

L101 Tuna Salad Sandwich



Gear Needed	
1	spoon

Cooking Instructions	
1	Open meat pouch Carefully open pouch on one edge
2	Add condiments Open each packet and add to meat pouch. Stir well.
3	Put tuna salad in pita bread Carefully open pita bread along cut edge. Spoon in filling

makes two sandwiches.

Handling Instructions
Meat pouches do not require refrigeration

Tips & Tricks
Re-use and recycle the <i>Freezer</i> Ziploc bags.
Close containers to prevent spills.

Tuna Salad Sandwich



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 qt
1	Ziploc Sandwich bag

Home Preparation	
1	Cut pita bread in half
2	Put 4 pita bread halves in sandwich bag
3	Put bread, meat pouch, and 1 each of condiment packets, in 1 qt Ziploc bag.

Tips: Burp air from bag
Securely close bag.

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbi = ¼ cup).

Ingredients		
Qty for 1	Description	Servings Qty
1	Tuna packed in water, 2.6 oz fresh pouch	
1	Mayonnaise packet	
1	Mustard packet	
1	Pickle relish packet	
2	Pita bread	

Special Preparation Instructions	
Pita bread	Use gloves when handling bread. They will last longer (not get moldy) on the trail

L102 Peanut Butter & Banana Wrap



Gear Needed

1 knife

Handling Instructions

Pack the bananas so they do not get crushed. Plastic containers are available to protect the bananas.

Cooking Instructions

		Qty	Ingredient
1	Slice banana	1	banana
		2	tortilla
Before peeling, slice banana lengthwise. Peel and put one half on each tortilla.			
2	Add peanut butter	2 tbl	peanut butter
3	Roll up tortilla		
Eat and Enjoy			

Tips & Tricks

Cut corner on Ziploc bag and squeeze peanut butter out.

Re-use and recycle the Freezer Ziploc bags.

Close containers to prevent spills.

Peanut Butter & Banana Wrap



Home Preparation Supplies

1-2	Ziploc storage bag, snck
1	Protective case(s) for bananas (if back packing)
1	Freezer ziploc bag, 1 gal

How many servings at this meal?

Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Home Preparation

1	Put peanut butter in Ziploc bag
To save bags, put all of the patrols peanut butter in one bag.	
2	Put tortillas and peanut butter in 1 gal Ziploc bag.
3	

Tips: Put this card in bag
Burp air from bag
Securely close bag.

Ingredients

Qty for 1	Description	Servings Qty
1	Banana	
1 tube or 2 tbl	Peanut butter	
2	Tortilla, 6-inch	

Special Preparation Instructions

Banana	if back packing, bananas need a protective case
Tortilla	Use gloves when handling bread. It will last longer (not get moldy) on the trail
Peanut Butter	Double bag if using peanut butter from a jar.

L103 Trail Tacos



Gear Needed			
1	Backpack stove	1	plastic cooking spoon
1	non-stick skillet		

Handling Instructions
Sour cream and meat should be kept in cooler

Cooking Instructions	Qty	Ingredient
1	chop (optional) tomatoes	1 tomato
2	heat meat in skillet	1 bag taco meat
Reheating the meat is optional		
3	Crush corn chips	AR Corn chip snack bags
With the chip bags still sealed, carefully crush corn chips in bag		
4	add ingredients to corn chips	½ cup vegetables
		¼ cup cheese
		¼ cup tomato
Carefully open one side of chip bag. Mix in other ingredients. Eat out of the bag and enjoy.		

Tips & Tricks
Cut corner on Ziploc bag and squeeze salsa out.
Do not boil, or put boiling water in Ziploc bags.
Re-use and recycle the Freezer Ziploc bags.
Close containers to prevent spills.

Trail Taco



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 sandwich
2	Ziploc storage bag, snack
1	Freezer Ziploc bag, 1 qt
1	Ziploc storage bag, ½ gal

How many servings at this meal?
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

Home Preparation	
1	brown the meat
drain excess liquid	
2	add seasoning to meat
Mix thoroughly. Simmer until thickened. Let cool. Put meat in 1 qt bag. Burp air from bag, seal and put in freezer.	
3	Bag vegetables
Put vegetables in sandwich storage bag. Keep the tomato whole, chop it at the campsite.	
4	Put cheese & salsa in separate bags
Put cheese and salsa in separate snack bags.	
6	Put all bags in ½ gallon bag

Ingredients for 4 servings		
Qty for 4	Description	Servings Qty
4 bag	corn chips, 2 oz snack size	
1 pd	ground beef	
¾ cup	water	
1 pkg	taco seasoning, 1 ¼ oz	
1 cup	lettuce, thinly sliced	
1 cup	cheese, shredded	
¼ cup	chopped onions	
1	tomato	
¼ cup	Salsa	
¼ cup	Sour cream	

Put this card in bag, Burp air from bag, Securely close bag.

Special Preparation Instructions	
tomato	optional if backpacking
sour cream	
meat	if using cooler then meat can be cooked at the campsite.

L104 Ham Salad Wrap



Gear Needed	
1	spoon

Handling Instructions
Meat pouches do not require refrigeration

Cooking Instructions	
1	Open meat pouch
Carefully open pouch on one edge	
2	Add condiments
Open each packet and add to meat pouch. Stir well.	
3	Put ham salad in tortillas
Spoon in filling onto tortillas. Wrap and serve.	

makes two sandwich wraps.

Trail Taco



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 sandwich
2	Ziploc storage bag, snack
1	Freezer Ziploc bag, 1 qt
1	Ziploc storage bag, 1/2 gal

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Home Preparation	
1	brown the meat
drain excess liquid	
2	add seasoning to meat
Mix thoroughly. Simmer until thickened. Let cool. Put meat in 1 qt bag. Burp air from bag, seal and put in freezer.	
3	Bag vegetables
Put vegetables in sandwich storage bag. Keep the tomato whole, chop it at the campsite.	
4	Put cheese & salsa in separate bags
Put cheese and salsa in separate snack bags.	
6	Put all bags in 1/2 gallon bag

Ingredients for 4 servings		
Qty for 4	Description	Servings Qty
4 bag	corn chips, 2-oz snack size	
1 pd	ground beef	
3/4 cup	water	
1 pkg	taco seasoning, 1 1/4 oz	
1 cup	lettuce, thinly sliced	
1 cup	cheese, shredded	
1/2 cup	chopped onions	
1	tomato	
1/4 cup	Salsa	
1/4 cup	Sour cream	

Special Preparation Instructions	
tomato	optional if backpacking
sour cream	
meat	if using cooler then meat can be cooked at the campsite.

Put this card in bag, Burp air from bag, Securely close bag.

L105 Chicken Salad Sandwich



Gear Needed	
1	spoon

Cooking Instructions	
1	Open meat pouch Carefully open pouch on one edge
2,	Add condiments Open each packet and add to meat pouch. Stir well.
3	Put chicken salad in pita bread Carefully open pita bread along cut edge. Spoon in filling

Handling Instructions
Meat pouches do not require refrigeration

makes two sandwiches.

Chicken Salad Sandwich



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 qt
1	Sandwich bag

How many servings at this meal?
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

Home Preparation	
1	Cut pita bread in half
2	Put 4 pita bread halves in sandwich bag
3	Put bread, meat pouch, and 1 each of condiment packets, in 1 qt Ziploc bag.

Ingredients for two sandwiches		
Qty for 1	Description	Servings Qty
1 pkg	Chicken, 2.6 oz fresh pouch	
1 pkg	Mayonnaise packet	
1 pkg	Mustard packet	
1 pkg	Pickle relish packet	
2	Pita bread	

Tips: Burp air from bag
 Securely close bag.

Special Preparation Instructions	
Pita bread	Use gloves when handling bread. It will last longer (not get moldy) on the trail

L201 Ticks on a Toilet Seat



Gear Needed			
1	paring knife	1	cutting board

Cooking Instructions		Ingredient
1	Remove core from apple	apples
2	Cut apples crosswise	
Cut 1/4 inch thick slices to form circles with holes in the middle – sort of like toilet seats!		
3	Spread peanut butter	peanut butter
4	Add raisins	raisins
Decorate with raisins to look like the “ticks” on the “toilet seats”!		

Tips & Tricks
Cut corner on Ziploc bag and squeeze peanut butter out.
Close containers to prevent spills.

Ticks on a Toilet Seat



Home Preparation Supplies	
2	Ziploc bag, snack
1	Ziploc bag, 1 qt

Home Preparation	Ingredient
1	Pack peanut butter
Repack peanut butter in snack bag. Close securely. Double bag.	
2	Put all ingredients in 1 qt freezer bag

Tips: Put this card in bag
 Burp air from bag
 Securely close bag.

How many servings at this meal?
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Ingredients		
Qty for 1	Description	Servings Qty
1	Apple, Red Delicious	
1/4 cup	peanut butter	
1	raisins, 1 1/2 oz box	

Special Preparation Instructions	
Peanut butter	can be packed in original plastic jar if whole jar will be used during campout.

L202 Ants on a Log



Gear Needed	
1	spoon

Handling Instructions
keep cream cheese in cooler

Cooking Instructions	Ingredient
1 Spread cream cheese onto celery	celery
	cream cheese

Fill groove of celery with cream cheese.

2	Decorate with raisins	raisins
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Tips & Tricks
Re-use and recycle the Freezer Ziploc bags.
Close containers to prevent spills.

Ants on a Log



Home Preparation Supplies	
1	Freezer Ziploc bag, 1 qt
1	Ziploc storage bag, snack

How many servings at this meal?
Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

Home Preparation	
1	repackage raisins
	put in snack bag
2	Cut celery
	Rinse each celery stalk. Pat dry with towel. Cut into 3-4 inch lengths. Put in 1qt bag
3	Put raisin bag inside of celery bag
4	Put cream cheese in cooler

Ingredients for 3 servings		
Qty for 3	Description	Servings Qty
6 stalk	Celery	
1 pkg	cream cheese	
3 box	raisin, 1 1/2 oz	

Tips: Put this card in bag
 Burp air from bag
 Securely close bag.