

Name:

DofE Bronze Menu

	Day 1	Day 2
Breakfast		
Lunch		
Dinner		
Snacks		

Planning and cooking your food is an essential part of DofE and will be part of your assessment.

You will need a hot dinner on day one, and a hot breakfast on day two.

You will need something to eat for lunch on both days, and snacks to keep you going.

Try to avoid very high sugar foods, as copious amounts will make you feel ill.

Look for foods that are calorie dense but don't take long to cook e.g. pasta or white rice.

Avoid foods that are bulky but low on calories e.g. pot noodles, super noodles.

Don't take food that should be stored in a fridge.

Take something for a hot drink e.g. cup-a-soup, hot chocolate.

We'll check your menu at kit check to make sure it is suitable. It is up to you to buy and bring the food for each expedition!