**Meal Planning chart for each Participant Fort Selkirk Workshop July 13 – 1`9**

**Day 1 – Monday, July 13**

Lunch

Dinner

**Day 2 – Tuesday, July 14**

Breakfast

Lunch

Dinner

**Day 3 – Wednesday, July 15**

Breakfast

Lunch

Dinner

**Day 4 – Thursday, July 16**

Breakfast

Lunch

Dinner

**Day 5 – Friday, July 17**

Breakfast

Lunch

Dinner

**Day 6 – Saturday, July 18**

Breakfast

Lunch

Dinner

**Day 7 – Sunday, July 19**

Breakfast

Lunch

**Total:**

**6 x Breakfast**

**7 x Lunch**

**6 x Dinner**

**Beverages**

* Coffee all day (regular and decaf perhaps) potentially
	+ 4 cups x 6 days= 24 cups of coffee
* Tea for all day (regular and herbal perhaps) potentially
	+ 4 bags x 6 days= 24 bags of tea
* Juice if you wish (tetra packs or juice crystals)

**Snacks**

favourite snacks (for during the day and late at night) - trail mix, marshmellows, dalmados, cheese and crackers

**Fresh Meat**

* Remember there is no refrigeration so enjoy your resh meat meals first
* Prepared meats like hot dogs or smokies, if in package will last a bit longer

**Canned Meat and Fish**

* This can be saved for later meals

**Eggs**

* Eggs store well if they are not in the sun

**Vegetables and Fruit**

* Vegetables and fruit sweat in their storage containers (and therefore will rot or mold) so make sure to store in large paper bags inside their containers so they can breath.

**Dry goods**

* Are perfect for camping with no refrigeration
* But plan your vitamin C and Iron intake
* Plan your healthy calorie intake

**Sauces and Garnishes**

* Butter or maragarine
* Cooking oil
* Soya sauce
* Syrup for pancakes
* Canned milk
* Vinegar
* Salt
* Pepper
* Sugar for making strawberry jam

There are bear proof garbage cans at Fort Selkirk.