

Healthy Eating on the Land



Food safety

Going on the land with family and friends is a fun time. Here are some tips for bringing store-bought food with you:



Dry, non-perishable foods

- Don't need to be kept cold or frozen.
- Store in a cool, dry place.
- Don't go bad even once opened.



Wet, non-perishable foods

- Don't need to be kept cold until opened.
- Can go bad (can make people sick) once opened if not kept cold.
- After opening, store in a fridge, freezer or cooler.



Perishable foods

- Need to be kept cold or frozen or they can make people sick, especially children and elders.
- Once thawed, frozen foods should not be re-frozen.
- Can go bad even before being opened.



Safe drinking water

- Before using water from a lake, make sure to kill the germs so you don't get sick:

1. Boil water.
2. Water must bubble for over 1 minute.
3. Once cooled, store it in a clean container.



- Use containers that have only ever stored water.
- If the water does not taste good, pour it between two clean containers a few times. This will put air back into the water.



Healthy camping food tips



Get food ready before leaving

- ✓ Wash and cut vegetables and fruit.
- ✓ Mix dry ingredients for bannock - add skim milk powder and make half the flour whole wheat.
- ✓ Hard-boil eggs to eat later as a snack or for sandwiches.
- ✓ Bring an empty jug to mix powdered milk.

Keep foods cold

- ✓ It is important to keep food cold in the warmer months.
- Buy or make a cooler by stuffing a cardboard box with
- ✓ bags of snow.
- Use freezable cooler packs.
- ✓ Make your own freezer packs by freezing water
- ✓ in zipper bags - lay flat to freeze.

Food & drink ideas

You may want to eat store-bought foods when camping. If you do, here are a few ideas:

Breakfast



Pancakes with fruit and yogurt*

1

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2

Scrambled eggs*, sliced ham*, whole grain bread

Lunch



Fresh* or canned fish with mashed potatoes (made with milk*), canned green beans

1

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2

Sandwich with peanut butter or healthy meat* on whole grain bread

Healthy sandwich meats are: turkey, roast beef, chicken, ham, tuna, salmon

Supper



Homemade beef* or caribou* stew

1

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2

Canned vegetable soup with added canned peas, whole grain bread

Snacks



- Bannock
- Dried meat or fish
- Canned fruit
- Crackers with peanut butter or sardines
- Dried fruit
- Hard-boiled eggs*
- Pretzels
- Popcorn
- Trail mix

Drinks



- Water
- Milk*
- Tea (adults only)
- Sugar-free drink crystals (adults only)

* Perishable food

Go to the Government of Nunavut *Healthy Living* website for more easy meal ideas!

