



When you're tired after a long trip, you might just want a fast and easy meal but eating well and enjoying your food should be part of the camping experience too.

Leave the baked beans and 2-minute noodles on the supermarket shelf and let's get you some tastier options. In this episode of the Snowys Camping Show, we've put together our best tips on how to plan out your meals. We chat about fresh food when camping and how to make the most of it, cooking for the whole family, vacuum sealing and dehydrating foods, what foods last the longest and best storage methods. Plus tips on how to keep your supplies cool in your esky or 12V fridge. This episode is jammed packed with ideas so, check it out below to get all the details.

**Listen to the full episode here:**

**Or, you can watch the video version here:**

**Time stamps:**

- 01:30 - What you should eat first on your trip
- 02:25 - Healthy batch meals for families when camping
- 03:39 - Vacuum sealing meals
- 05:50 - Options if you don't have a dehydrator or vacuum sealer
- 06:50 - Iceboxes for keeping your supplies cold
- 08:00 - Packaged food that lasts longer from the supermarket
- 10:49 - Fruit and veg that doesn't need to be kept cold
- 12:30 - Keeping dairy fresh
- 14:45 - Canned food for camping and hiking
- 16:12 - Managing frozen and chilled foods in your icebox
- 18:08 - How vacuum sealers work and other uses

**Links to things mentioned in this episode:**

- [Vacuum sealers](#)
- [Dometic 12/240V Vacuum Sealer video demonstration](#)
- [Article on how to dehydrate your own food](#)
- [Other long lasting food ideas for hiking that are also suitable for camping](#)
- [Iceboxes & Accessories](#)
- [12V portable fridges](#)



## **Show notes for this episode:**

### **Vacuum seal your food**

Vacuum sealing takes the air out which makes your food last longer and saves you space. This is super handy for pre-preparing meals if you're camping with a bigger group or family.

### **What can you vacuum seal?**

You can vacuum seal fresh veggies, meat, sauces, a half-opened packet of chips, your phone to keep it waterproof and more. We've got a great video on YouTube that you can check out [here](#).

### **Can you freeze vacuum sealed food?**

Yes, absolutely! You can vacuum seal and then freeze food. Batch-cook meals or make extra dinner each night before your trip, then seal and freeze. They can be defrosted and then reheated inside the vacuum packaging by immersing in hot water. If you cut the top open carefully, they can be washed and reused multiple times as well.

### **Dehydrated food**

This is a method used a lot for hiking, but it can also work for camping trips - particularly for fruits and vegetables to make them last longer and add extra nutrition to meals.



*You can travel longer off the grid when you can keep supplies fresh. Image: Dometic*

### **Keeping your food cool in an icebox**

Use homemade block ice over store bought ice as it will take longer to melt. Freeze water in airtight containers a few days before to make sure they're completely frozen. Use filtered water so you can drink it once it melts. Block ice is a win all-around as it saves you money, and you don't have to dispose of the plastic bag in landfill.

### **Long-life foods for camping and hiking**

Choose flatbreads like wraps or tortillas as they are more compact and easier to store, plus they keep better than leavened bread. Also hiking food staples like salami and hard cheeses are great for lunches as they don't need to be kept cold. Dehydrated peas and mash potato are easy to find at the supermarket, will come in handy at the tail end of your camping trip or in emergencies when fresh food is scarce. Head to your local Asian grocer to find a range of long-life noodles, dried mushrooms and other goods that will add variety to your meals, with minimal effort.

### **Fruits and veggies that last longer**

Choose fruits and vegetables that don't need refrigeration e.g. apples, oranges, carrots,



celery, potatoes, onions, pumpkin, carrots, tomatoes, capsicum etc. Try to select produce that is under-ripe so it stays fresher for longer.

### **Store your supplies in breathable containers**

Storing your produce in a plastic container that's lined with paper towel allows it to breathe and moisture to be absorbed. This helps it to last longer in transit.

## **Thanks for listening, tune in again for next week's episode!**

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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!