

## **Food Suggestions**

We understand that getting all your food together is an effort. We understand because we are doing it too, actually for 9 days. This is a really important opportunity to learn responsibility, self-care and preparation for being a self-sufficient adult. Just like packing our gear it brings home our real needs and “karmic burden” in this life. Note that breakfasts and dinners will be provided. You must bring lunches and snacks for 5½ days.

That said here is the practical stuff in no particular order.

When prepping and packing food think **HEALTHY, LIGHTWEIGHT, HIGH QUALITY, ORGANIC** (if possible), **BULK, AND MINIMAL PACKAGING.**

We strongly encourage you to **bring high quality, nutrient dense food.** The quality of what you eat has a great effect on how you feel. This will be even more apparent on this trip.

**Regarding packaging.** This is a PACK IT IN, PACK IT OUT EXPERIENCE. i.e. you will pack out your own garbage, so be mindful of what you bring. Also our ethic is of minimal stuff, maximum nature connection. So, we suggest buying bulk amounts and pack it in reusable bags or containers, ex. Re-sealable freezer-quality Ziploc bags, reusable yogurt containers (these can be stacked for packing out once empty), etc.

Regarding dried prepared meals (MREs): there is a recent trend toward dried meals, military style. Although these have some benefits like ease, they are seldom really tasty or nutritious, and use high impact packaging. They are also often expensive. So they could be OK, but **do your best to think through meals and bring ingredients that you can combine or cook in camp.**

**We will have one large cooler with ice for quester’s food.**

**Try preparing and freezing a few meals,** especially the ones for before your fast. These defrost over time and can then be warmed or just eaten.

**When figuring quantities, be realistic about how much you actually eat.** Watch your meals over the next few days to get an idea. How much rice is that? How many slices of bread? Quantity of cheese? How much meat and how many pieces of jerky would that translate to? Etc.

**You must bring 3 or 4 one-gallon plastic water jugs for your fast,** one of them full. You will pump water through filters to fill the rest, unless you feel really enthusiastic about carrying another 16-24 pounds of water in your pack.

**Most of your food should go in your pack, however there will be limited room in the cart for a small bag or box.**

**There will be a two-burner stove available in the camp kitchen for your use.**

**We will have a plastic tote available for storage.** Mice and other desert critters will find your food at night if you leave it out.

Any items that must remain cold, especially meats, should be eaten during the first few days of the quest. Ice and thus the cold it provides is scarce after the fast. Better to have dried foods (oats, jerky, trail mix, etc) and foods that are OK cool such as non-leafy vegetables (ex. cabbage, peas, carrots, zucchini) and fruit (cucumbers and oranges do well). If you bring soft fruit, pack it in something with firm sides. Dried fruit is a better option. For protein, nuts, jerky, hard boiled eggs, cheese, lentils and beans work well.