



HEALTHY CAMPING RECIPES

Planning for your next camping trip? Don't forget to bring along some good nutritious foods to get you through the day.

FIRE & RESCUE BUNDLES

The best way to prepare hearty, healthy meals when you're out in the woods! Fire & Rescue Bundles should be made before you leave on your trip and packed into an ice chest. Then, when meal time rolls around at camp all you need to do is heat and eat.

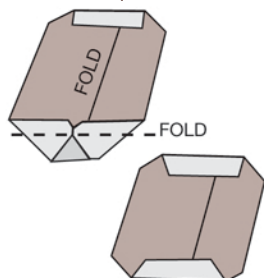
1) MIX UP!

Mix your ingredients together in a bowl.



2) BUNDLE UP!

Bundle mixed ingredients into aluminum foil packages like the one pictured.



3) SEND EM IN!

Ask an adult to carefully place your bundle(s) on a grill or a stove right next to the campfire. Allow to cook until fully heated, 10-20 minutes depending on the portion size and fire temperature.



4) OPERATION MEAL RESCUE!

Ask an adult to carefully remove your bundle(s) from heat. Let cool for a few minutes then carefully unwrap with a fork.



RECIPE IDEAS

here are some recipe mixtures you can try for your bundles!

MARU'S THREE ALARM BEANS

1 cup cooked organic brown rice
1 cup organic black or pinto beans
1/2 cup of your favorite fresh salsa
1 teaspoon organic butter or olive oil
Salt and pepper to taste

CABBIE'S TATER SURPRISE

1 cup cooked cubed organic russet potatoes
1 cup organic broccoli
1/2 cup organic shredded cheddar cheese
1 teaspoon organic butter or olive oil
Salt and pepper to taste

DIPPER'S CARBANZO DELIGHT

3/4 cup cooked (or canned) organic garbanzo beans
1 cup cooked organic brown rice (or quinoa)
5 chopped Kalamata olives
2 cloves minced or crushed garlic
1/2 cup diced bell peppers
1/2 lemon juiced
Salt and pepper to taste

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