

ROCK FROG CLIMBING SERVICES

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| Food List for Challenge Weekend |
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| Date: Review Date: |
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Your Challenge weekend is not just about completing the Activities, it's about living and working together in difficult and challenging circumstances. You will have to operate together as part of a team to sleep, eat and work. For your Challenge Activity Weekend you will be expected to work together in groups to cook your own food within a budget of £3 per person per day. Before you arrive at the venue you will have to decide what food goods you can bring or purchase during the event to make meals that will sustain you through the activities, that will fit in to the budget and can be cooked on a double burner camp stove or on a Trangia cook Set. You will have to think about breakfast, packed lunch and dinner. Below are some ideas of suitable foods:

| Food item | Benefit | Food item | Benefit |
|-------------------|--|--|---|
| Small shape pasta | Carbohydrate, energy giving and cooks quickly, doesn't go off | Fillings for sandwiches | Think carefully what you can use that will keep and not go off |
| Rice | Carbohydrate, energy giving and cooks reasonably quickly, doesn't go off | Salt, sugar, herbs and spices | Flavouring is important |
| Instant mash | Carbohydrate, energy giving, cooks very quickly and is very light to carry, doesn't go off | Tinned or packet tuna | Protein is a very important part of your diet, don't forget it! |
| Instant Porridge | Carbohydrate, energy giving, cooks very quickly and is very light to carry, doesn't go off | Tinned or packet meats, sauces and ready meals | Choose carefully. You want tasty, filling, reasonably priced items. |
| Noodles | Carbohydrate, energy giving, cooks very quickly and is very light to carry, doesn't go off | Tea, coffee, instant chocolate, cuppa soup, bovril | Warm drinks, sweet and savoury are important "comfort food" |
| Couscous | Carbohydrate, energy giving, cooks very quickly and is very light to carry, doesn't go off | Have a good look round the supermarket in your groups to see what is available. There are all sorts of new products available which may make a good meal. Work together, organise a menu that you all can eat, set the budget and GO FOR IT! Don't forget some comfort food, snacks, nibbles and sweets. | |
| Bread | Sandwiches for lunch | | |