



OUTDOOR EATING: ENJOYING NATURE THE NO-WASTE WAY

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Challenge

Pack lightweight, nutritious, and environmentally friendly meals to take on your next outdoor excursion. Camping and hiking don't have to involve bags of trash and processed hot dogs roasted over a fire. Just a little planning can help make your next excursion even better for both you and the environment by allowing you to pack energizing foods while minimizing the amount of waste you leave behind.¹

Follow these tips to prepare for your next outdoor adventure

Choose whole, unprocessed foods, which are...

- Full of nutrients to fuel your outdoor excursion
- Pre-packaged by nature so you don't have to worry about leaving wrappers behind

Try: Apples, bananas, carrots, cucumbers, oranges, nuts

Skip processed and packaged foods, which are...

- Typically high in calories, sugar, and preservatives, these foods also tend to be low in fiber, vitamins, and minerals, which may lead to decreased endurance and slowed recovery²
- Notorious for using excess packaging, creating unnecessary waste, and polluting the environment³

Tip: Try buying foods like nuts, oats, and dried fruit in bulk to cut down on waste.

Camp Side Grocery List

Breakfast:

- Oats
- Almonds
- Dried cranberries
- Tea Bags

Lunch:

- Pita bread
- Turkey
- Hummus
- Peppers
- Cucumbers

Dinner:

- Whole wheat tortillas
- Instant black beans
- Avocado
- Tomatoes
- Cilantro
- Green onions
- Shredded cabbage
- Lime

Snacks:

- Apple
- Peanuts
- Dried apricots
- Snap peas
- Homemade energy bars

Reuse, reuse, reuse!

- Take a look at things like bandanas, empty jars, and reusable plastic containers around your house, and think about how they could replace plastic bags, plastic wrap, and aluminum foil
- Practice this often and you may find yourself getting creative! Reusable water bottles, lunchboxes, handkerchiefs, and cloth napkins are a great place to start

Tip: Be sure to stay hydrated when you hit the trails. Freeze water bottles before you leave, and pack them in your lunch container so they can double as a way to keep your food at a safe temperature and your body hydrated.



Food Safety

- Always wash your hands before and after handling food. Bring disposable wipes or soap for hand washing.
- Prior to cutting, be sure to wash utensils (knives and cutting boards) and exterior of raw fruits and vegetables. Even if you plan to peel the produce before eating, it is still important to wash it first. Scrub firm produce, such as cantaloupes and cucumbers, with a clean produce brush and running water. Drying produce with a paper towel may further reduce bacteria that may be present.
- Keep perishable foods, like meats, cooked chicken, potato salads, in the cooler. Never bring meat or poultry products without a cold source.

Tip: Before heading out on your excursion, decide what you are going to eat, what foods to bring, (See Camp Side Grocery List, Page 1), and how to prepare the foods. Read “Food Safety While Hiking, Camping & Boating.”⁴

Try these substitutions to make traditional camping foods into energizing, minimal-waste meals:

Typical Camping Foods	Nutritious and No-Waste Options
Cinnamon rolls or pre-packaged sweet breads	Oats with brown sugar, dried fruit, cinnamon, and nuts
Single-use yogurt	Yogurt stored in a reusable container
Pre-packaged granola bars	Homemade energy bars (see recipe below)
Hot dogs	Black bean burritos with fresh salsa and cabbage
Hobo dinner with ground beef	Grilled lemon-pepper fish
Chips	Cucumber and pepper slices with homemade hummus (See Page 3)

Homemade Energy Bars

These fiber-packed energy bars are sure to give you an energy boost as you hit the trails. Plus, they're easy to make and perfect for storing waste-free. Try wrapping them in a bandana or placing them in a reusable container.



Ingredients: (Yields 16 bars)

- 2 cups rolled oats
- ½ cup shelled pumpkin seeds (pepitas) or sunflower seeds
- 1 cup sliced almonds, or your favorite nuts
- 1 ½ cups dried cranberries, blueberries, or your favorite dried fruit
- ½ cup ground flax seed
- ½ cup agave nectar (or ½ cup honey)
- ¼ cup brown sugar, packed
- 2 Tablespoons butter
- 2 teaspoons vanilla extract
- 2 teaspoons cinnamon
- Pinch of salt
- Cooking Spray

Prep Time: 10-15 min

Ready in: 45 – 50 min

Directions:

1. Preheat oven to 350°F. Spray a 9-by-9-inch glass baking dish with cooking spray and leave aside.
2. Spread oats, pumpkin seeds, almonds, dried fruit, and ground flax seeds out onto a cookie sheet. Toast in the oven for approximately 15 minutes, stirring every 5-6 minutes.
3. Heat honey, brown sugar, butter, vanilla, cinnamon, and salt in a saucepan until completely dissolved.
4. Remove the nut and oat mixture from the oven and immediately combine with the sugar and butter mixture. Evenly distribute this in a glass baking dish. Reduce the oven temperature to 300°F, and bake for 25 minutes.
5. Remove from the oven and allow to cool. Cut into 16 individual squares and store in a reusable container.

Cost (estimate): \$12, \$0.75 per serving

Nutrition Facts (per 1/16 pan): 170 calories, 7 g fat, 6.5 g fiber, 15 g sugar, 4 g protein

Homemade Red Lentil Hummus

Hummus is a popular food dip made from mashed chickpeas or other beans. This recipe uses red lentils. Hummus makes for a great snack. It can also be used as a spread on sandwich in place of mayonnaise. Try this easy hummus recipe!



Ingredients: (Yield 2 cups)

- 1 cup red lentils, dried
- 2 cups water
- ¼ cup olive oil
- 2 Tablespoons tahini (sesame paste), or substitute tahini for 3 teaspoon of peanut butter with 1 teaspoon of sesame oil
- 3 garlic cloves
- 3 Tablespoons fresh lemon juice
- 1 ½ teaspoons salt
- 1 teaspoon paprika

Directions:

1. Place water in saucepan and bring to boil. Add lentils and simmer covered until cooked well (15 minutes). Allow lentils to cool and drain any excess water, if necessary.
2. Combine all ingredients (except paprika) in high powered blender or food processor and blend until desired consistency is achieved.
3. Sprinkle with paprika on hummus.
4. Enjoy with pita chips, crackers, or your favorite vegetables.

Food Safety Tip: Serve immediately or refrigerate hummus in a container. Avoid letting hummus set at room temperature for more than 2 hours. ⁵

Prep Time: 25 min

Ready in: 45 min

Cost for hummus: \$3, \$0.38 per serving

Nutrition Facts (per serving): 165 calories, 8.7g fat, 8g fiber, 1g sugar, 7g protein

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Abstract

Finding foods to bring on a camping or hiking trip may seem challenging. Not only do they need to be nutritious, but they must also leave minimal waste so you can leave the environment just as you found it. Whole foods (such as fruits, nuts, and vegetables) tend to be better choices than processed foods (such as pre-packaged cereal bars, lunch meat) since they tend to be rich in nutrients and produce minimal waste. Finding reusable and recyclable ways to package your foods may also help cut down your impact on the environment.

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