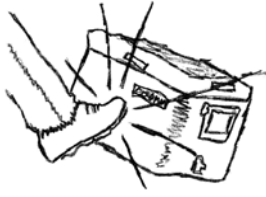


Davida Books Announces Two New Publications



Kick the Cooler Habit!

Camp Cooking WITHOUT Coolers II Blueprint for Using Nonperishable Food

Camp WITHOUT Coolers or Stoves Preparing Tasty Meals with Absolutely No Cooking!

Do you love to raft, kayak, canoe, or otherwise enjoy camping along nature's magnificent rivers, lakes, sloughs, and bays? Does the thought of trying to plan a one-week (or shorter) menu for a group of hungry people make you shudder? Have you ever had a long trip spoiled because the food in a cooler went bad or got soggy as the ice melted? Have you ever opted out of an exciting self-support kayak trip because you thought your boat was too small to carry all your gear and food? If you answered yes to any of these questions or just want to lighten your load by not carrying heavy coolers, then Camp Cooking WITHOUT Coolers is for YOU!

Camp Cooking WITHOUT Coolers II is much more than an outdoor cookbook. Inside, you'll find a 7-day meal plan including breakfast, lunch, appetizer, dinner, and dessert for each day. Using Lacey's meal plan takes the headache out of preparing for a group and allows for easy, organized food packing prior to your trip. The 7-day meal plan includes tried-and-true recipes using nonperishable foods that are generally available at any reasonably well-stocked supermarket, as well as valuable planning and packing tips. Included in this second edition is detailed information on how to maintain a low-impact camp kitchen.

The author, Lacey Anderson, is a veteran of the outdoors, having guided river rafters and backpackers all over the West and in Mexico. Her decades of outdoor recreation experience allow her a unique perspective on meal planning. She has created scrumptious meals that are low in bulk, lightweight, and nonperishable. She is constantly refining and adding to her catalog of recipes in response to the inspiration "hey, I could make that in camp." More recently she has begun experimenting with new recipes using "raw foods" as many raw items will keep for several days without refrigeration and provide a tasty and nutritious alternative to processed foods.

For ordering and more information visit us at www.nocoolers.com

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Note to Media and Retailers: For photographs and additional information contact
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