



Dehydration Backpacking Meal Challenge



Imagine packing your backpack, lacing up your hiking boots, and heading out on the trail. Whether you are on an overnight hike in the back country or completing the 2,174 miles of the Appalachian Trail one thing is essential...FOOD!

Background

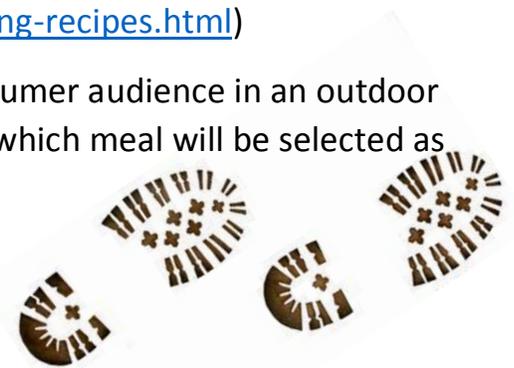
You are part of a team that working for Loess Hills Trail Food. This company specializes in dehydrated backpacking food that focuses on the 3E's: **Essential Fuel, Easy Preparation, and Exquisite Flavors.**

Task

As a team, you will create a dehydrated backpacking meal that lives up to the 3E's. As a group you will collaborate to create a meal and the following tasks will be divided up by your team.

1. **Nutritionist(s)** – Research suggested nutrition for thru-hikers and the nutritional information for your meal. Information should include an ingredients list, and nutritional values of the percentage of carbohydrates, fats, proteins, and also the total calories. (<http://nutritiondata.self.com/>)
2. **Graphic Designer(s)** – Design and create packaging for your meal. The packaging should be attractive to the customer and captures the essence of the adventures of backpacking. (<http://tinyurl.com/pqck8yx>)
3. **Chef(s)**-- Write a recipe for meal preparation and instructions on how to cook your meal in the field. Write why this meal is good for hiking. (<http://www.backpackingchef.com/backpacking-recipes.html>)

Your final product will be presented to a sample consumer audience in an outdoor presentation. The consumer ratings will determine which meal will be selected as the new meal for Loess Hills Trail Foods.



Collaboration Schedule

Day 1 (5/6) – Introduce Project, Assign Tasks, Research Meal

Day 2 (5/8) – Prepare food items for dehydration, work on individual tasks

Day 3 (5/12) – Package Meals in Ziploc bags, work on individual tasks, review for final exam

Day 4 (5/14) – Final Exam, finish individual tasks, sample meal in lab.

Day 5 (5/18) – Outdoor cooking and project presentation.