

This is a suggested food plan for your 7 day backpacking expedition. You do not need to follow it exactly, but it will help explain the food that BCM provides and the intentions behind

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	N/A	Bagles and cream cheese (optional: buy fruit and juice at the grocery store)	Quick oats, granola, dehydrated milk, raisins, craisins, mango, brown sugar, honey, banana chips, chocolate chips				On the Road: From the grocery store: muffins, bagels, or cereal, orange juice, milk, fruit, snacks.
Lunch	Sandwiches on the Road: 1 loaf bread, lunch meat, sliced cheese, lettuce, tomatoes, fruit (apples/oranges), chips, cookies	6-8 cans tuna, 2.5 lbs. cheese, 3 lbs. summer sausage, 1 jar peanut butter, 1 jar jelly, 10 bagels, 20 pitas, 30 tortillas, mayonnaise packets (20), mustard (1 jar)					
Dinner	Chicken Burritos: 10 tortillas, 2 cans beans, frozen precooked chicken strips, 1 jar salsa, shredded cheese, tortilla chips	Couscous chili: Couscous, pinto beans, dry veggies, tomato paste (optional: add chicken)	Loaded Potatoes: Potato pearls, cheese, dehydrated veggies, ranch powder, spices (optional: summer sausage)	Macaroni and Cheese (optional: add tuna - 2 cans)	Rice, dehydrated beans, tortillas, tomatillo. (Optional: add chicken - 1 can)	Celebration Dinner (left in van): Spaghetti, pasta sauce, pepperoni, cookies, sparkling cider	
Spice Kit: Salt, Pepper, Cayenne Pepper, Crushed Red Pepper, Garlic Powder, Cinnamon							
Snacks	Extras: Granola/CLIF bars (80-100), Snickers (10), Drink Mix, Hot Chocolate, snack mix, trail mix						
Optional items you may want to purchase: beef jerky, granola bars to supplement, high/low snacks for trail. Refugee youth generally do not like peanut butter. Nutella, while more							