

Food shopping guide

Suitable for 12 people going away for two nights with one evening meal.

Remember to take **vegans** into account if there are any on the trip (marg, milk, spreads etc). They might help by buying their preferred food, such as vegan snack bars – for which they would be reimbursed. The same would apply for gluten free diets, childrens or baby food.

Evening meal providers should take care of their own needs for spices, oil etc, and should take back unused pasta/rice etc, rather than add these things to the trip box. It is worth taking a little extra salt/pepper. For 12 people, 1.5 kg pasta should suffice, or 500g basmati rice if those are in the meal.

For the **friday evening** it might be good to get some biscuits, or extra bread and packet soup

Breakfasts and lunches (for 12 persons for 2 nights, adjust as required)

6 large loaves, preferably wholemeal, some without seeds

500g marg

1x butter

500g cheese

2x hummous

1x pickle, peanut butter, marmalade, honey

12 eggs

2x baked beans

30x fruit

30x chocolate/muesli bars

1kg muesli

500g porridge oats

6 litres milk plus 1 packet dried milk powder for porridge

500g natural yoghurt

4x fruit juice

1x instant or ground coffee

80x teabags

1x fruit/herb tea

250g packet brown sugar

2x biscuits or crumpets

Plus

matches, 4 binbags, 6 loo rolls, scourer, 4 tea towels, washing up liquid, sandwich bags

The trip organiser will have details of any special dietary needs but people could take their own vegan etc alternatives and be reimbursed if easier.

Red Rope has a policy of boycotting Nestlé products.

People buy their own emergency food and alcohol.