

Buying Food for Your Patrol

Attention Grubmasters: Planning & buying the food for your patrol is a very important job!

Your patrol members are going to be hungry and unhappy if you don't buy enough food and. Leftover food is often wasted if you buy too much. A *Scout is Thrifty* is an important Scout Law to remember. You must keep track of which patrol members are going and if they have paid their money. Knowing your budget, planning your meals, and managing your funds are a big part of being successful in this leadership task. Failure to plan is a plan to fail!

Plan the menu with your patrol

Get a firm count of how many patrol members are going at the campout prep meeting. If you have 10 patrol members and 7 have said they are going and paid, your budget is \$70, not \$100. Once you know the number going camping, use the **Patrol Menu Planner** and plan to buy only as much food as your patrol will need. Buying too much food will cost your patrol extra money and is often wasteful. Stay within your budget.

Save all your receipts

Place them in an envelope labeled with your name and Patrol, and the total cost of the food, ice and supplies. Buying food for the patrol is supposed to be a break-even proposition. As Grubmaster, it is your responsibility to stay within your food budget. Spending beyond your budget must be approved by your patrol members as you may have to ask them to pay a few more dollars to cover going over budget.

Packing the food

Do you like squished bread for sandwiches? Pack the food in ways to protect it e.g. in the Patrol Dry Box & Cooler while it is transported to the campsite. Remove excess wrappings to reduce weight and trash at the campsite. Zip-lock type plastic bags are an excellent choice. (Some at-home preparation will also make cooking at camp easier and quicker.)

- Scrambled eggs? Scramble the raw eggs at home and placed in a tightly sealed container.
- Diced meats and veggies (chicken, carrots, celery)? Wash and dice at home and put in separate zip bags.
- Turkey Bacon or sausage? Pre-cook at home. Works great and eliminates grease to make clean-up easier.

After the campout

The Scout who bought the food is responsible for removing all perishable food and disposing of it from the Patrol Dry Box & Cooler. Spoiled or ruined food is thrown out. Some food in the Patrol Dry Box can be used for the next campout. Food that is okay but can't be stored for the next campout should be split among patrol members to take home.

The Parent's role

Parental advice, input, and transportation are important to the Grubmaster's success. The Grubmaster is the Scout. He is expected to plan and purchase for the outing. This means that the Grubmaster goes to the store also, not just the parent(s). Parental advice about nutrition and price comparison at the store is important.

Planning Meals

Preparation Time

Plan your meals so they can be prepared, eaten and cleaned up within the time constraints of the weekend program. A camp-out with a planned activity schedule will offer a limited specific time for meals (Fall Camporee). Other outings allow more time for meals.

Budget

A weekend campout food budget is \$10.00 per Scout for a weekend outing unless stated otherwise by the SPL. **Always save all your receipts and turn them in at the next Troop meeting.**

Nutritional Concerns

Review your menu to see that it is balanced nutritionally. Represent the four basic food pyramid groups at every meal.

- Group 1: Breads, cereals, rice, pasta (up to 11 servings per day)
- Group 2: Fruits (4-5 servings per day) & Vegetables (4-5 servings per day)
- Group 3: Milk, yogurt, cheese (2-3 servings per day) & meat, fish, eggs, beans (7 oz per day)
- Group 4: Fats, oils, sugars (use small amounts)



Notes on Meals

- **BREAKFAST:** Sunday morning is busy with packing and preparing for the trip home, so a simple breakfast is best. Something warm is good during the cold months. Have a hot drink (cocoa or tea), fruit and an easy to fix main dish that doesn't need a lot of clean-up. Consider having bagels and cream cheese or dutch oven muffins baked the night before.
- **LUNCH:** Saturday lunch should be another simple meal as there is often not a lot of time to prepare, serve and cleanup. Have a build-your own sandwich with some soup and fruit.
- **DINNER:** A full dinner is welcome at the end of an active day. Typically there is more time to prepare, serve and clean up so a full meal can be planned. This should include fruit or salad, a main course, some side dishes of vegetables or starch (potatoes, pasta, etc.) and even a dessert (perhaps baked in a dutch oven). A carefully planned and prepared dinner can really brighten up a weekend.

The Goal

The goal for every troop outing is that each patrol is responsible for its food and meals, and that each scout is provided with tasty balanced meals at each appropriate dining time.

Meals needed for Campouts with a Saturday morning departure.

Saturday

Breakfast - not offered or simple and not involving cooking. Lunch - Suggest a grill cooked meal.

Dinner - Fully cooked on the campout using Dutch Ovens. Meal should include entree, vegetable, bread and dessert. Cracker Barrel after dinner.

Sunday

Breakfast- Fully cooked from scratch. Make it simple, eggs hot dogs and break will be filling. Jam and peanut butter also work.

Adult Leaders and Parents

Adult leaders and parents camp and eat together. They do not camp or eat with the Scout Patrols. They intervene only when the safety or health of a Scout is at stake. The Scout Patrol Leader is responsible for seeing that all arrangements for patrol cooking are completed by completing the Patrol Duty Roster. An adult leader or parent may mentor (demonstrate once) or offer advice (talk to) the Patrol Leader, Grubmaster, or Troop Guide, but they do not do the cooking or cleanup for the Patrol.

Recap Menu Requirements

1. The menu must be planned at a Troop meeting two weeks before the campout.
2. **The menu plan must be approved by the SPL and assistant scoutmaster.**
3. All meals will correspond to the four basic food groups.
4. Meals must be fully prepared at the campout (don't buy prepared foods).
5. No hot dog-type meals (except around the campfire as a snack).
6. Water is always available as dehydration is a major concern due to the physical activity at outings.
7. Food preparation is always directed toward fulfilling the requirements of the 1st Class or cooking merit badge.
8. Recipes should be discussed with an adult leader to ensure it can be cooked in a timely manner.
9. Stay within your budget.



Menu Suggestions

Breakfast

<u>Entrée</u>	<u>Sides</u>	<u>Beverage</u>	<u>Fruit</u>
Cold Cereal	Toast	Orange Juice	Bananas
Regular Oatmeal	Bagels & CC	Apple Juice	Raisins
Scrambled Eggs	English Muffins	Grape Juice	Strawberries
Egg McMuffins	Jam	Milk	Fruit Cups
Breakfast Burritos	Sausage	Hot Chocolate	Apples
Omelets	Turkey Bacon	Water	Oranges
Pancakes	Peanut Butter		Tangerines

Lunch

<u>Entree</u>	<u>Sides</u>	<u>Beverage</u>	<u>Dessert</u>
PB & J	Bananas	Fruit Punch	Cookies
Grilled Cheese	Apples	Ice Tea	Fig Newton
Hoagies	Oranges	Milk	Snack Pies
Tuna Sandwich	Crackers	Lemonade	Twinkies
Chicken Salad	Energy Bars	Hot Chocolate	
Soup or Chili	Fruit Cups	Tang	
Beans & Franks	Cheese / Salami	Water	

Dinner

<u>Entrée</u>	<u>Sides</u>	<u>Beverage</u>	<u>Dessert</u>
Beef or Chicken Stew	Bread/Rolls	Fruit Punch	Cake
Spaghetti	Potatoes	Water	Cobbler
Macaroni & Cheese	Dumplings	Milk	Canned Fruit
Hamburger Helper	Corn	Lemonade	Snack Pies
Chili	Carrots	Hot Chocolate	Pudding
Pot Roast	Celery	Ice Tea	Jell-O
Tacos	Coleslaw		
Foil Meals			

Snacks



Patrol Menu Planner

Camp Location: _____

Budget/ person: _____

Patrol Name: _____

Date: _____

ATTENDANCE		MENU		Equipment Needed
1	PL:	Friday Night	Main	OGrill over Fire
2	GM:		Side 1	OPropane Stove
3			Side 2	ODutch Oven
4			Drink	OSkillet
5			Other	O 8 qt Stock Pot
6		Saturday Breakfast	Main	OGrill over Fire
7			Side 1	OPropane Stove
8			Side 2	ODutch Oven
			OSkillet	OSkillet
			Other	O 8 qt Stock Pot
		Saturday Lunch	Main	OGrill over Fire
			Side 1	OPropane Stove
			Side 2	ODutch Oven
			Drink	OSkillet
			Other	O 8 qt Stock Pot
		Saturday Dinner	Main	OGrill over Fire
			Side 1	OPropane Stove
			Side 2	ODutch Oven
			Drink	OSkillet
			Other	O 8 qt Stock Pot
		Sunday Breakfast	Main	OGrill over Fire
			Side 1	OPropane Stove
			Side 2	ODutch Oven
			Drink	OSkillet
			Other	O 8 qt Stock Pot
		Lunch	Main	
			Side 1	
			Drink	

TROOP EQUIPMENT		Qty
Item		
1	Patrol Gear Box	
2	Patrol Dry Box	
3	Patrol Cooler	
4	Patrol Gas Stove	
5	Patrol Grill	
6	Patrol Dining Fly	
8	Patrol Flag / Stand	
9	Propane	
10	Propane Lantern	
11		
12		
13		
14		
15		

Approved by:

Patrol Leader

Senior Patrol Leader

ASM or Adult Coach



Shopping List

Buyer 1: _____ Buyer 2: _____

ITEM	DESCRIPTION	Safe Food Transport	Food Pyramid Group	QTY	EST. COST	ACTUAL COST
1		oDry Box oCooler				
2		oDry Box oCooler				
3		oDry Box oCooler				
4		oDry Box oCooler				
5		oDry Box oCooler				
6		oDry Box oCooler				
7		oDry Box oCooler				
8		oDry Box oCooler				
9		oDry Box oCooler				
10		oDry Box oCooler				
11		oDry Box oCooler				
12		oDry Box oCooler				
13		oDry Box oCooler				
14		oDry Box oCooler				
15		oDry Box oCooler				
16		oDry Box oCooler				

Total Cost:

Number Of Scouts:

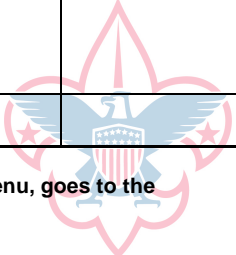
Cost Per Scout:

Budget Per Scout:

Over/Under Budget by:

Food Pyramid Groups:

- Group 1: Breads, cereals, rice, pasta (up to 11 servings per day)
- Group 2: Fruits (4-5 servings per day) & Vegetables (4-5 servings per day)
- Group 3: Milk, yogurt, cheese (2-3 servings per day) & meat, fish, eggs, beans (7 oz per day)
- Group 4: Fats, oils, sugars (use small amounts)



An adult's advice, guidance, and help are needed to get to the store and prepare the food. The Scout plans the menu, goes to the store, selects and purchases the food and may need to do some pre- preparation before the campout.

