

Meal Suggestions

FREE CAMPING®
AUSTRALIA



Breakfast

There are many ways to start the day, some people are happiest with a bowl of cereal or just a cuppa and a slice of toast (don't forget your camping toaster!), others will want a full cooked breakfast. The best cooked breakfasts when camping are the ones which don't leave you with lots of dishes! Our favourite cooked breakfast would have to be jaffles.

Lunches

A great way to save money when travelling is to make your own sandwiches in the morning before you start the day's journey. We always take along some plastic containers and a small esky for this purpose. The most versatile containers are the ones used for take away meals - they stack inside each other when not in use and save on storage space.

If you are travelling with children, include a treat for them in their lunch and you'll make their day! I will sometimes put a small snack in beside their sandwich or freeze a juice box the night before. Including a piece of fruit in the lunch esky will also help to keep tummys full and happy.

Snacks

When travelling, fresh fruit isn't always readily available, and we've found that Solarfruit is the next best thing and one of our essential camping foods.

Solarfruit is a healthy, dried fruit snack made from the best quality tree-ripened fruit. They simply take the fresh fruit, puree it into a thick fruit pulp and then sun dry it into a flat fruit sheet. It is then packaged in a variety of sizes and products, which can all be seen on the Solarfruit website (www.solarfruit.com).

Evening Meals

When you're camping, there are many delicious camping foods you can cook for your evening meals. We try to vary the menu and have wholesome meals. Pasta is always a favourite with the family, and you can make your own range of sauces or buy prepared ones. We make a delicious pasta sauce by frying some bacon pieces with garlic and chopped onion, and adding some tomato puree or a can of diced tomatoes - yum! If you're camping by the beach and the fishing is good, you can make your own chips (or fries) in a camp oven. Serve with your freshly cooked fish and a side salad, and you'll be eating a 5 star meal!

One of our favourite evening meals is **Mum's Hotpot** available on our Downloads page. It's very easy to vary the basic recipe by changing from beef to chicken or lamb, and you can spice it up with a dash of chilli or satay sauce!

The Best Damper Recipe

A camping holiday wouldn't be the same if we didn't bake a damper at least once or twice. This makes a great supper or morning tea and is very easy to make. You can download the best damper recipe that we know - one of the essential camping foods.