**What is being brought to dehydrate/prep – Choose 2 items and communicate which you have chosen**

**Bring 1 or 2 items you are interested in making – you will get to work on other items as bell.**

1. **If you want to dehydrate**  fruit – bring 2 tins of peaches and 8 apples OR a bag of frozen fruit of your choice – or other fruit
2. **If you want to dehydrate** hummus /bean dip – ask and I will send ingredients for you to bring
3. **If you want to dehydrate**  yogurt – will bring 2 tubs of 2-6% Astro yogurt or a flat of 2-6% fruit bottom Astro (12) or similar type yogurt
4. **If you want to do Jerky with ground beef (best for snacking))** bring 2+ lb of Very lean ground beef or turkey/chicken, elk, deer etc

1. If you wish to dehydrate ground beef, turkey, chicken, or other meat for meals – bring 2 lbs of that.
2. If you would like to dehydrate vegetables for dinners – bring carrots, potatoes, sweet potatoes , onions – whatever vegetables you would like in a stew/dinner – 6-8 items or so
3. If you would like to make hash browns or mashed - bring 6-8 potatoes (pre washed easier) Sweet potatoes are good also
4. 2 cans of tomato sauce, paste or pasta sauce Or make up your favourite sauce and bring it .
5. Margaret’s Veg or other soups - If you want to make and dehydrate – sign up and I will send ingredients.
6. If you wish to make a stew /chili or other complete meal and dehydrate it as a whole, then bring what you want to dehydrate – made up (note everything must be sliced VERY thin and not a milk/cream base.
7. If you want to precook rice, or macaroni or other pasta – bring 2-4 c of whatever not cooked.
8. Have another suggestion of items you wish to bring/learn to prepare for Adventure trips/hikes – ask Marg
9. Can you bring a dehydrator ?