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 1-5 lunches (an estimated total of $15-75) while we're out and about, and for making 3 breakfasts, up to 4 lunches, and 2-3 dinners at Banff Hidden Ridge Resort. The money you will receive at IGA (an average of $35/person with some adjustments for smaller rooms vs rooms of all grads) 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 $35 budget for the Cookie Contest. You are expected to use this money for your meals and the cookie contest, not for junk food, which we won't pay for.

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

Day 1 (April 15)	
Snacks	Snacks allowed but no dairy products on bus
Breakfast/Coffee Break	In Hope, BC (packed fruit/snacks with you or bring $5-10)
Lunch	Stopping in Kamloops (bring packed on ice from home or $15)
Ice-Cream Stop	Stop at D Dutchmen for ice-cream and to see the animals (for ice cream, bring $5-10)
Dinner	Pizza dinner, provided at hotel (included)

Day 2 (April 16)	
Breakfast	Breakfast at hotel (included)
Lunch	Purchase lunch enroute at a grocery store in Golden ($15) Hot Tip: buy a roast chicken, wraps, cheese, lettuce – make a sandwich bar
Dinner	Shopping for groceries today. Make sure everyone agrees with the meal plan and has food to eat. ($35/person for shopping included plus room budget of $35 for cookies). Prepare with purchased groceries.

Day 3 (April 17) + Day 4 (April 18)	
Breakfast x 2	Prepared with purchased groceries
Lunch x 2	Pack lunch or buy in Banff/Calgary
Dinner x 1-2, depending	Prepared with purchased groceries Day 4 Only, Grads and Teachers: The Keg ($60 to be paid in advance) while Grade 9-11's will eat potluck style

Day 5 (April 19)	
Breakfast	Prepared with purchased groceries
Lunch	Pack your lunch (with groceries) or buy enroute to home

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/spice blends 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, **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 at HRR, 1 hotel breakfast included at Revelstoke)

- Cereal with Milk. ($25 for 8, one-time purchase). (2 breakfasts) OR
- Yogurt with granola ($28 for 8, one-time purchase). (2 breakfasts)
- Eggs and Bacon ($30 for 8, one-time purchase) (1 breakfast) (least cost-effective)

Lunch Ideas: (up to 3 lunches can be packed in total from HRR, 1 from home day 1)

- Sandwiches OR Wraps with sliced meat, tomatoes, avocado, cheese, and one condiment. ($70 for 8, 2 lunches, one-time purchase).
- Leftovers that travel well in tupperware like mac and cheese (bring tupperware from home)

Dinner Ideas (2-3 dinners total at HRR, 1 pizza dinner at Revelstoke)

- Pasta. Spaghetti or other Pasta dish with ground protein (turkey/tofu/sausage/beef/pork) and veggies. Estimated ($40 for 8), less $ without meat or cheese (frozen then thawed tofu makes a great meat replacement and is very affordable!)

- Stirfry or Curry with chicken and veggie with rice ($45 for 8, or less $ with tofu to substitute chicken).

- Fish and/or veggie tacos with rice and beans ($45 with fish, much less with tofu.

- 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. 9-11's come together to share food potluck style while grade 12's are at the Keg with Ms. Kilburn and Ms. Riegert!

TOTAL COST OF MEALS (based on room of 8): $255-280.
Cookie supplies/healthy snacks: $35.

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. There is only a small budget for cookies/healthy snacks included. You can pack your own treats from home in your luggage.**