

CHANGING TIDES

Plastic Free Guide



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Introduction

Before you dive headfirst into this guide, we want to start by sharing some of the things we have learned along the way. Reducing plastic in your life can be a challenge. It may be the inconvenience of finding and using alternatives, or sometimes the cost of making the transition. You may find yourself losing motivation as your increased efforts get lost in the reality that the world is still manufacturing huge amounts of plastic globally. These are all challenges that we continue to face, but what's important is that we've just gotten better at moving through them, and you can too!

We don't need a handful of people doing it perfectly, we need millions of people doing it imperfectly" - Anne-Marie Bonneau

#1 You will make mistakes and that is OK. It might be that you forget to ask for no straw. Or maybe you buy a product that you thought to be plastic-free, but plastic was hidden somewhere in the packaging. Or it could be that you ended up stranded at a bus stop in the middle of nowhere while travelling, having not eaten in hours and find yourself in a situation where you *must* buy that plastic wrapped food to survive. Don't kick yourself over the times where you don't live up to the high "plastic-free" expectations. Your individual choice certainly does influence consumer demand, and it demonstrates to providers that you will, wherever possible, choose products with less plastic. However, what is equally important is the discussions you have with providers, family, friends and the people around you. Many people are too afraid to minimise plastics because they feel as though it has to be "all or nothing." So, when you make a mistake, share it. This will help others see that you don't have to be perfect to be plastic free, and that these consumer choices are more achievable than previously imagined.

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

#2 You're not alone. Sometimes it can feel like you're pushing up a hill with no one else beside you, but even if you can't see them, there are thousands of people all around the world who are standing with you. They're making changes in their own life, in their communities and demanding it from their governments. Incredible initiatives are happening all over the world, most of which have happened from grass-roots action. Celebrate the wins and commiserate the losses together. Collectively, we have changed so much already, and there is more to come!

The world will not be destroyed by those who do evil, but by those who watch them without doing anything - Albert Einstein

#3 Your efforts matter. Sometimes we can convince ourselves that our actions don't make a difference. That our voice or our choices are only diluted by all the others that tell another story or oppose us. The truth is that each of our choices do truly matter, for change will always

begin with a few who protest, those who join them, and eventually the masses that make it the norm. Even in the smallest action, you have the power to challenge what we see as wrong in the world. **Remember that you are important, powerful and that your efforts matter.**

Some Important Information

If you have got this far, you are probably aware of the plastic problem on our earth. You know enough about the problem and you are ready to act. Now it's time to **start questioning what you bring into your life**. Ask yourself; What is it made of? How long am I going to use it? **Where will it go when I've finished with it** and in 100 years' time will it have turned into compost or will it still be here?

It's easy to feel overwhelmed when there is so much false information out there about how plastic degrades. We're led to believe that plastic breaks *down* but in reality, we want you to start thinking of it breaking *up*, becoming an even bigger problem than before. Let's clarify some terminology:

1. **Degradable: Breaks UP into smaller pieces**
2. **Biodegradable: Breaks UP into smaller pieces with the help of the biosphere**
3. **Photodegradable: Breaks UP into smaller pieces with the help of the sun**
4. **Compostable: Actually breaks DOWN into natural components**

Although compostable is a preferable alternative to plastic, it often will only break down in a commercial composter, not your average backyard compost. So, the best path is still to avoid it in the first place and stick with something reusable.



Image source: <https://ecovibe.co.uk/blogs/news/compostable-biodegradable-degradable-what-s-the-difference>

Easy Wins

Taking the first steps to a plastic free lifestyle can be the hardest. You're developing new habits and saying goodbye to others which are often deeply engrained. We say start small and keep adding (or should we say, reducing...!) It can be important not to try to take on everything at once. We encourage you to start simple. If you can make a change and stick to it for a month, then it becomes a habit!

Reusable Bag



An easy thing to do is carrying a tote bag/cloth bag with you for shopping. Chuck some in your car, in your bag or at the office. Have enough so there is always one nearby. Now you will find it easier to say no to one of the most common marine debris, the plastic bag. Also Check out [Boomerang Bags](#). If there is a community hub near you, there might be a plan B!!

Reusable Coffee Cup



Invest in a reusable cup or use a mason jar/mug (you don't need to empty the bank). Some things to consider include the material (glass, metal, or ceramic), does it need to fit in the cup holder of your car? What size coffee do you like? Once you have it, take it everywhere, so you are never without. If you forget it, forget the coffee (it's the easiest way to learn to remember it next time).

Water Bottle



Plastic bottles are another really common marine debris, and bottled water is an issue that has both social and environmental impacts. Carrying your own water bottle really is simpler, saves you money and keeps our oceans clean. Consider getting one from a charity. The money goes to good causes and your bottle will promote them too.

Lunch Box/Reusable container



Single-use take-away containers are a major source of pollution. Have a reusable container with you so you don't use disposable plastic boxes. There are Tupperware options, but we like steel containers that are more hygienic and longer lasting too. If you want to put juicy/liquid food in them be sure to find one with a silicon seal.

A Plastic Audit

Once you have got the easy wins, you can start looking at your plastic use in more depth. Before you get started on reducing plastic in your life, it's important to understand what plastic you are currently using in your home. One way to do that is to complete a month-long plastic waste audit. Remember the main culprit is that plastic that you use once and throw away is single use plastic.

All you need is another bin or box, that you can keep next to your regular bins.

Step 1. Put another bin next to your normal waste and recycling bins.

Step 2. For the period of a month, wash any plastic waste you have created and put it in the new bin. That includes all plastic (even if they might usually go in your recycling bin – remember we are aiming to **reduce**).

Step 3. After a month, lay out the plastic waste you have collected and make a list of the types of waste you have created and tally each item. As a result, you will be able to identify your most common plastic waste.

The two rooms that accumulate the most plastic are generally the bathroom and kitchen. They are a great place to start finding alternatives.

Shopping

We covered the most basic achievement in 'Easy Wins', which is taking your own shopping bags.

Step two is choosing to buy options that don't have plastic packaging. Bulk Food Stores are becoming a more common occurrence across Australia and the world. These stores allow you to bring your own containers for the food, or two use paper bags that are available in-store. Some of them even have bottles and bags available for purchase. There are franchised stores such as ['The Source'](#), local bulk stores and lots of food coops.

Find Alternatives. There are things you buy at the supermarket that have plastic free options on the same shelf. Tea, for example...ever notice the thin layer of plastic around the box. Bushells don't have that! Buy flour in a paper bag, pasta in cardboard or nuts at the scoop yourself section.

Take containers and wax wraps along to the shops with you. That way you can get deli goods and cheeses in without plastic packaging. Just ask politely and be patient. It helps to explain *why* you are asking for it like this. If enough people request it then they might change their operations!

Avoid Plastic Wrapping. Vegetables are increasingly coming in plastic packaging, Styrofoam trays and cling wrap. Instead of a bag of carrots, buy the loose ones. This is an easy and important change!

In Your Bathroom

Toothpaste

Comes in a plastic tube. Some brands like Oral B have tiny micro-plastic beads in them (the blue dots)



Homemade toothpaste

Used our own homemade toothpaste made from bicarbonate, coconut oil and spearmint essential oil



We have spoken to multiple dentists about this and they have suggested that if we use fluoride sometimes, it is absolutely fine to use homemade toothpaste. In fact, it is the act of flossing that actually counts!

Toothbrush

Made entirely from plastic, you wouldn't believe how many of these we find washed up on the beach.







Bamboo toothbrush

Made from bamboo, comes in cardboard packaging



Bristles are still plastic unless you want to use one made from boars' hair, which I actually prefer over the plastic bristles (it is sterilised of course)
Once finished, cut the top off and put the rest in the compost bin/fire-starter. If using boar's hair, but whole thing in compost bin!

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| <p>Dental floss Floss is made of plastic. Packaging is plastic. The single use floss sticks are all over our beaches.</p>  | <p>Silk dental floss in a refillable, plastic-free container We used Dental Lace and put it in a metal container to stop glass shattering in our bags, but there are plenty of other brands out there</p>  | <p>It is not plastic, so you can also burn it in a fire</p> |
| <p>Soap Packaging is often plastic</p>  | <p>Soap... not in plastic packaging! You don't have to look very hard</p>  | <p>NB. We encourage you to buy soap (and all products for that matter) that does not use palm oil. Palm oil plantations are rapidly replacing old growth rainforests and are a key driver in the extinction of many species.</p> |
| <p>Toilet paper Often comes wrapped in plastic</p> | <p>Toilet paper... not in plastic packaging! In Australia we use Who Gives a Crap In other places we find it wherever we can</p> | <p>It's often made from primary forest timber... so buy recycled paper too.</p> |



Menstrual items

Tampons and pads are plastic. Need to carry them out in a plastic bag. Major contributor to landfill.



Menstrual cups aka the best thing that has ever been invented

Made of silicon. We had [Lunette](#), an Australian brand.



Benefit of menstrual cups

You buy them for \$40 once, they last for 10 years (big \$\$ saver). It fits into a little bag; you don't have to carry a stash. You don't have to carry gross period items out. You can't get toxic shock syndrome from them like tampons. There are many brands where if you buy a cup, another cup goes to a girl in a developing country where they may not have access to menstrual items






Shampoo/conditioner

Often comes in plastic packaging.

Shampoo and conditioner bar, or shampoo and conditioner from a bulk store in your own reusable container

We didn't actually use shampoo and conditioner on our expedition, but this is what we use at home.

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| <p>Moisturiser Often comes in plastic packaging.</p>  | <p>Homemade moisturiser Delicious homemade moisturiser made from natural ingredients</p>  | <p>We didn't actually use it that much because we thought it would attract the bears. We maybe once put it on our dehydrated brownie as icing sugar... Desperate times call for desperate measures.</p> |
| <p>Deodorant (ha!) Often comes in a plastic spray/roll on container</p>  | <p>Homemade deodorant or natural deodorant in a metal tin.</p>  | <p>We didn't actually use deodorant. We went <i>au naturel</i>. No Pong is a great anti-odorant.</p> |

| | | |
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| <p>Razor/shaver Have a plastic handle, often made to only be used once</p> | <p>Metal shaver</p>  | <p>Let's just say we needed all the warmth we needed. Apart from giving up shaving, which isn't for everyone, choosing a metal shaver with changeable blades is a great option.</p> |
| <p>Mosquito repellent Often comes in plastic packaging.</p>  | <p>Homemade/natural mosquito repellent, long clothing, mosquito face nets</p>  | <p>This is a tough one. Different situations call for different kinds of repellent. Badgers are good. You can also make your own.</p> |
| <p>Baby wipes Wrapped in plastic. The wraps themselves have plastic in them, that's why they don't dissolve</p>  | <p>Water + talcum powder, or homemade baby wipes (even better arrowroot powder or corn starch, with essential oils if you want a scent)</p>  | <p>Toilet paper + water + natural herbal essence = baby wipes. Use talcum powder afterwards to prevent chaffing. P.S. don't put baby wipes down the toilet! It causes major environmental and civic problems.</p> |

Your Food

Food packaging when shopping

So much of the food provided in supermarkets is packaged in plastic.



Food not wrapped in plastic

You can get fresh fruit/vegetables from markets, or just choosing the right product at the vegetable section. Prioritise tins, cardboard packaging if you are getting packaged foods. Buying in bulk and taking your own containers/bags is a great way to avoid packaging. Getting meats/cheese directly from the deli into your own container.



Apart from avoiding single-use plastic, you will find that getting rid of plastic will help you eat healthier and be mindful about your eating habits. Healthy for the planet, healthy for you.

Carry bags and vegetable bags

Made of plastic. Some of them put a picture of a tree on the front to pretend they're eco. It's a lie.



Reusable shopping bag and mesh bags

Buy or make your own mesh produce bags for fruits/vegetables



Another good option is to use a compostable fabric like cotton or hemp (either make your own bags or buy some)

Tea bags

Have plastic in them (that's why they don't dissolve).

**Bulk loose leaf tea + tea strainer**

Get your own container filled up from a tea store, or sometimes you can find loose leaf tea in just cardboard packaging



Store your loose-leaf tea in a large container and use a teapot or tea strainer.

Powdered milk

comes in plastic bags

**Powdered milk in a tin or homemade dehydrated almond milk**

We started out using homemade dehydrated almond milk made by the Lupii Café, then we just went to not using milk. If you wanted to buy powdered milk, just buy it in bulk so the packaging is worthwhile! You can share it with your other outdoor adventure friends

Freeze dried/package dehydrated meals
Plastic, plastic, plastic



Homemade, dehydrated meals wrapped in one layer of butchers/baking/non-inked paper and two layers of upcycled newspaper



Please see **STEPS TO PLASTIC FREE FOOD ON AN ADVENTURE** below

Utensils + Cleaning

Bowls/plates/cups/cutlery

Yes, they are reusable, which is great! But maybe there is a *compostable* option



Compostable (metal, wooden, plant-based) crockery



Mathilde ate out of the metal pot. Lucy ate from her plant-based bowl.

Sponge

Made of plastic, never breaks down

**Bamboo scourer or compostable cloth**

Might not last as long, but can be burnt or composted after use

**Dishwashing Liquid**

Often comes in plastic packaging.



There are great bar-soap alternatives for dishwashing available now.



The bar soap will never leak. It's good to have a little container for it. Biome has some great options.

Preparing your food for a plastic Free Adventure

STEP ONE: Buy food single-use plastic free – fruits, vegetables, bulk food stores for nuts etc. Buy food that is nutritious and will give you lots of energy! Take your own shopping bags and mesh-produce bags.



STEP TWO: Cook the food into delicious recipes that you love! Check out websites online to see what dehydrates best. You'll be surprised at what you can dry! We've also included some recipes in this booklet.

STEP THREE: Before you dehydrate it, measure it (in cups) and figure out how many cups makes a meal. Then once you have dehydrated it, measure it in cups again. The difference in the number of cups is equal to the amount of water that needs to be added to rehydrate it. We use a table similar to the one opposite to measure everything.

Note: I always round up in these calculations because I will always be hungrier on an adventure than at home. You don't have to add the exact amount of water back in, I guess most of the time based on the consistency I want.

| Meals/Snacks | | | | | | |
|--------------------------|-----------|-----------|-------------------------|---------------|--------------------|-------------------------------|
| Meal | #cups wet | #cups dry | # cups each per serving | # of servings | # of meals (for 2) | # of cups to add to each meal |
| Potato, leek, onion soup | 18 | 2 | 3 | 6 | 3 | 5.3 |
| Lentil, cabbage curry | 9 | 6 | 3 | 3 | 2 | 1.5 |
| Stir fry | 12 | 8 | 3 | 4 | 2 | 2.0 |
| Tomato Sauce | 40 | 10 | 2 | 20 | 10 | 3.0 |

STEP FOUR: Dehydrate, dehydrate, dehydrate. There are some incredible resources out there on the internet, with recipes, dehydrating times and what works/what doesn't.



STEP FIVE: Find some newspaper (we got ours from the newsagency) to wrap your food in. If you're concerned about the ink in your food, like us, you can wrap the first layer in parchment paper, or butchers paper (try not to buy it new though, there is always someone with that roll that has been sitting in the cupboard for years! You can also buy recycled baking paper now.). Wrap each meal (in our case for 2 people) in 3 layers of newspaper. This keeps moisture out and makes nice little packages for easy sorting.



STEP SIX: Label the food parcels. Sounds obvious, but this wouldn't be a fun realisation to have at the end...

STEP SEVEN: We put 2 to three days' worth of food into an 8L Aquapac lightweight dry bag. This meant that if moisture did get inside the bags, it was only a few days away and it wouldn't really matter. The light weight dry bags then went into 15L or 25L Aquapac heavy duty dry bags. We also went to camping stores and asked for their leftover silica gel packs to throw them in, as an extra precaution. Most stores have a whole pile of them out the back!



Recipes

Handy Tips

- **Dehydrating** - Midway through the drying process you can break-up any vegetables that are stuck together.
- **Rehydrating**
 - **Thermal bottles** - Rehydrating in a thermal bottle is faster and easy to do in a kayak if that's your chosen mode of adventure
 - **Water for rehydration** - The amount of water used for cooking should be as near as possible to the amount which the food will take up - you can write how many cups of food it made before dehydrating and then after, the difference should be around the amount of water to be added. Another general rule is 2 cups of food per 1 cup of liquid
- **Rice** – Some people choose to cook their rice before leaving, dehydrate it and then rehydrate it. Our experience is, that it is just as easy to cook rice out there. Unless you the rice is mixed in with the meal, or you want to flavour it before hand, it is not necessary to cook and dehydrate it before you leave on your expedition. Here are our tips for both options:

Cooking Yummy Rice

- Cook rice following the directions on the bag but use vegetable broth instead of plain water. The usual method is to bring 2 to 2½ cups of liquid to a boil, stir in 1 cup rice, cover and reduce heat to low. Simmer until all liquid is absorbed and rice is tender. Time varies with rice selection.
- Use low or no fat broths that come in a carton since fatty broths may cause the rice to spoil later.
- In a pinch, use bouillon cubes to make the broth. Additional flavours can be added such as a teaspoon of soy sauce per cup of cooked rice for an Asian flavour.
- Rehydrated dried rice is slightly chewier than instant rice.

Dehydrating Rice:

- Spread cooked rice out on dehydrator trays covered with non-stick sheets, parchment paper or the liners that came with your unit. Dry the rice at 50°C for approximately five hours. Dehydrating rice times vary with dehydrator models and humidity.
- Once or twice through the drying process, break up any rice that is stuck together. It's not a problem if some rice remains stuck together since it will separate when you cook it on the trail. Rice will be hard when properly dried.
- **Yield:** One cup rice = 3½ cups cooked = approximately 1¾ to 2 cups dried.

- **Good food** - Lots of sunflower and pumpkin seeds, mushrooms for B12, nuts for protein, Carbs (potatoes, pasta, nuts) for energy.
- **Blanching veggies** - To dehydrate staple vegetables, blanch them first to reduce growth of bacteria (retains vitamins, preserves colour and makes skin porous = faster rehydration. Tomatoes, onions, mushrooms, peppers (more delicate) do not need to be blanched
- **Sun-dried tomatoes** - buy tomatoes ripe but still firm. Slice them thick (quarter inch). Lightly spritz tray with oil, place tomatoes on them. Sprinkle with herbs, dash sea salt, dry for 8-10hrs. When done, tomatoes should be flexible, not brittle. Add directly into soups or stews, or steep in water for 10min then add to stir fries, pasta or rice dishes

Storage

- **Cooling food** - Allow all items to cool thoroughly before wrapping - heat = condensation = mould (at least in the tropics, but either way if it's hot when you wrap it, it will end up with moisture. Leave in dehydrator with it turned off and everything shut for 30min before wrapping.
- **Storage** - Can store in the freezer (clip seal bags).
- **Silica gel** - Silica gel for storage in the dry bag. Silica gel that has gone pink (absorbed too much moisture) can be dehydrated again at 60 degrees Celsius or in the microwave. Dehydrate them and store them in your food bag to reduce the change of them absorbing moisture. Clothing, shoe and other stores end up with a huge amount of these. Ask your local stores to collect them for you, even better they may already have a collection.
- **Labelling** - Write on all of our food bags before putting food in... make sure it is written at the bottom so that when it is rolled down, we can still read it. Best to double bag. Package into meal sized portions or they will absorb moisture every time it's opened
- **Store meals in cool, dark, dry locations. Retains more food value between 10-16 degrees**

Breakfast

| Meal | Dehydrating time 1 meal = 2 people | Ingredients | At home | At camp |
|--|--|--|---|--|
| Porridge with raisins & cranberries | You have the option of cooking the porridge and dehydrating it if you need to save on space. However, porridge is one that doesn't need to be dehydrate. | <p>Oats Raisins Cranberries Brown sugar Powdered milk Cinnamon</p> <p>Generally, the measurements aren't too important, adjust to your creamy-sugary-fruity preferences.</p> | <p>Milk is optional in this recipe, but certainly makes things creamier. You can use dairy or non-dairy powdered milk.</p> <p>How to make powdered milk: https://www.youtube.com/watch?v=0rOblywIGio <i>This video is with cows' milk, but the same process applies. Also, the video says dry in the sun, but you can also use your dehydrator.</i></p> | <p>Heat up water and mix in the powdered milk. Add powdered milk until you reach your preferred creaminess.</p> <p>Add oats and stir until they begin to cook, then add other ingredients. Stir until the mixture is thick and the ingredients have blended together. Serve hot.</p> |
| Muesli & fruit | 2 cups fruit 1 tray 8 hours, medium temp. | <p>Muesli – your favourite Apples, Papaya, Bananas, Mangoes (whatever is available to you locally). Powdered milk</p> | <p>Make your own muesli or buy your favourite from a local bulk food store.</p> <p><i>Dehydrating</i></p> <ol style="list-style-type: none"> 1. Dehydrate fruit at a medium temperature for 8 hours. 2. Dehydrated milk (see porridge recipe for instructions) | Soak fruit in warm water. After it swells, drain excess water – which can be used to make milk (see porridge recipe for instructions). Mix muesli, fruit and milk together. |

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| Baked beans and scrambled eggs | <p>4 cups beans on 2 trays, 10 hours each tray</p> <p>4 cups eggs, 2 trays, 05 hours</p> | <p><i>Baked beans</i></p> <p>2 tbsp olive oil 1 onion, halved and sliced 3 cloves garlic, thinly sliced 2 x 400g cans chopped tomatoes 400g (2 cups) haricot or other white beans soaked overnight in cold water 2 tbsp hot smoked paprika 2 tbsp brown sugar 2 tbsp Worcestershire sauce</p> <p><i>Scrambled eggs</i></p> <p>6 eggs 1/2 tsp black pepper 1/4 tsp salt 12 fresh mushrooms sliced 6 sprigs parsley minced 1/2 cup onions chopped 2 tsp any dried herbs</p> | <p><i>Cooking</i></p> <p><i>Baked beans</i></p> <ol style="list-style-type: none"> 1. Heat oil in casserole dish 2. Add onion and garlic and cook, stirring until the onion is transparent 3. Add tomatoes, drained beans, sugar, paprika, Worcestershire sauce and 1 cup water and bring to boil 4. Cook covered at 160oC, stirring occasionally for 3 hrs or until beans are tender <p><i>Scrambled eggs</i></p> <ol style="list-style-type: none"> 1. Place all ingredients in bowl and beat very lightly until just blended 2. Blend together egg mixture and the remaining ingredients 3. Place in skillet with 1 tbsp olive oil 4. Scramble until done <p><i>Dehydrating</i></p> <p><i>Baked beans</i></p> <p>Dehydrate at a high temperature for 10 hours, or until moisture is gone and mixture is crispy.</p> <p><i>Scrambled eggs</i></p> <ol style="list-style-type: none"> 1. Place on Paraflexx sheet and dehydrate at a medium temperature until dry (approx. 5 hrs) | <p>Beans:</p> <p>Heat water and add to beans at least 30min before eating (can be overnight). Once the beans have swelled, drain excess water. Fry over heat until mixture thickens.</p> <p>Eggs: Same as above for beans.</p> |
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| VEGAN OPTION: Vegan scrambled eggs | | 225 firm tofu (225 g) 1 brown onion 2 cloves of garlic 1/4 tsp salt, 1/4 tsp nutritional yeast 1/8 tsp ground black pepper Squeeze of lemon | <p>Chop the tofu and use a fork to crumble it into bite-sized pieces. Mix the tofu and nutritional yeast by hand. This helps incorporate the flavours more deeply into the tofu. Add some oil to a frying pan and when it's hot, add diced onion and garlic and stir until transparent. Then add the tofu and the rest of the ingredients. Stir until well combined and cook over medium-high heat for 5 to 10 minutes. Stir occasionally.</p> <p><i>Dehydrating</i> Place on Paraflexx sheet and dehydrate at a medium temperature until dry (approx. 5 hrs)</p> | Heat water and add to eggs at least 30min before eating (can be overnight). Once the they have swelled, drain excess water. Fry over heat until mixture thickens. |
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Lunch or Dinner

It is hard to do what you would have as a traditional expedition lunch without plastic. Breads, wraps, crackers and such almost always come in plastic. They also take up a fair amount of room and if you are making your own can be time consuming and hard. For that reason, we chose to have meals that are more traditionally dinner meals at lunch. It was easier and also meant that we were getting good nutritious and energetic meals at lunch.

| Meal | Dehydrating time 1 meal = 2 people | Ingredients | At home | At camp |
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| Chilli rice and lentil pilaf Serves 6 | 8 cups 4 trays 8 hours | 1 cup raw lentils 1 cup raw brown rice 2 cloves garlic, minced 2 bay leaves 2 tbsp olive oil 2 tbsp soy sauce 1 large onion, chopped 1 ½ to 2 cups steamed string beans, cut into 1-inch pieces 400g can plum tomatoes with liquid, chopped 170g can tomato paste 2tbsp chilli powder 1 tsp each ground cumin, dried oregano and paprika Dash of cayenne pepper | <p><i>Cooking</i></p> <ol style="list-style-type: none"> 1. Wash lentils and rice, then place in large pot with garlic, bay leaves and soy sauce 2. Add 5 cups of water and bring to boil 3. Cover and simmer over low heat 4. Check after 25min, stir and continue to simmer, uncovered, until lentils are tender but still hold their shape 5. Drain off any excess liquid 6. Heat oil in large skillet 7. Add onion and sauté over moderate heat until golden 8. Add lentils and rice and all of remaining ingredients, stir well 9. Simmer over low heat for 15 min <p><i>Dehydrating</i></p> <p>Dehydrate at a high temperature for 8 hours or until the mixture is dry and crispy.</p> | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. |

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| Dahl Recipe Andy (need a slow cooker) | 4 cups 2 trays 10 hours | 1 tbsp oil (olive, veg, coconut) 1 can lentils (or prepare dry lentils of your choice) 1 tbsp ground cumin 1 tbsp ground turmeric 1 tbsp garam masala 1 tsp chilli powder or more if you want Other curry powder to taste 1 fresh chilli, chopped 4 garlic cloves, crushed 1 tbsp grated fresh ginger ½ cup coriander Vegetable stock or coconut milk Other chopped vegetables of your choice Serve with rice | <i>Cooking</i> <ol style="list-style-type: none"> 1. Heat oil in slow cooker over high heat 2. Add onion, garlic and caramelise 3. Add chopped tomato and cook well with onion and garlic 4. Add cumin, turmeric, garam masala, chilli powder, red chilli, onion, garlic and ginger and cook, stirring, add more oil if you need to 5. Add lentils 6. Add coriander, stock and chopped vegetables, and cook over low heat. If using dried lentils, cook for at least 1 hour <i>Dehydrating</i> Dehydrate at a high temperature for 10 hours or until the mixture is dry and crispy. | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. Cook rice as you normally would. |
| Spicy vegetable tagine (lots of ingredients) Serves 8 | 12 cups 6 trays 10 hours | <i>Sauce</i> 2 tbsp olive oil 1 large red onion chopped 4 cloves garlic, sliced 1 tbsp shredded fresh ginger 500g butternut pumpkin, peeled, seeded and cut into bite sized chunks 1 tsp ground cinnamon 1 tsp ground cumin 1 tsp ground coriander | <i>Cooking</i> <i>Sauce</i> <ol style="list-style-type: none"> 1. Heat oil in large saucepan and sauté onion over high heat for 2-3 min, or until beginning to soften and colour 2. Toss in garlic and ginger and cook for few more seconds 3. Tip in pumpkin and sauté for 1 min | Sauce: Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens Cous Cous: Boil water add to cous cous, over until re-hydrated |

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| | | <p>Seeds from 6 green cardamom pods, lightly crushed 3 bay leaves 800g can chopped tomatoes 250g large carrots, thickly sliced 300ml vegetable stock ½ cup raisins ½ cup dried cherries or cranberries 1 large red capsicum, chopped 420g can chickpeas or red kidney beans, drained and rinsed</p> <p><i>Couscous</i> 250g couscous 2 cups boiling vegetable stock 1 tbsp olive oil 1 tsp chilli sauce ½ tsp ground cumin</p> | <ol style="list-style-type: none"> 4. Reduce heat and add all spices, along with bay leaves, tomatoes and carrots 5. Put in stock, then stir in raisins and cherries 6. Bring to boil, reduce heat, cover and simmer for 10min 7. Stir capsicum into the stew. Cover and leave to simmer for 5 min 8. Stir in chickpeas and simmer for 5-10min, or until all vegetables are tender but still retain their shape and texture <p><i>Couscous</i></p> <ol style="list-style-type: none"> 1. Put couscous in large bowl with all ingredients 2. Cover and leave for 5 min 3. Stir thoroughly until all the ingredients are well mixed. <p><i>Sauce: Dehydrating</i> Dehydrate at a high temperature for 10 hours or until the mixture is dry and crispy.</p> <p>Cous Cous: Dehydrate at a medium temperature for 5 hours</p> | |
| Pesto pasta Serves 2 | 1 cup 1 tray 5 hours | 2 cups tightly packed fresh basil ½ cup walnuts or pine nuts 2 cloves garlic, roughly chopped ½ cup extra-virgin olive oil 1 pinch sea salt and freshly ground pepper, plus more to taste 1 tablespoon lemon juice 3 tablespoons nutritional yeast | <p>Place the basil, walnuts or pine nuts, and garlic in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground.</p> <p>With the motor on, drizzle in the olive oil in a thin stream. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a</p> | <p>Heat water and soak pesto for at least 30 min. Drain excess water, and stir over heat until mixture thickens.</p> <p>Cook pasta and stir pesto through.</p> |

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| | | 12 cups of uncooked pasta per person. | few more times to combine. Taste and adjust the seasoning to taste. This will keep well in the fridge, in a tightly sealed container, for a few days; top the pesto with a layer of olive oil to decrease any browning. | |
| Ratatouille Serves 4 | <i>For sauce</i> 8 cups 4 trays 10 hours | <i>Ratatouille</i> 1 eggplant, diced 4 tsp olive oil 2 onions, diced 1 red pepper, diced 1 yellow pepper, diced 2 garlic cloves, smashed 1 tsp fennel seeds 2 bay leaves 1 tsp dried thyme 2 small zucchinis, diced 2 cups fresh tomatoes or 14.5 OZ can, diced | <i>Cooking</i> Peel the eggplant. Before dicing, cut the eggplant diagonally into half inch slices. Squeeze or press eggplant slices gently between paper towels to remove excess liquid which can taste slightly bitter. Dice eggplant and other vegetables into small pieces. In a large, non-stick skillet, heat the oil and sauté onions until translucent. Add garlic, peppers, fennel, bay leaves, and thyme and sauté until peppers are soft. Add eggplant and sauté until it turns golden. Add zucchini and sauté for another five minutes. Add diced tomatoes, salt and pepper to taste, and turn the heat down to a simmer. Simmer for about 15 minutes, until the tomatoes cook down. <i>Dehydrate</i> Spread vegetables out in a single layer on dehydrator trays covered with non-stick sheets. Dehydrate at a high temperature for approximately 10 hours. | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. Cook rice as you normally would. |

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| Marrakech curried stew Serves 6 | 6 cups 3 trays 10 hours | <i>For sauce</i> 1 sweet potato, peeled and cubed 1 medium eggplant, cubed 1 green capsicum, diced 1 red capsicum, diced 2 carrots, diced 1 onion, diced 6 tablespoons olive oil 3 cloves garlic, crushed 1 teaspoon ground turmeric 1 tablespoon curry powder 1 teaspoon ground cinnamon 3/4 tablespoon sea salt 3/4 teaspoon cayenne pepper 1 (400g) tin chickpeas, drained 1/4 cup blanched almonds 1 zucchini, sliced 2 tablespoons sultanas 1 cup (125ml) orange juice 300g spinach <i>To serve</i> Couscous or rice | In a large saucepan place sweet potato, eggplant, capsicum, carrots, onion and three tablespoons oil. Sauté over medium heat for 5 minutes. Add to the saucepan 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and cook for 3 minutes. Add the chickpeas, almonds, zucchini, sultanas and orange juice. Simmer 20 minutes, covered. Add spinach to pot and cook for 5 more minutes. <i>Dehydrating</i> Dehydrate at a high temperature for 10 hours or until the mixture is dry and crispy. | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. Cook rice as you normally would. |
| Massaman curry Serves 2 | <i>For sauce</i> 3 cups food 2 trays 8 hours <i>For meal</i> 3 cups food 2 trays 8 hours | <i>For sauce</i> 1 1/2 Tbsp Massaman curry paste 400ml coconut cream 400ml can red kidney beans (drained and rinsed) 1 Tbsp raw sugar 1/8 cup tamarind water 1/4 cup raw peanuts <i>For meal</i> | <i>Cooking</i> <ol style="list-style-type: none"> 1. Pour thick coconut cream into wok and stir in Massaman curry paste 2. Cook for 5 minutes. 3. Mix in red kidney beans 4. Add remaining coconut cream, tamarind water and raw sugar. 5. Stir until sugar is dissolved. <i>Dehydrating</i> | Add boiling water to the vegetables and soak for 20-30mins. Add sufficient water to curry to create sauce and heat. Add beans and vegetables when rehydrated. Bring to boil Serve with rice, cook as you would normally. |

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| | | <p>Mix of dehydrated vegetables. (suggested vegetables: sweet potato, eggplant, spinach, zucchini, pumpkin)</p> <p><i>To serve</i> Rice (100g per person)</p> | <p>Sauce: Dehydrate at a high temperature for 10 hours or until the mixture is dry and crispy.</p> <p>Meal: dice vegetables and dehydrate for 8-10 hours at a medium heat</p> <p>Place dehydrated curry in bag and add peanuts. In separate bag add a mix of dehydrated vegetables</p> | |
| <p>Stir fry Serves 4</p> | <p><i>For meal (veggies)</i> 8 cups food 4 trays 8 hours</p> | <p>2 tbsp coconut oil or extra virgin olive oil 2 brown onions 4 clove garlic 4 tbsp sweet chilli sauce 4 tbsp soy sauce 3 capsicum, cut in strips 1 bunch broccoli, including stems, cut into bite sized pieces 4 carrots, sliced 1 cup snap peas, cut into 1-inch pieces 2 cups mushrooms, cleaned, sliced</p> | <p>Finely dice onion and garlic, then fry until transparent in oil. Add carrot, broccoli and cook until medium hard. Then add other vegetables, sweet chilli and soy sauce. Stir until cooked through</p> <p><i>Dehydrating</i> Dehydrate at a high temperature for 8 hours or until the mixture is dry and crispy.</p> | <p>Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens.</p> <p>Serve with rice, cook as you normally would.</p> |
| <p>Moroccan sweet potato, carrot and chickpea soup Serves 4</p> | <p>8 cups food 4 trays 8 - 10 hours</p> | <p>1 tbs olive oil 1 large brown onion, roughly chopped 2 garlic cloves, crushed 1 tsp ground coriander 2 tsp ground cumin ¼ tsp chilli powder 600g orange sweet potato, peeled, diced 500g carrots, peeled, sliced 6 cups vegetable stock 300g can chickpeas, drained, rinsed ½ small lemon, juiced</p> | <p><i>Cooking</i> Heat oil in large saucepan over medium-high heat Add onion and garlic Cook, stirring often for 3 min Stir in coriander, cumin and chilli powder Cook, stirring for 1min Add sweet potato and carrot Cook, stirring often, for min Add stock, cover, bring to boil Reduce heat to medium-low and simmer, stirring occasionally for 20min</p> | <p>Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens.</p> |

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| | | | <p>Add chickpeas to soup and simmer, covered for 10min or until chickpeas are tender Blend soup, in batches, until smooth Return to saucepan over medium-low heat Season with salt and pepper Stir in 1 tbsp lemon juice Heat, stirring, until hot (do not boil)</p> <p><i>Dehydrating</i> Dehydrate at a high temperature for 10 hours or until the mixture is dry and crispy.</p> | |
| Pasta and bean soup Serves 4 | 10 cups food 5 trays 8 hours | 200g dried borlotti beans 60ml olive oil 1 onion, finely chopped 2 garlic cloves, crushed 1 celery stalk, thinly sliced 1 carrot, diced 1 bay leaf 1 rosemary sprig 1 flat leaf parsley sprig 400g can chopped tomatoes, drained 6 ½ cups vegetable stock 2 tbsp finely chopped fine leafed parsley 150g small dried pasta | <p><i>Cooking</i> Place borlotti beans in large bowl, cover with cold water and leave to soak overnight. Drain and rinse Heat oil in large saucepan, add onion, garlic, celery and carrot and cook over medium heat for 5 min or until golden Season with black pepper Add the bay leaf, rosemary, parsley, tomato, stock and beans and bring to boil Reduce heat and simmer for 1 ½ hrs, or until beans are tender Add more boiling water if necessary, to maintain liquid level Discard the bay leaf, rosemary and parsley sprigs Scoop out 1 cup of bean mixture and puree in food processor Return to an, season with salt and black pepper and add the parsley and pasta Simmer for 6 min, until pasta is al dente</p> <p><i>Dehydrating</i></p> | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. |

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| | | | Dehydrate at a high temperature for 10 hours, or until the soups forms a leathery rollup. After dehydrated, break up and put in the blender, until soup is powdery, dehydrate and a high temperature for another 1-2 hours. | |
| Chickpea soup Serves 4 | 10 cups food 5 trays 8 hours | 1 tbsp olive oil 1 large onion, chopped 5 garlic cloves, chopped 1 large carrot, chopped 1 bay leaf 2 celery stalks, chopped 1 tsp ground cumin ½ tsp ground cinnamon 3 x 425g cans chickpeas, drained and rinsed 1.25L vegetable stock 1 tbs finely chopped flat leaf Italian parsley 1 tbsp finely chopped coriander leaves 2 tbsp lemon juice | Cooking Heat oil in large saucepan and cook onion over medium heat for 3-4min, or until soft. Add garlic, carrot, bay leaf and celery and cook for 4 min, or until veggies start to caramelise. Stir in cumin and cinnamon and cook for 1min. Add chickpeas, stock and 1L water and bring to boil. Reduce the heat and simmer for 1 hour. Allow to cool. Remove bay leaf and puree soup. Return to cleaned pan and stir over medium heat until warmed. Stir in herbs and lemon juice. <i>Dehydrating</i> Dehydrate at a high temperature for 10 hours, or until the soups forms a leathery rollup. After dehydrated, break up and put in the blender, until soup is powdery, dehydrate and a high temperature for another 1-2 hours. | Heat water and soak for at least 30 min. Drain excess water, and stir over heat until mixture thickens. |
| Pumpkin and carrot soup | 10 cups food 5 trays 8 hours | 40g butter 1 large onion, chopped 2 garlic cloves, crushed 500g carrots, sliced | Cooking Melt butter in large saucepan over medium heat and cook onion for 5 min, or until soft and starting to brown. | |

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| | | 125ml orange juice 750g butternut pumpkin, peeled and roughly chopped 1.5L vegetable stock (6 cups) 1 tbsp snipped chives | Add garlic and carrot and cook for another 5 minutes, or until starting to soften Pour in orange juice and bring to boil over high heat. Add pumpkin, stock and 500ml (2 cups) water and return to boil. Reduce heat and simmer for 30min, or until carrot and pumpkin are soft. Blend soup in batches until smooth. Add salt and pepper. Dehydrating Dehydrate at a high temperature for 10 hours, or until the soups form a leathery rollup. After dehydrated, break up and put in the blender, until soup is powdery, dehydrate at a high temperature for another 1-2 hours. | |
| Mushroom stroganoff Serves 4 | <i>For meal</i> 5 cups food 3 trays 8 hours | Splash of olive oil or water 2 onions chopped 2 cloves garlic pressed 450gm mushrooms chopped 1 cup veggie broth and a splash or two of red wine vinegar (or ½ cup broth and ½ c red wine) 1 can coconut milk (400ml/1 ¾ c) 2 bay leaves 1 Tbsp Tamari/soy sauce (I split it up between the two) Smoked or hot paprika and salt to taste 1 tsp pepper 3 Tbsp. flour (divided) | <i>Cooking</i> <ol style="list-style-type: none"> 1. Heat oil or water and cook onions until translucent. 2. Add mushrooms and garlic and cook on medium heat until moisture has evaporated (7-10 min.). 3. Reduce heat and add 2 Tbsp. flour; then add 1 cup of the coconut milk, stirring constantly. 4. Add bay leaves and broth and simmer for 20 minutes. (Remove bay leaves before dehydrating) 5. Stir in last ¾ cup of coconut milk, Worcestershire (or tamari/soy), | Rehydrate mushroom stroganoff with one cup of water for 5-10 minutes, heat and serve. |

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| | | <p>Try using a variety of mushrooms for different textures and taste.</p> <p>Sneak in some spinach or kale for extra vitamin power on the trail.</p> <p><i>To serve</i> Dehydrated rice or quinoa or pasta</p> | <p>pepper, salt, paprika. Turn heat to medium and add 1 Tbsp. flour and whisk.</p> <p>6. Add more flour if you want the sauce to be thicker.</p> <p><i>Dehydrate</i></p> <ol style="list-style-type: none"> 1. Spread the stroganoff mixture out on four dehydrator trays covered with parchment paper. 2. Dehydrate at 60°C for 8-10 hours until the mushrooms are leathery. After four hours, break up pieces that are stuck together and flip them over to speed up the drying processes. 3. Dehydrate rice at a high temperature for 8-10 hours, or until crispy dry. | |
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Desserts

By majority we just had chocolate for dessert. There are a lot of plastic free options out there! However, if you want to be a bit extra, here are some suggestions.

| Meal | Dehydrating time 1 meal = 2 people | Ingredients | At home | At camp |
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| Peach cobbler Serves 2 | <i>Bread</i> 1/2 cups food 1/2 tray | <i>Bread crumbs (1/2 cup for this recipe)</i> <i>Sauce</i> | <i>Bread</i> | Combine dried peaches, sugar, and nutmeg with water in pot. Light stove and warm for ten minutes over low |

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| | 4 hours <i>Peach</i> 1 cup food 1 tray 8 hours each = 8 hours (1 meal) | 1 cup peach slices, dried 4 tsp sugar Pinch of nutmeg 1 cup water | <ol style="list-style-type: none"> 1. Place slices of bread on the dehydrator trays and dehydrate at 50oC for approximately four hours. 2. There should be no sponginess left in the bread or it might spoil later. 3. When the bread is dry, it will break easily by hand into large crumbs 4. Dehydrate peaches at medium temperature for 8 hours <i>Sauce</i> <ol style="list-style-type: none"> 1. Combine rest of ingredients in separate bag | flame. No need to boil – you just want the peaches to rehydrate and warm up. Extinguish stove and stir in bread crumbs. The bread crumbs will absorb the sweet peach juices. |
| Apple pie Serves 2 | <i>Bread</i> 1 cup food 1 tray 4 hours <i>Apple</i> 1 cup food 1 tray 8 hours | 1 cup apple slices, dried 1 cup bread crumbs ½ cup raisins 4tsp sugar ½ tsp cinnamon 1 cup water | <i>Dehydrating</i> <ol style="list-style-type: none"> 1. Place slices of bread on the dehydrator trays and dehydrate at 50oC for approximately four hours. 2. There should be no sponginess left in the bread or it might spoil later. 3. When the bread is dry, it will break easily by hand into large crumbs 4. Dehydrate apples at medium temperature for 8 hours 5. Pack dried apples, sugar, and cinnamon in a small bag. 1. Pack bread crumbs in a small bag and raisins in another small bag. 2. Enclose all bags in a larger bag to stay organized. | <ol style="list-style-type: none"> 1. Combine dried apples, sugar, cinnamon, and raisins with water in pot. Light stove and warm for ten minutes over low flame. No need to boil – you just want the apples to rehydrate and warm up. 2. Extinguish stove and stir in bread crumbs. The bread crumbs will absorb the sweet apple juices. |

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| Chocolate brownies | Based on 26 brownies on one tray (i.e. 13 days of brownies) 1 tray 12 hours each 12 hours (13 meals) 1 hour (1 meal) | | <i>Cooking</i> <ol style="list-style-type: none"> 1. Bake as usual 2. Let cool, then cut into half-inch cubes. <i>Dehydrating</i> <ol style="list-style-type: none"> 1. Dry cubes for 10-12 hours at a high temperature. | Can eat right away, or add a few drops of hot water and lightly knead the contents |
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Snacks

| Meal | Dehydrating time | Ingredients | At home | At camp |
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| Dried fruit | 1 cup 1 tray 8 hours | Choose your favourite local fruits. | Chop up fruit into bite size pieces. Dehydrate on a medium temperature for 8-10 hours. | Eat. |
| Fruit leathers | 2 cups per tray. 8-10 hours. | Make your favourite fruit smoothie. | Take the smoothie and pour it out evenly across the tray of the dehydrator. Dehydrate for 8-10 hours. When all moisture has gone, roll up into leathers | Eat. |
| Veggie chips | 2 cups per tray. 8-10 hours. | Sweet red peppers zucchini Parmesan cheese (can have it without - vegan) Salt and pepper | Preparation Cut Sweet red peppers and zucchini Sprinkle with parmesan cheese, salt and pepper before drying Dehydrating | Eat. |
| Peanut Bars | Don't need dehydrating. | In a big bowl, mix 1 cup peanut butter, 2 cups sugar, 1/2 cup chia, 1 cup peanuts, 1 cup cashews, 3 cups oats, 1/2 cup canola or peanut oil, 1 cup water, 2 Tbsp cinnamon, 1 cup raisins, 1 cup cranberries, 1/2 flax seed until all the ingredients are combined. If the mixture is too dry, add water 1/2 cup at a time. Spoon mixture into greased baking trays. To cook 40x30cmx1.5cm tray of mix, cook for 1 hour until golden brown. The deeper the tray and the thicker the bars, the longer the bars will need to cook. | | Eat. |

Systems Change and Individual Change

Often you will hear arguments about whether we should be making systems change or individual change. In reality, that is a false dichotomy, we need both.

“Be the Change”

Living our values in small ways shows ourselves and others that we care. It demonstrates our beliefs and is an important conversation started. It legitimises our asks to those who say it's impossible and is an easy door for people to step through, when they haven't started their journey yet.

“Individual change is a great place to start but a terrible place to stop.”

We are not individually responsible for the problems, like plastics, that exist in the world. It's bad policies and bad business practices that drives these problems. As long as they exist, so will the problem. If we want to change this problem, we can't only focus on individual change.

“Systems change happens when citizens come together to demand rules that work”

The story of stuff has made an excellent 7 min video about this topic. You can watch it on YouTube: <https://www.youtube.com/watch?v=olQdYXCKUv0>

