



HEALTHY

Florida Camping

MENU

*Fall into Healthy Habits
& Plan Your Camping Menu*

Before you go on a trip, write out a menu with every meal you'll need, including snacks. Preparation is necessary to avoid getting hungry on the trail, and a menu can be used as a packing list for your trip.

—Camping with a cooler—

If you can get to your campsite by car, **bring a cooler**. A cooler makes it easy to bring a variety of different foods including fresh fruits and vegetables.

Make sure you **pack produce that will last more than a day** and doesn't bruise easily. Carrots, apples and oranges are good choices.

Plain yogurt and fresh eggs are good sources of protein, but make sure you consume them early in the trip and keep them iced.

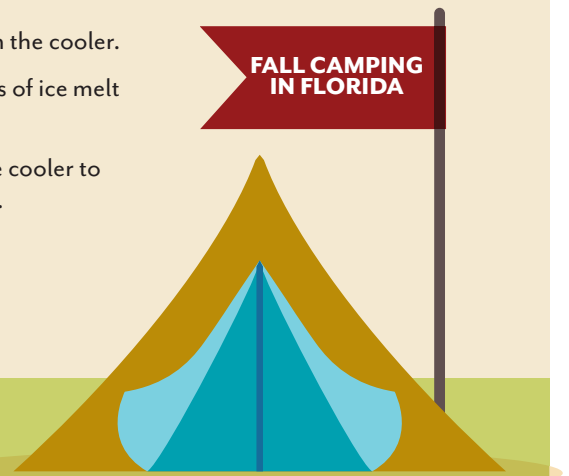
Cheese, cold cuts, hummus and cooked quinoa can also be stored in the cooler.

Pack the cooler with **large chunks of ice** instead of smaller cubes. Large chunks of ice melt slower. Drinks can also be frozen to serve as additional ice packs.

Store the meals you plan to eat earlier in the trip on the top of the cooler to reduce the amount of time the cooler is open while you dig to the bottom for items.



Don't forget spices from home!



COOKING MEAT IN THE FLORIDA OUTDOORS

Ground Meat & Meat Mixtures	Beef, Pork	160°F
	Turkey, Chicken	165°F
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145°F
Poultry	Breasts, thighs, legs, wings, roasts	165°F
Pork & Ham	Fresh pork or fresh ham (raw)	145°F
	Precooked ham (to reheat)	140°F
Eggs & Egg Dishes	Eggs	Cook until yolk & white are firm.
Seafood	Fin Fish	145°F or cook until flesh is opaque & separates easily with a fork.
	Shrimp, lobster, crab	Cook until flesh is pearly & opaque.
	Clams, oysters, mussels	Cook until shells open during cooking.
	Scallops	Cook until flesh is milky white or opaque & firm.

Use this chart and a food thermometer to ensure that meat, poultry and seafood reach a safe minimum internal temperature.



HealthiestWeightFL.com


Source: <http://www.foodsafety.gov/keep/charts/mintemp.html>



HEALTHY



Florida Camping



Florida State Parks

There are 161 state parks and 10 state trails in Florida! That's nearly 800,000 acres and 100 miles of beaches.

The Parks camping menu has something for everyone: boat camping in Biscayne Bay and Largo Sound; equestrian camping; primitive camping in the wilder areas of Florida; full-facility sites for tent campers and RVers; and group and youth camping.

You can camp, bike, hike, fish, picnic, swim and much more at Florida State Parks.

Go to www.floridastateparks.org and plan your fall outing!



STAY HYDRATED

Drink water at each meal and between meals while outdoors. As a general rule, each person needs a minimum of two filled 32-oz. water bottles to drink throughout the day. Know in advance what your water sources will be and whether you'll need to treat the water available to ensure it's safe to drink.



Snacks!

Trail mix, granola and granola bars

are great ways to pack healthy calories without taking up a lot of space. When shopping for these products, look for low amounts of added sugar. Reading the ingredient label on processed foods can help to identify added sugars. Stay away from foods listing high fructose corn syrup, honey, regular corn syrup, sucrose, or brown rice syrup as some of the first ingredients.



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Fall into Healthy Habits & Plan Your Camping Menu

—Backpacking without a cooler—

Before you go on a trip, write out a menu with every meal you'll need, including snacks. Preparation is necessary to avoid getting hungry on the trail, and a menu can be used as a packing list for your trip.

BREAKFAST

Alternate days with **light breakfasts and heavier breakfasts**, depending on how much physical activity you have planned.

Oatmeal is a great option. Add trail mix or peanut butter to keep you fuller longer. Oats and nuts are both good sources of fiber, which is particularly important on the trail when it's harder to eat fresh fruits, vegetables and other regular sources of fiber.

Other good breakfast choices are **whole wheat pancakes with fruit**, protein bars or a vegetable omelet made with powdered eggs.

LUNCH OR DINNER

Whole grain pita breads or wraps, which pack easily, are a good source of fiber and will sustain your appetite longer than white breads. Fill pita pockets or wraps with **hummus and vegetables or tuna**.

Purchase **tuna or salmon in pouches**, not cans, for lighter packing.

Dried vegetables are another healthy and convenient option. You can buy dehydrated vegetables or make your own if you have a dehydrator. Combine your dried vegetables with spices and grains (rice, couscous, quinoa, etc.) in a zip lock bag. Just add these ingredients to water and boil for 10–15 minutes.

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