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# OUTDOOR EATING: ENJOYING NATURE THE NO-WASTE WAY

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*"Leave nothing but footprints.  
Take nothing but photos.  
Kill nothing but time.  
Keep nothing but memories."*

-The Leave No Trace movement

## 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.

## 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:** Bananas, oranges, apples, cucumbers, carrots, edamame (soybeans roasted or in the pod), 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 recovery
- Notorious for using excess packaging, creating unnecessary waste, and polluting the environment

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

### 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

## 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

- 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.

### Eat clean

- Be sure to wash produce before eating it, and use insulated containers to keep perishable food cold
- Before heading out on your excursion, take a look at [http://www.fsis.usda.gov/factsheets/Food\\_Safety\\_While\\_Hiking\\_Camping\\_&\\_Boating/index.asp](http://www.fsis.usda.gov/factsheets/Food_Safety_While_Hiking_Camping_&_Boating/index.asp) to learn how to keep your food safe and bacteria free

## 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

### 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:

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

**Prep Time:** 10-15 min

**Ready in:** 45 – 50 min

**Cost (estimate):** \$10.40, \$0.65 per serving

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

#### Directions: (Yields 16 bars)

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, salt, and cinnamon 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.

## References

McGivney, Annette. *Leave No Trace: a Practical Guide to the New Wilderness Ethic*. Seattle: Mountaineers Books (1998)

"Nutrition and Athletic Performance." (2009). *Journal of the American Dietetic Association*, 109 (3), doi: 10.1016/j.jada.2009.01.005

The Daily Plate: <<http://www.livestrong.com/recipes/create/>>

Wastefreelunches.org: <<http://www.wastefreelunches.org/parents.html>>

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