- Powdered Gatorade and Crystal Light in baggies - pre-measured for quart size bottle
- Cabbage leaves are a good substitute for lettuce on sandwiches and hold up well
- Tortilla wraps are a good substitute for bread which dries out in the altitude
- Fresh eggs (in egg carrier) will keep. Just keep your food in the shade. Aged cheese keeps better than ordinary cheddar which tends to 'leak' oil if it gets warm. Shredded cheese may convert to a block if it gets warm
- Frozen water bottles wrapped in a towel or garment make a great substitute for cold packs if you want to bring in perishables in your pack that need to be kept cold - also provides a cold drink later

### Quesadilla Night

The leaders provide cheese quesadillas one night for a group meal. Please bring something to add - salsa, chicken, olives, mushrooms, onions, etc. (Meat type things are OK since they'll be served separately)

### Salad Bar Night

The leaders provide salad greens and dressing for one night at dinner. Please bring something to add to the salad bar - croutons, tomatoes, avocados, shredded cheese, beans, sprouts, nuts, salad crunchies, cranberries, shredded carrots, beets, etc.

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There are plenty of old mottos and sayings, but the current motto to live by is "you can never have too many zip lock baggies" on a trip to the backcountry!