

Banff Meal Plan

Dear Banff Participants,

Our trip to Banff is going to be amazing, and what you plan to eat while you're there will factor greatly into your daily enjoyment on tour! Food is good for your brain and body, and it's important that we're thinking of taking care of both while we participate in this awesome learning experience, and while we share rooms (and bathrooms) with our friends and soon-to-be friends.

All told, you are responsible for purchasing 3 lunches (an estimated total of \$30) while we're out and about, and for making 4 breakfasts, up to 3 lunches, and 3-4 dinners at Banff Hidden Ridge Resort. The money you will receive at IGA (an average of \$25/person) is what you will use to buy groceries to feed yourselves for these meals. Planning ahead makes shopping quick and easy. Your room will also be given a \$25 budget for the Cookie Contest. You are expected to use this money for your meals and the cookie contest, not for junk food, although most groups will find enough money in their budget for some healthy snacks too.

Here's more of a daily food run-down, based on our itinerary:

Day 1 (April 19th)	
Snacks	Are allowed but no dairy products on bus
Breakfast/Coffee Break	In Merritt, BC (packed fruit/snacks with you or bring \$10)
Lunch	Salmon Arm, BC (bring \$10)
Dinner	Prepared with purchased groceries

Day 2 (April 20th)	
Breakfast	Prepared with purchased groceries
Lunch	Pack lunch or buy in Banff.
Dinner	Shopping for groceries today. Make sure everyone agrees with the meal plan and has food to eat. (money for shopping included)

Day 3 (April 21st) + Day 4 (April 22nd)	
Breakfast	Prepared with purchased groceries
Lunch	Pack lunch or buy in Banff.
Dinner	Prepared with purchased groceries Day 4 Only, Grads and Teachers: The Keg (to be paid in advance) while Grade 11's and 12's will eat potluck style

Day 5 (April 23rd)	
Breakfast	Prepared with purchased groceries
Lunch	Pack lunch or buy enroute to Revelstoke
Dinner	BBQ Dinner at Hotel (provided)

Day 6 (April 24th)	
Breakfast	Breakfast at 3 Valley Gap. (Included)
Lunch	Enroute (bring \$10) Snacks are allowed but no dairy on bus

Here is a sample meal plan, based on a group of 8 students:

Grocery Basics to Purchase and Share: Butter or Oil. Flour shared between rooms for cookies. Rice shared between rooms. Salt and Pepper should be available in rooms.

Grocery Basics to Bring from Home: seasoning/spices for your planned meals (e.g. oregano, basil, coriander, etc.), specialty oils, vinegars, condiments. Expensive specialty items for Cookie Contest (e.g. baking powder, vanilla, cocoa, coconut flakes, etc., pre-sorted in bags by recipe), tea packages and drink mixes. Tupperware containers, ice packs and lunch bags would be extremely handy for lunches and leftovers. *Always bring a water bottle with you to stay hydrated.*

Breakfast Ideas:

- Cereal with Milk. (\$15 for 8, one-time purchase). (2 breakfasts)
- Yogurt with granola (\$25 for 8, one-time purchase). (2 breakfasts)

Lunch Ideas:

- Sandwiches OR Wraps with sliced meat, tomatoes, avocado, cheese, and one condiment. (\$60 for 8, 2 lunches, one-time purchase).

Dinner Ideas:

- Pasta. Spaghetti or other Pasta dish with ground turkey/tofu/sausage/beef and veggies. Estimated (\$20 for 8), less \$ without meat.
- Stirfry or Curry with chicken and veggie with rice (\$35 for 8, or less \$ with tofu to substitute chicken).
- Fish and/or veggie tacos with rice and beans (\$30 with fish, less without).
- Leftover one-pot wonder ideas: Hearty Home-Made Soup, with a side Salad OR Breakfast for dinner...omelette/frittata with bacon, cheddar cheese, potato and peppers, and/or Leftovers... Gr. 10-11's come together to share food potluck style while grade 12's are at the Keg!

TOTAL COST OF MEALS (based on room of 8): \$190. Cookie supplies/healthy snacks: \$25.
Total Allowance: \$215 per room of 8

Remember, as with all other parts of this trip, your chaperones want to make sure you have a great time—please inform us if you have run out of groceries and we will help to make sure that you have enough food to eat!!! And make wise choices—keep candy, chips and pop to a minimum!