

Nutrition Times

June 2022 Nutrition Services



Get Outside!

Whether you're out for a hike, having a picnic lunch in the park, or camping with friends or family, there are lots of ways to eat well when you're enjoying the great outdoors. While roasting a hot dog over an open fire is a campfire classic, there are many other foods that can be made while camping.

A portable camp stove or grill makes almost any meal possible outside. Or bring some aluminum foil to make packets of meats, vegetables, and pulses to roast over the fire.

Try these other healthy recipes on your next trip:

- [Hot Apple and Almond Porridge](#)
- [Breakfast Burritos](#)
- [Mexicana Chili](#)
- [Pita Pizza](#)
- [Grilled vegetable, bean and avocado tacos](#)

Backpacks and Cougars and Bears – Oh My!

Be sure to clean your camp or picnic site well after you're done, and store your food safely to avoid attracting wildlife – especially bears and cougars! Store food and the clothes you wore cooking or fishing in bear-resistant containers, a bear-proof locker, or at least 100m away from where you're sleeping. If you're in Bear Country, check out Alberta's [Bear Smart](#) safety guide to learn more.



No Bake Trail Mix

This trail mix is easy to make ahead for a healthy snack on the go. Create your own mix using your favourite cereals, dried fruit, nuts and seeds.

- 2 cups (500ml) whole grain wheat squares cereal
- 2 cups (500ml) oat ring cereal
- 1 ½ (375ml) cups raisins or other dried fruit
- ½ cup (125ml) unsalted almonds, pumpkin seeds, or sunflower seeds
- 1 ounce (30g) unsalted pretzels

1. Add all ingredients to a large bowl.
2. Stir together.
3. Store in an airtight container or portion into 6 small zip top bags for grab and go snacks.

Makes 8 servings (175mL/ ¾ cup/ 60g)

Nutrition Facts	
Per 1/8 of recipe (175mL/¾ cup)	
Calories 220	% Daily Value*
Fat 6 g	9 %
Saturated 0.0 g	0 %
+Trans 0 g	
Carbohydrate 43 g	
Fibre 4 g	16 %
Sugars 18 g	6 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 70 mg	3 %
Potassium 350 mg	15 %
Calcium 51 mg	4 %
Iron 2.6 mg	14 %

*5% or less is a little, 15% or more is a lot

Food Safety Tips for Camping

Cleaning

- Wash your hands before and after preparing food
- Clean your work surfaces and your grill or camp stove

Avoid Cross-contamination

- Use separate cutting boards, utensils, and plates for raw and cooked meats, and vegetables
- Cook all raw meats to a safe internal temperature (minimum internal temperature of 74°C for 15 seconds)

Keep Hot Food Hot (above 60°C)

- Keep food outside the food temperature “danger zone” (4°-60°C) to avoid getting sick
- Discard any food that’s been in the “danger zone” for more than 2 hours – when in doubt, throw it out!

Keep Cold Food Cold (below 4°C)

- Take food in a cooler that keeps food cold at or below 4°C
- Use freezer ice packs which drip less
- If you use loose ice, store everything in sealed containers to prevent cross-contamination
- Keep the cooler out of the sun and closed as much as you can
- Consider bringing a second one for drinks that can be opened more often

Learn More

- Learn more about food safety tips while picnicking and Camping from [Health Canada](#)

Upcoming Events & Classes

The ParticipACTION Community Better Challenge

This June, fuel your body with nutritious foods and get moving to help your community get crowned Canada’s Most Active Community. Find out more and sign up here to track your activity here:

<https://www.participaction.com/en-ca/programs/community-challenge>

Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Virtual Grocery Store Tour, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Contact

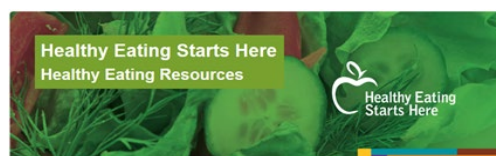
If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca



Questions? Email us at publichealthnutrition.southzone@ahs.ca