

Whistler Meal Plan

Dear Whistler Participants,

Our trip to Whistler 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 making 3 breakfasts, 3 lunches and 3 dinners and daily snacks at the Tantalus Resort. You will also need to pack lunch and a snack for Thursday, from home.

The money you will receive at The Whistler Grocery Store (an average of \$30/person, plus \$40 per room for the cookie contest) is what you will use to buy groceries to feed yourselves for these meals. Planning ahead makes shopping quick and easy. Make sure you budget for the ingredients you will need 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. We recommend packing your own spices/seasoning from home, as this can be a budget killer at the grocery store! You can access the Whistler Grocery Store online to check item prices; remember that there are taxes on most processed foods, but fresh food and pantry staples are usually not taxed.

*You are also welcome to bring any snacks from home but please remember that this is a **nut free** trip and there is **no dairy allowed on the busses**.*

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

Day 1 (April 18th)	
Snacks	Packed snacks allowed but no dairy products or nuts on busses.
Breakfast	<i>Eat breakfast at home before coming to school OR pack breakfast to eat on the bus or during your breaks.</i>
Lunch	<i>Pack a lunch with you – you will not have time to purchase lunch anywhere.</i>
Dinner	Shopping for groceries today. Make sure everyone agrees with the meal plan and has food to eat. (\$30/person for shopping included). Prepare with purchased groceries. Cookie contest is tonight.

Day 2 & 3 (April 19th & 20th)	
Breakfast x2	Breakfast at hotel.
Lunch x2	Lunch at hotel or packed if you have back-to-back performances.
Dinner x2	Prepared with purchased groceries.

Day 4 (April 23rd)	
Breakfast	Prepared with purchased groceries
Lunch	Pack your lunch to bring home with you.

Here is a sample meal plan, based on a group of 6 students:

Grocery Basics to Purchase and Share (share between 2 rooms if possible, to save money):

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, cumin, 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** (to bring extra food home, and to pack lunch), **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 (3 breakfasts total)

- Cereal with Milk. (\$30 for 6, one-time purchase). OR
- Yogurt with granola (\$35 for 6, one-time purchase). OR
- English muffins with cream cheese (\$30 for 6, one-time purchase).

Lunch Ideas: (3 lunches total)

- Sandwiches OR Wraps with sliced meat, tomatoes, avocado, cheese, and one condiment. (\$65 for 6 x 3 lunches, one-time purchase).

Dinner Ideas (3 dinners total)

- Pasta. Spaghetti or other Pasta dish with ground turkey, tofu, sausage, or beef and veggies. Estimated (\$30 for 6), less \$ without meat or cheese (frozen then thawed tofu makes a great meat replacement!)
- Teriyaki Stir-fry or Curry with chicken/beef and veggies with rice (\$35 for 6, or less \$ with tofu to substitute chicken).
- Fish and/or veggie tacos with rice and beans (\$35 for 6, with fish, much less with beans).
- 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...

TOTAL COST OF MEALS (based on room of 6): \$180

Cookie supplies/healthy snacks: \$40

Total Allowance: \$220 per room of 6. Less for smaller rooms. (\$190 for room of 5).

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! **We will not pay for candy, chips, and pop with your IGA gift card money and Senior Leaders/Chaperones will be checking your shopping carts prior to checkout to ensure you have made healthy choices.**