**Food and Menu Planning**

**Pre-Trip Planning:**

* Work with your host to determine how many meals you will need to prepare vs. meals your host will provide
* Your location will determine your food menu. Find out what is available to use to prepare meals.
* Plan your meals for the week and always build in a “leftover night” on Thurs/Fri to use up as much as you can
* Talk to you team members and figure out whose cooking if you don’t already have a designated cook.
* Find out if anyone on your team has any food allergies.
* Angie and Nancy created a recipe book with meal suggestions, buying guide, and recipe ideas. There will be a recipe book that we keep at the base and one that teams can take with them. Nancy can email the recipes to your team cook ahead of time to help them with planning their menu.
* Angie will be buying the food for your team and will have a pre-set menu.

**Menu & food tips:**

* Your food budget is $100/person for the week. Team of 10 food budget = $1,000…that includes your meals out at the airport and travel days.
* Costs per meal, per team member that LightShine will cover:
	+ Breakfast – no more than $17/person including beverages, meal and tip
	+ Lunch – no more than $17/person including beverages, meal and tip
	+ Dinner – no more than $20/person including beverages, meal and tip
	+ In order to be a good witness, we ask that a tip of a least 20% of the bill is given to the server.
	+ On travel days – you could be spending anywhere from $150 - $250 on two meals for your team. Usually one meal at an airport and dinner. With two travel days, plan on your grocery bill to be no higher than $500.
* **Please remind your team members that extra snacks, trail mix, and granola bars can be purchased by team members with their own money.**
* **Encourage your team members to bring an empty water bottle that they can fill throughout the week**
* If you need to purchase your food, Walmart in Wasilla has the best prices – similar to the lower 48. Three Bears is Palmer is similar to a BJ’s or Costcos with bulk items. Fred Meyers has a great selection of fresh fruit and vegetables and sometimes you can find bargains there but for the most part, they are more expensive. You don’t want to buy your groceries in Glennallen or the interior as the prices there are extremely expensive.
* Please try to avoid purchasing unusual items that can’t be used up by other teams coming after you
* As a team leader – make a list of what food is left over from your team and send that to the team leader coming after you…list any paper products, frozen items, condiments, and non-perishable food…that will help tremendously in using things up and not over buying.
* When working at the base, use the dishes, cups, and utensils provided, please do not use paper plates or disposables because we can’t burn trash so we have to haul our trash to the landfill and pay to dump it so we want to minimize the amount of trash we have as much as possible. That being said, ask your team members to volunteer to wash and dry dishes so it doesn’t all fall on the cook.
* LightShine Base has everything you need for cooking – grill, Instapot, crockpots, skillets, cookie sheets, etc. If you plan on taking cooking utensils, pots, pans, etc with you to your location, please write down everything you are taking and make sure it all comes back.

**Menu that Angie will plan for teams and buy accordingly**

* Breakfast: bananas, oranges, milk, coffee, creamer, and if you want OJ, buy frozen concentrate
	+ eggs, bacon, toast
	+ French toast
	+ Cereal, instant oatmeal
	+ Baked Oatmeal
	+ Pancakes and sausage links
	+ Breakfast casserole
* Lunch – a bowl of apples, oranges, grapes and baby carrots
	+ Sandwiches, chips,
	+ Beef BBQ
	+ Grilled cheese and soup
	+ Baked Mac n Cheese
	+ Burgers and hot dogs
	+ Broccoli Cheese Soup
	+ Chili and corn bread
* Dinner
	+ Spaghetti, garlic bread, salad
	+ Poppyseed Chicken, cheesy potatoes and vegetable
	+ Meatloaf, mashed potatoes & vegetable or salad
	+ Shepherd’s Pie
	+ Sausage Grillers
	+ Ham, Beans, and potatoes
	+ Baked Potato Bar

**Traveling Days and Days in Alaska:**

* The team leader is responsible to pay for team meals during the trip by using their credit card. Please make sure you save all of your food receipts and credit card receipts to hand in when you return.
* Sightseeing days –pack a lunch. There are many beautiful places to pull off the side of the road and have lunch: Remember paper plates, napkins, some utensils, bread, lunchmeat, cheese, fruit, water
* ***Team members who purchase a more expensive meal are responsible to cover the extra cost***.
* If your team is going out to eat – the Alaska team member or traveling volunteer will be responsible to for their own meal since the team members from the original team raised their own support to cover the cost of the meals.