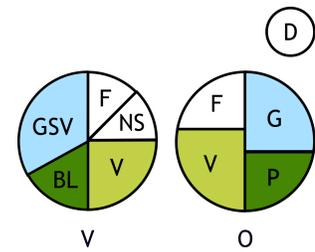


FIRE



FOIL DINNER SHOPPING AND PACKING AID

Possible Ingredients

Select at least one protein, one grain or starchy vegetable, and one vegetable. Adding some spices and aromatic ingredients will lift the flavor of your packet, even if you don't eat them!

Number of campers having dinner: _____

Budget for this meal: \$2.50 * _____ = \$ _____



Proteins

- Hamburger patties
- Precooked chicken pieces
- Hot dogs
- Pork chops
- Canned navy beans
- Canned chickpeas
- Canned black beans
- Veggie dogs or sausages
- Tempeh
- Soy chicken pieces
- Marinated tofu cubes

- Prepared tubed polenta
- White rice and ice cubes



Vegetables

- Broccoli
- Zucchini
- Tomatoes
- Bell peppers
- Mushrooms

Spices and aromatics

- Onion, yellow or red
- Garlic
- Basil leaves
- Salt
- Pepper
- Oregano
- Basil



Grains/Starchy Vegetables

- Carrots
- Potatoes
- Ears of corn



- Thyme
- Rosemary
- Smoked paprika
- Sweet paprika

Pack Equipment

- Heavy-duty aluminum foil (lightweight can do in a pinch)
- Sharpie
- Chef's knives
- Cutting boards or hiking boards
- Many containers and dishes for storing chopped ingredients
- Whole cabbage leaves (optional)
- Canola or avocado oil (optional)

