

Eating Well and Low-Impact Living on The Land in 2019

There are MANY ways that camping on The Land in 2019 is different from attending or working at MichFest. One of the key differences is FOOD! For most of the events, we each will be responsible for bringing and preparing most or all of our own food. Here are some tips from an experienced backcountry camper on how to eat well on The Land this year.

Plan Ahead

Know what is provided (see list https://wwtlc.org/summer_2019_event_application/)

Know what you need to bring:

- **A way to safely store food**
 - Raccoon proof and little critter proof and rain proof
 - Keep food cold that needs to be cold
- **A way to prepare food**
 - Campers are **strongly encouraged to use the main food prep area at the Community Kitchen** for fire safety and to prevent attraction of animals
 - Boiling water on a camp stove for your morning beverage is allowed at campsites if you are very careful with the flames and food particles
 - For cooking you will need to bring:
 - Prep utensils, pots, pans, slotted spoon
 - Dishes/utensils for eating
 - Campstove, fuel, matches (most airlines do not allow stoves or fuel)
 - Consider bringing heavy aluminum foil to put under your stove to make a “spatter/food scrap collecting space” to keep your cooking area clean and reduce the chance of attracting animals. The foil can be folded dirty side in/stored with food when not in use
 - Consider using paper plates to reduce dishes to be washed... heavy-duty all-paper ones like Chinet work well/are sturdy
- **A way to clean up after food prep**
 - without leaving any food debris or trash or microtrash in campsite or kitchen area
 - You’ll need: biodegradable soap, a scrubbie, a hard plastic scraper or silicone spatula, strainer for straining liquids, a dish pan to carry dirty dishes and pots/etc. to dishwashing area, trash bags for carrying trash to garbage cans, paper towels

Food:

Your meals and snacks can be as simple or elaborate as you want. The key question is: **How much time do you want to spend doing food prep/clean-up?**

Plan Ahead:

- Create a list of foods you want to have and/or a menu with all of the ingredients
- Choose items that are the “quick cooking” option, for example, quick brown rice or quick cooking oats instead of regular brown rice or rolled oats.

- Reduce packaging you bring by leaving boxes/wrappers/etc. at home
- Consider pre-packing all of a meal's ingredients in one bag so they are easy to find
- With fresh vegetables and fruit: wash them at home, trim off any stems/inedible parts, consider pre-chopping into the size you will need for a meal
- Consider precooking soups, casseroles, meats, other foods that can be thawed and reheated. In the months preceding the event, when cooking at home, make extra and freeze portions in baggies to be reheated at the event.
- For meat: choose meat that doesn't produce a lot of waste, for example, skinless/boneless chicken breasts or thighs instead of chicken with bones/skin. Better yet, bring pre-cooked meat ready to re-heat.

Truly minimalist dishwashing system: Uses very little water and no soap. Do not put any food particles on the ground; it will be a problem for the next group of women setting up camp in that area and will attract animals.

- Plan ahead to have pre-prepared food and/or heat and serve food, 1-pot meals
- Thoroughly scrape pot and eating dishes with plastic scraper or rubber spatula, and eat the scrapings (it's just food!)
- Do not dump your water from cooking pasta or other things. Carry the pot to the dishwashing sink and dump it there or drink / reuse it.
- Wipe out remaining food scraps/grease with toilet paper or paper towel
- Put TP or paper towel in plastic bag and take to the dumpster or store with food
- Pour small amount of hot water in pot, swirl, drink after cool enough to drink
- Rinse several times

Or use paper plates and bowls and just have cooking pot/utensils to wash

Other Leave No Trace Concepts:

Remember that women will be using the same area for their event after you leave. Try to restore the area to conditions that match your expectations of The Land when you first arrived.

- Use a pee bucket to avoid middle of the night treks to the porta-jane and peeing in your neighborhood and potential future tent sites of women to come later in the season. Folgers/similar coffee containers with sealing lid make great pee buckets (for those of us who don't drink coffee, donate it to a local senior center or community meal program). Hold the pee bucket up close to your crotch, pee into it, seal with lid. Put used TP in a ziplock bag. Empty pee bucket in porta-jane. Dispose of used TP in porta-jane or ziplock with used TP in dumpster.
- Carry a ziplock bag in your pocket or pack for your used Kleenex, any bits of microtrash you find (twist ties, cigarette butts, candy wrappers, etc.)
- Toothpaste smells like food to animals; store it outside your tent. When brushing your teeth, spit into a bit of toilet paper and put in your trash. Store nothing that smells like food inside your tent to avoid having animals rip through the fabric to get to it.
- Push over ferns, don't tear them up

- Don't break off living branches from trees, bushes
- Do not rake/sweep up leaf litter/etc. to "tidy" your campsite... bare ground can erode in rainstorms
- When packing up your campsite, remove all strings and ropes from area, and inspect the area for any microtrash

Sample menu ideas/ingredients for easy/low-prep meals

Breakfast:

Granola
 Yogurt
 Fruit
 Oatmeal (consider quick oats or instant)
 Cold cereal
 Bagels and cream cheese
 Pancakes (with just add water mix)
 Scrambled eggs
 French toast

Lunch:

Crackers
 Cheese
 Bread or tortillas
 Peanut butter or nut butter
 Honey or jam
 Beef or turkey jerky
 Summer sausage
 Tuna (little packets that are pre-seasoned, or bring mayo or other condiments)
 Cans of seafood (smoked clams or oysters, kippered snacks, sardines)
 Deli or homemade chicken salad or seafood salad
 (NOTE: tuna and seafood are VERY attractive to raccoons.... Eat them away from camping areas and dispose of cans/trash the same day... do NOT store open cans/seafood-smelling trash in camping areas)
 Hummus
 Cut-up veggies
 Salad
 Tahini
 Tabbouleh
 Baba ghanoush

Snacks

- Cookies
- Nuts
- Dried fruit
- Energy bars
- Chips
- Chocolate
- Tea
- Instant soup packets

Dinner

- Boil-in-the-bag meals (Tasty Bite makes great Indian food pouches)
- Freeze-dried backpacking meals or food (Harmony House has great freeze-dried ingredients and soup/chili kits... check out www.rei.com)
- Burrito night
- Pasta night
- Rice and beans
- Stir-fried veggies, tofu, and quick brown rice
- Quesadillas
- Pre-cooked sausages (just heat and serve)
- Mac and cheese from a box (Annie's or such)
- Burgers and dogs (meat-full or meat-free)
- Soup made at home, frozen, reheat on The Land
- Nutloaf and other casseroles made at home, frozen, reheat on The Land
- Boneless/skinless chicken thighs or breasts, cooked at home, frozen, reheat on The Land