

HELPFUL TIPS AND TRICKS FROM THE FOOD GURU

(also freq. asked questions & generally good to know info)

So your food planning is beginning! It doesn't have to be a chore! Don't stress! The easiest fix is simply to look at our preplanned menus and choose one! Here's some commentary from years of river experience, as well as a wealth of knowledge passed down from all the private trips we've packed for!

You already know that you will probably eat better on your canyon trip than you ever do at home. Since when did you ever eat 3 square meals a day at home, or not eat leftovers at least twice a week? All of our menus have healthy, wholesome ingredients that will keep you well fed!

Every menu comes with a full compliment of staples and sundries. These provide you with **all the necessary condiments & spices** for preparing meals. Your food pack also includes all the non edibles such as paper towels, Ziplocs, dish & hand soap etc. **(if you are renting a Ceiba Kitchen)**



First things first, snacks please!

(A list of specific included items are available on the [staples/snack/sundries.pdf](#))

Snack Box – Heaven forbid you forget that the snack box exists! These are for anytime, anywhere! (We try to pack a ratio of approx. 60% savory and 40% sweet items). Add some things from the snacks box to spice up your pack lunch or grab a bite if you need a little sugar rush before running Hance Rapid! (In the summer time the chocolates are usually hiding in the lunch cooler!) Your goal is to eat it all! Who ever ends up with this box on their boat will either be really popular or really full!

Here are some of the common snack items in our Snacks Box:

- *Beef Jerky/Turkey Jerky*
- *Dried Fruit, Nuts (including almonds, cashews, peanuts)*
- *Trail Mix (assorted sweet & salty)*
- *Chocolate (mini candy bars)*
- *Mixed bag of sweets (this tends to be a mixed bag of everyday commercial candy – i.e. tootsie rolls, jolly ranchers, caramels etc...)*
- *Pub mix (think chex mix), Cheez-its, Goldfish*
- *Snack Bars (good variety)*
- *Red Vines/Licorice, gummi bears etc...*

*****IF you have a very specific item you can't live without –bring it!*****

****If you have very specific types or brands of snacks, let us know and we will see how we can work with you.****

Remember – IF you aren't specific with us, then we will assume the above listed types of snacks are good to go!

Thoughts on Meals!!

Breakfasts — Although lots of huge, hot breakfasts sound exciting, we find most people really don't want to spend a lot of time in the kitchen in the morning. They'd rather be drinking coffee looking at the view or getting a head start on packing their boat for the day! Having a handful of just cold & hot cereal mornings is an easy fix, bagels and yogurt also allow for quick morning starts. Take some of your breakfast fruit with, and eat it as a snack or have some apple slices for lunch!



Breakfast tips:

1. We supply fresh locally roasted & ground coffee from Toucanet Coffee roasters.
2. We also provide an assortment of herbal, green & black teas as well as hot cocoa mix
3. **Coffee condiments:** Half & half, canned evaporated milk and assorted box milks (2%, oat, almond etc). Sugar and honey are sent as sweeteners.
4. **The Breakfast resupply stash is generally where all box milks, cereals & granolas are found.**
5. Breakfast fruits that we include are usually melons, grapefruits, pineapples and oranges. Use these as you would like (and before they go bad!!)
6. Mornings are a great time to check the menu for lunch and make sure that everything that you are going to need is in one place & accessible!

Lunches — Variety is nice, but if you want to do a lot of hiking it's nice to be able to have a pack lunch. Some trips just pull out the lunch stuff at breakfast and have everyone pack their own lunch. The beauty of a pack lunch is that you can eat whenever you want! This saves time of not having to do the entire lunch set up midday! Some of our lunches require a little prep the morning of, for example: hummus & tabouli, pasta salad, hardboiled eggs. A few need a bowl at lunch, like tuna, chicken or salmon salad, veggie and ceasar wraps.

The 20 mil lunch box has all the condiments you need and usually all the lunch items are in one cooler for ease of finding things. It's always good to look at the lunch menu during breakfast to make sure everything you need will be accessible when you stop for lunch, such as apples, oranges, lemons, limes, special ingredients for that lunch. I challenge you to eat all your fruit! Slicing up apples & oranges with lunch will encourage eating, or take a whole piece for a hike



Lunch Tips:

1. **If you haven't done it already – now is the time to find out what your having for dinner! Make sure you pull any meat that may need to thaw!**
2. **Use what is ripe!** We have given you a menu, we have sent you with all of the ingredients, most are fresh! *Use it or lose it!! Don't be afraid to switch veggies around, or entire meals, if items need to be eaten! Just like when your at home, if the veggies are ripe – USE THEM!* Otherwise they will soon spoil, and contaminate the other fresh veggies or items that are perishable...(We don't want that!)
3. Remember to clean up! And wash those hands!!
4. IF you are a fan of leftovers – Bring a personal lunch tupperware!
5. The **LUNCH RESUPPLY BOX** has a resupply of condiments, breads and drink mixes.

Dinners — There are suggestions with each meal on how to prepare the food. But on the other hand, if you are a whiz in the kitchen be creative. Don't be shy with those spices. Keep an eye on your produce. If something is ripe and needs to be used, by all means use it! Don't wait for it to rot so you can throw it away. You won't starve down the way, I promise!



General food Tips:

1. **Use your leftovers!** Toasted bagels or English muffins leftover from breakfast give some great variety at lunch or just a good mid morning snack. If breakfast doesn't call for bagels but you know you have extras from a previous meal, pull them out!!! If your boat with lunch bread flips and gets soggy think about enforcing the open face sandwich rule, or use tortillas. We rarely see a trip that uses every single tortilla.
2. **Make sure you look at your ingredient list (menu), grab a shopping bag, then utilizing the box contents (On the back of the laminated menu in the TL packet) reference the boat map and get shopping** – The box contents and the boat map act like a table of contents.
3. **Make sure you are managing your coolers (especially if its HOT!)** There shouldn't be needless opening and closing of coolers – know what you're after and where it is, no aimless searching. Also make sure that the coolers are being drained and periodically condensed. This will help with loss of ice, and keep items as cool and fresh as possible!
4. **Remember, your cooler should be treated like your fridge at home, if you spill something, clean it up!**



*Don't forget the Desserts!! – These are for you to eat whenever your ready!
You decide which dessert and what night – whether it's cookies and cocoa or Dutch
oven brownies, you're in charge!*

***Have a special occasion on your trip? Birthday? Anniversary? Let us know, we
can pack candles, or a "special" favorite dessert for your celebration on the water!***



Good Idea!!

Designate a Leftover Enforcer:

It is a great idea for someone to be in charge of leftovers & partially used jars and bottles. That way instead of ending up with 10 open jars of mayo & salad dressing, someone is monitoring those items, to make sure your are using up the open bottles before opening new ones! This person can also make the final call on throwing leftovers away, if they haven't been eaten.

Generally Handy Kitchen Tips & Suggestions

Specific menu comments :



****Talk to us about accommodating vegetarians or gluten/lactose free folks for any menu.****

We have excellent options for those that have dietary challenges – and can make substitutions to accommodate one or more – allergies and/or intolerances.

****Check out the “readymade” menu to minimize cooking. Dinner entrees are in boilbags, you just have to prepare the sides. An additional cost applies. Call for details!****

****Any menu can end on day 16 for a summer trip or be lengthened for a long trip.****

****Just remember 16, 18 or 24 days or more is quite a bit of time to be on the river and away from home – we recommend NOT imposing food restrictions on your trip, that people wouldn’t otherwise adhere to (i.e. If one person on your trip is a vegan we DO NOT recommend the entire trip be vegan! This can lead to some very unhappy trip mates- and is not very fair) And of course, it is easy for us to accommodate those with special needs or requirements...**

****Let’s talk about it! If you feel that your trip has special needs or requirements – let us know, and together we can figure out the best way to approach it!****

****Have a favorite recipe or very specific requests, types of food, theme, brands etc??
Maybe a custom menu is the right choice for you! Call for details!****

****Boatman! - You are responsible for knowing what is on your boat!**
*Keep your cooler neat and drained. Check your milkcrates with fruit & veggies to make sure they are in good shape. Pull out anything that is going bad so it doesn’t affect everything else.***



Menu Planning Timeline:

3 months out – you receive the menu planning details from our food guru

2-3 months out – Get participants to fill out the individual food preference form we have provided! And fill out the group food form with menu choice.

2 months out communicate with us if your numbers are waffling so we can set a deadline for final numbers



We are here to help, and welcome questions and feedback – Let us help you, Give us a call!!