

Troop 342 Grubmaster Planner from Troop 1718

Buying Food for Your Patrol

Attention Grubmasters: Managing the food-buying task 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.

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 \$105, not \$150. Once you know the number going camping, use the **Troop 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.

Packing the food

Do you like squished bread for sandwiches? Pack the food in ways to protect it in the coolers and 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. 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.

Bacon or sausage? Pre-cook at home. Works great and eliminates grease to make clean-up easier.

It is easier to prepare meals inside in a nice warm kitchen with running water than outside in a barren cold campsite with pouring rain!

After the campout

The Scout who bought the food is responsible for removing all food from the patrol boxes and coolers and disposing of it. Spoiled or ruined food is thrown out. Food that is okay should be offered to be split among patrol members.

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 (Camp Shaw).

Budget

A weekend campout food budget is **\$15.00** per Scout. Other outings, such as Silversides and the ski trip will have their cost determined early in the planning process and communicated to the Scouts.

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 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)

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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 nice 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. 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 Friday evening departure.

Friday

Dinner – eat prior to departure or driver may elect to stop for fast food.

Cracker Barrel after camp set-up.

Saturday

Breakfast - Fully cooked from scratch.

Lunch - Suggest a cold buffet type w/ soup or chili.

Dinner - Fully cooked on the campout. Meal should include entree, vegetable, bread and dessert.

Sunday

Breakfast – Quick and Easy.

Meals needed for Campouts with a Saturday morning departure.

Saturday

Lunch - Sack lunch from home. **No soft drinks or candy meals.**

Dinner - Fully cooked on the campout. Meal should include entree, vegetable, bread and dessert.

Sunday

Breakfast – Quick and Easy.

Snacks for the trip home.

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. An adult leader or parent may mentor (demonstrate once) or offer advice (talk to) the Patrol Leader, Grubmaster, or Scouts, but they do not do the cooking or cleanup for the Patrol.

Patrol Leader Timeline

4 weeks before camp

Confirm the Troop plans with the SPL.

Tell the plans and the cost to the Patrol.

Confirm that everyone in the Patrol knows the date and costs.

Remind them that sign-up is the next week and payment is due in two weeks.

Work on skits/songs for the campfire.

Talk in your Patrol meeting about what equipment you will need.

Trailer nearby or backpacking to site?

Equipment needs? Tents and ground cloths packed in trailer? What else is needed?

Firewood?

Weather?

Call Patrol members not at the Patrol meeting and make sure they have the plans.

3 weeks before camp

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Make sure everyone in your Patrol that plans on attending has signed up.

If anyone on the Patrol has asked you to sign him up, do it now.

Decide who is going to be Grubmaster.

Fill out the Patrol Roster form

Remind the Patrol about payment and whether to bring any other money for the trip.

Work on skits/songs for the campfire & turn in ideas to the SPL.

Review equipment needs again.

Did any problems that you noted last week get solved?

Does everyone have the equipment they need? If not, where can they get it?

Start meal planning using the last campout's Patrol Box Inventory.

2 weeks before camp

Make payment to appropriate person for the outing.

Turn in the Patrol roster form to the SPL for review.

Finish the meal planning and give the menu to the Grubmaster. Be sure to use the last campout's Patrol Box Inventory.

Check with the Patrol Quartermaster that he has made plans to pick up the Patrol equipment. Assign help if needed.

Fill out the Patrol Duty Roster.

Check to see if anyone needs cooking for their rank.

If you do not have enough Scouts to fill all the positions, fill the most important first

Work on skits/songs for the campfire.

Make sure everyone understands his jobs and will be ready. Do you have everything the Patrol will need?

1 week before camp

Make sure everyone has paid.

Make sure the Patrol Grubmaster is ready.

Make sure the Patrol Quartermaster is ready.

Review the trip with the Patrol. (When are we leaving? When will we be home? Need extra money?)

Make sure you have your Patrol flag.

Finalize the skits/songs for the campfire.

Do a final equipment and safety check.

Meeting Before Campout

Load personal gear in trailer.

Make sure Grubmaster has cooler and dry food storage box.

Make sure you have firewood if it is needed.

The day of departure

Make sure you have your Patrol flag.

Make sure you have your Patrol Duty Roster.

Make sure you have your Patrol Box Inventory form.

Make sure the Patrol Grubmaster is ready.

Make sure the Patrol Quartermaster is ready.

Check with each Patrol member to make sure he is prepared. Is everyone prepared with tents, ground cloths, etc?

Let the SPL know you are ready to go.

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 scoutmaster.

3. All meals will correspond to the four basic food groups.

4. Meals must be fully prepared at the campout.

5. No hot dog-type meals (except around the campfire as a snack).

6. Soft drinks are not allowed. 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 come from the Scout Field Book, the Boy Scout Handbook, or other approved cookbooks.

9. Stay within your budget.

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Menu Suggestions

Breakfast

Entrée	Sides	Beverage	Fruit
Cold Cereal	Toast	Orange Juice	Bananas
Regular Oatmeal	Bagels & CC	Apple Juice	Raisins
Scrambled Eggs	English Muffins	Grape Juice	Strawberries
Egg McMuffins	Canadian Bacon	Milk	Fruit Cups
Breakfast Burritos	Sausage	Hot Chocolate	Apples
Omelets	Bacon	Water	Oranges
Pancakes	Ham		Tangerines

Lunch

Entree	Sides	Beverage	Dessert
P & J	Bananas	Fruit Punch	Cookies
Grilled Cheese/Ham	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

Entrée	Sides	Beverage	Dessert
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			
Foil Meals			

The Food Guide Pyramid

A Guide to Daily Food Choices

KEY

-  Fat (naturally occurring and added)
-  Sugars (added)

These symbols show fat and added sugars in foods.

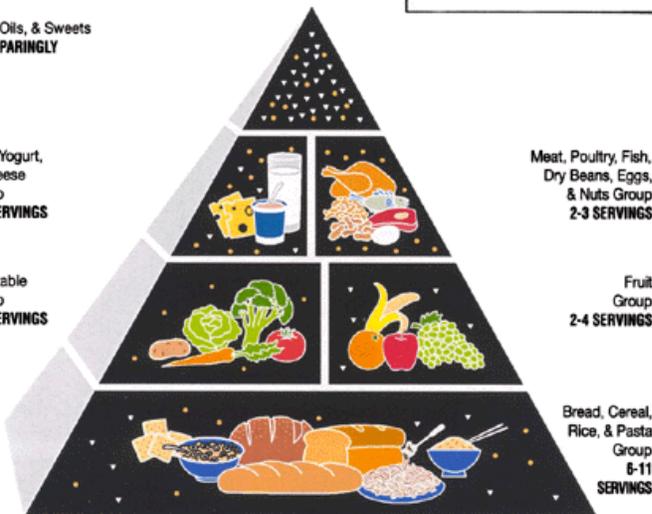
Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

Vegetable
Group
3-5 SERVINGS

Fruit
Group
2-4 SERVINGS



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Patrol / Menu Planner

Camp Location: _____

Patrol Name: _____ Date: _____

ATTENDANCE	
1	PL:
2	GM:
3	
4	
5	
6	
7	
8	

TROOP EQUIPMENT		
	Item	Qty
1	Patrol Box	1
2	Lantern	1
3	Stove	1
4	Dry Storage Box	1
5	Dining Fly	1
6	Propane Tree	1
8	Cooler	1
9	Charcoal	
10	Firewood	
11	Patrol Flag	
12		
13		
14		
15		

MENU @ \$15/Person	
Friday Night <small>Cracker barrel (No meal to be prepared on Friday for this campout.)</small>	Main
	Side 1
	Side 2
	Drink
	Other
Saturday Breakfast	Main
	Side 1
	Side 2
	Drink
	Other
Saturday Lunch	Main
	Side 1
	Side 2
	Drink
	Other
Saturday Dinner	Main
	Side 1
	Side 2
	Drink
	Other
Sunday Breakfast	Main
	Side 1
	Side 2
	Drink
	Other

Notify Quartermaster of Missing/Needed/Broken Equipment

Approved by: _____

 Patrol Leader Senior Patrol Leader ASM or Mentor

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Shopping List

Buyer 1: _____

Buyer 2: _____

ITEM	DESCRIPTION	QTY	EST. COST	ACTUAL COST
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
Total Cost:				
Number Of Scouts:				
Cost Per Scout:				
Budget Per Scout:				
Over/Under Budget by:				

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. Menu planning allows for a maximum of **\$15/person** for the weekend.