



## Sea Kayak Program ETC Menu Planning Guide



To keep the group going on this overnight adventure, it is extremely important to keep everyone well fed. In order to keep costs down, ETC does not usually provide food, so it is the responsibility of the group to provide food for everyone, including approximately 5 guides. On a 2-day, 1-night trip, you should plan for the following meals:

- Day 1 Lunch (For group members and guides, *OR* each group member and guide can bring their own bag lunch)
- Day 1 Dinner (For group members and guides)
- Day 2 Breakfast (For group members and guides)
- Day 2 Lunch (For group members and guides)

### Quick tips:

- The less packaging the better! This is both better for the environment and means easier packing in to boats.
- Be aware of any allergies or dietary restrictions in your group like gluten-free, lactose intolerant, vegetarian, or allergic to nuts. Please also check in with ETC about guide dietary restrictions.
- Please bring enough food to feed the ETC guides as well. Check with ETC for the number of guides, but a good estimate is usually 5.
- ETC guides will help with the facilitation of meals, but participants are expected to play an active role in meal preparation.
- ETC trips are physical and for that reason people tend to eat more than they might otherwise. Therefore, we encourage groups to slightly overestimate serving size and bring lots of snacks to ensure everyone is well fed.
- Some places are much cheaper for bulk food items: Costco, Smart and Final, Grocery Outlet, Cash and Carry, Food Maxx, Jet (online)

### Snacks

ETC trips are physical, so participants are frequently hungrier than they normal are. For this reason, and because lunch frequently occurs on the later side once we've arrived at our paddling destination, portable and easily accessible snacks are important. Below are some snacks we have found to work well:

- Granola bars, at least one per person per day
- Trail mix
- Peanut butter pretzels
- Dried fruit

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or [kayak@etctrips.org](mailto:kayak@etctrips.org)

## Breakfast

Breakfast is the most important meal of the day, and we highly recommend that people on our trips eat breakfast, even if they're not used to doing so. Some of the most popular breakfast choices on our trips are: oatmeal with fixings, yogurt and granola, bagel spread, and scrambled eggs with bacon. Below you will find ingredient and quantity suggestions for each of these meals.

Of course, you are also welcome to design different breakfasts that best fit the needs of your group.

Bagel Spread			
	Number of people		
	15	20	25
Bagels	20	26	32
Cream Cheese	11 oz.	14 oz.	18 oz.
Red Onion	1	2	2
Cucumber	2	2	3
Tomatoes	4	5	6
Peanut Butter	Large Jar (28-40 ounces)		
Jam	Large Jar (18-32 ounces)		

Granola and Yogurt			
	Number of people		
	15	20	25
Yogurt	2 32-oz. containers	2 32-oz. containers	3 32-oz. containers
Granola	16 ounces	20 ounces	25 ounces
Bananas	8	12	15
Berries (Strawberries or blueberries)	1 quart	2 quarts	2 quarts

Scrambled Eggs and Bacon			
	Number of people		
	15	20	25
Eggs	30	40	50
Shredded Cheese	24 oz.	30 oz.	36 oz.
Bacon	30 slices	40 slices	50 slices
Veggie Sausage	2 per vegetarian in group		

Oatmeal			
	Number of people		
	15	20	25
Instant Oatmeal	24 oz.	30 oz.	38 oz.
Brown Sugar	Small bag or box		
Nuts and Dried Fruit (Almonds, Pecans, Raisins, etc.)	As much as you see fit, about 4 or 5 cups is good		

- **Fruit** can make every breakfast more exciting and tasteful; therefore this is also an important thing to bring on every trip. Some fruits that people bring on our trips include melons, pineapple, grapes, oranges, bananas, mangoes and berries.
- Another important add-on for breakfasts is **hot beverages** - coffee (instant or ground coffee), tea or hot chocolate. These can be chosen based on the preferences of the group. Don't forget cream or honey if desired.

## Lunch

Great lunches can be a highlight of participants' days. We usually don't have access to cooking equipment during lunchtime, so most lunches don't require cooking on a stove as part of their preparation. We have listed some popular options below, along with an ingredient and quantity list. You are always welcome to bring different things for lunch if you'd like to get more creative!

Deli Sandwich Spread			
	Number of people		
	15	20	25
Bread	2 loaves	2 or 3 loaves	3 loaves
Lunch Meat (Turkey, Ham, Salami, Roast Beef)	32 ounces	40 ounces	48 ounces
Cheese slices	2 packs	3 packs	3 packs
Lettuce	1 or 2 heads		
Tomatoes	2 or 3	3 or 4	4 or 5
Red Onions	1	1	1
Pickles	16 oz. jar		2 16-oz. jars
Avocado	3	4	5
Mayonnaise	16 oz. jar		
Mustard	16 oz. jar		

Chicken or Tuna Salad Wraps			
	Number of people		
	15	20	25
Tortillas	23	30	38
Canned Tuna or Chicken	32 oz.	40 oz.	48 oz.
Lettuce	1 or 2 heads		3 heads
Tomatoes	2 or 3	3 or 4	4 or 5
Red onion	1	1	1
Cheese slices	2 packs	3 packs	3 packs
Avocado	3	4	5
Pickles	16 oz. jar	16 oz. jar	2 16 oz. jars
Mayonnaise	16 oz. jar		
Celery	1 bunch		
Dried Cranberries	8 oz.		

Bagel Spread			
	Number of people		
	15	20	25
Bagels	20	26	32
Lunch Meat (Turkey, Ham, Salami, Roast Beef)	32 ounces	40 ounces	48 ounces
Hummus	16 oz.	20 oz.	24 oz.
Cream Cheese	11 oz.	14 oz.	18 oz.
Red Onion	1	2	2
Cucumber	2	2	3
Tomatoes	4	5	6
Avocado	3	4	5

- We also recommend that you think about bringing jars of **peanut butter and jelly** – these are always good option for especially hungry or less adventurous participants.
- To round out your lunch, **please also plan to bring:**
  - Chips or other salty snacks
  - Cookies or chocolate bars
  - Fruit – apples, oranges, or grapes work well

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## Dinner

A hearty dinner is appreciated by everyone at the end of a long day in the outdoors. ETC will provide a full kitchen of cooking equipment, so there are lots of options. Below are a few popular dinner options, including lists of suggested ingredients and quantities. Of course, other ideas that you might have for dinner can work great too!

<b>Burritos</b>			
	Number of people		
	15	20	25
Tortillas	20	30	35
Ground Beef or Chicken	5 lbs.	8 lbs.	11 lbs.
Rice	2 lbs	2.5 lbs	3 lbs
Canned Beans	64 oz.	96 oz.	120 oz.
Bell Pepper	5	6	7
Avocados	3	4	5
Salsa	24 oz. container		
Sour Cream	8 oz.	8 oz.	16 oz.
Shredded Cheese	24 oz.	30 oz.	36 oz.

<b>Pasta and Salad</b>			
	Number of people		
	15	20	25
Pasta	48 oz.	64 oz.	80 oz.
Red Sauce or Pesto	20 oz.	24 oz.	30 oz.
Sausage	15	20	25
Lettuce	2 heads	2 heads	3 heads
Tomatoes	4	5	6
Cucumbers	1	2	3
Salad Dressing	1 bottle		

<b>Chili</b>			
	Number of people		
	15	20	25
Vegetarian Canned Chili*	180 oz.	240 oz.	300 oz.
Ground Beef	3 lbs.	4 lbs.	5 lbs
Lettuce	2 heads	2 heads	3 heads
Tomatoes	4	5	6
Cucumbers	1	2	3
Salad Dressing	1 bottle		
French Bread	2 loaves	3 loaves	4 loaves
Sour Cream	8 oz.	8 oz.	16 oz.
Shredded Cheese	24 oz.	30 oz.	36 oz.
	*Chili can easily be made from scratch from canned beans, tomatoes, bell peppers, onions, garlic, celery, canned corn and jalapenos		

- For every dinner, it's always wonderful to have a **dessert**.
  - If you are joining us on a trip for Tomales Bay, it is possible to have a wood fire – in this case s'mores are a lovely dessert option.
  - If you are going to Angel Island, we may (depending on the building we've booked for your trip) have access to an oven, which makes baking cake a possibility ☺
  - Cookies are also a good and easy choice.
- Hot drinks such as tea or hot chocolate are great for after dinner, and you might want to bring those.