Grubmaster Planner

Buying Food for Your Patrol

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 $84 not $120. 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.

Budget

A weekend campout food budget is $12 per Scout. Other outings, where patrol cooking is not possible for the entire camp, 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)

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.

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 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.

Keep in mind these 2nd and 1st Class requirements

2nd Class Requirements (abbreviated descriptions)

3g. … plan and cook one hot breakfast or lunch, … food pyramid … good nutrition… transport, store, and prepare …

1st Class Requirements (abbreviated descriptions)

4a. Help plan a patrol menu …
4b. … make a list showing the cost and food amounts needed … and secure the ingredients.
4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
4d. Explain … safe handling and storage … how to properly dispose of camp garbage … and other rubbish.
4e. … serve as your patrol's cook. Supervise your assistant(s) … Lead your patrol in saying grace … supervise cleanup.

Recap of 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.

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	Coleslaw		
Foil Meals			

Patrol / Menu Planner

Day	Meal	Menu	Cooking Gear	Clean up
Friday	Cracker Barrel			
Saturday	Breakfast	Entrée :		
		Side :		
		Beverage :		
		Fruit :		
	Lunch	Entrée :		
		Side :		
		Beverage :		
		Desert :		
	Dinner	Entrée :		
		Side :		
		Beverage :		
		Desert :		
Sunday	Breakfast	Entrée :		
		Side :		
		Beverage :		
		Fruit :		

Approved by:

Patrol Leader

Senior Patrol Leader

ASM or Mentor

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			
	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 $12 /person for the weekend.