

This is a suggested food plan for your canoe expedition. You do not need to follow it exactly, but it will help explain the food that BCM provides and the intentions behind some of the meals. All of the items in

| | Day 0 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--|---|---|---|--|---|---|--------------------|---|
| Breakfast | | Pancakes, butter, syrup, fruit | 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, almonds, chocolate chips | | | | On the Road: From the grocery store: muffins, bagels, or cereal, orange juice, milk, fruit, snacks. |
| Lunch | | Sandwiches: 1 loaf bread, lunch meat, sliced cheese, lettuce, tomatoes, fruit (apples/oranges), chips, cookies | 12 bags 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 packets (1 jar) | | | | | |
| Dinner | Spaghetti, spaghetti sauce, pepperoni, rolls, salad | 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: canned chicken) | Macaroni and Cheese (optional: add tuna - 4 bags) | Rice, dehydrated beans, tortillas, tapatillo. (Optional: add chicken - 1 can) | Celebration Dinner | |
| Spice Kit: Salt, Pepper, Cayenne Pepper, Crushed Red Pepper, Garlic Powder, Curry 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 expensive, is a popular | | | | | | | | |