I have had a few people ask about food ideas for DofE, please follow links.

I find the boil in the bag meals ideal for dinners as they can be cooked and eaten in the bag and they have a high calorie content, so ideal after a day of walking.

Don't forget to you show your DofE card or Explorer Scarf, you get 10% off in Blacks/Ultimate Outdoors.

Hopefully all the links will work.

Evening meal and Pudding Ideas

http://www.blacks.co.uk/equipment/cooking-eating/camping-food/

Lunch and Snack Ideas

Mini Wrap packs can be split over 2 days.
http://www.sainsburys.co.uk/shop/gb/groceries/mission-6-deli-mini-wrap-186g

Individual Tuna Pouches, one for each day.
http://www.sainsburys.co.uk/webapp/wcs/stores/servlet/gb/groceries/john-west-tuna-with-a-twist--lime---black-pepper-85g?langId=44&storeId=10151&krypto=ejnSSlwXLHtvYm1fmGUw%2BCllejsEAr4tQyODzCqaMf4amleX55eqrXgg4o5jF9IXi1UzFbdtsFlixuYpPV2TIRmjA6E35x8n6FnSGKdKIbefk8MTAHhX10ygvvfAkpTC&ddkey=http%3Agb%2Fgroceries%2Fjohn-west-tuna-with-a-twist--lime---black-pepper-85g

Bread Sticks / Crisps / Rice Cakes

The Mr Kipling cakes are ideal as they come individually wrapped, so they stay fresh for the whole time.

Dried Fruit

Yoghurt Coated Fruit

Jelly Cubes

Cereal Bars

Nuts

Kendal Mint Cake

Flapjacks

Mini Pots of Custard / Rice Pudding

Breakfast

Porridge Pots, just boil kettle and pour into pot, means no washing up.
http://www.sainsburys.co.uk/shop/gb/groceries/sainsburys-express-porridge-pot-golden-syrup-64g

Cereal in a Freezer bag with powdered milk.

Sweat Waffles

Mini Pancakes

Don't forget Hot Drinks/Cuppa Soups for an evening snack.

If you google DofE meal ideas, it comes up with loads of ideas.

Also please do not forget, you are not allowed to stop and buy food on route as this will immediately disqualify you from your expedition.

Fresh food should also be avoided as it can't be kept cold.

Remember to pack a little extra food, just in case you need it in an emergency.