



# Grubmaster Planner

**“Don’t put off a job that has to be done until you feel like doing it. DO IT and get it over with!”**

**~ “Green Bar Bill” Hillcourt**

## 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's **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 , your budget is \$70, not \$100. Once you know the number of scouts 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 receipts 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 fellow patrol members.

### Packing the food

Do you like squished bread for sandwiches? Pack the food in ways to protect it in the coolers 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 place them in a tightly sealed container.
- Diced meats and veggies (chicken, carrots, celery)? Wash and dice at home and put them in separate zip bags.
- Pre-cook some things at home. This 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 cold campsite in the 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 store as well, NOT just the parent(s). Parental advice about nutrition and price comparison at the store is important.





# Grubmaster Planner

## 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 (such as a Camporee) will offer a limited specific time for meals. Other outings (such as Troop Campouts) allow more time for meals.

### Budget

A weekend campout food budget is \$10.00 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 to the Committee Treasurer 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. Possibly 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.





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## 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 2<sup>nd</sup> and 1<sup>st</sup> Class requirements

### 2<sup>nd</sup> Class Requirements (abbreviated descriptions)

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

### 1<sup>st</sup> 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.

## Grubmaster Timeline

### 3 Weeks before Camp

- Patrol decides who is going to be Grubmaster.
- Start meal planning – if you have anything leftover from the last campout, use this first.

### 2 Weeks before Camp

- Finish the meal planning and get Patrol leader (and other) approval(s).
- Let the Patrol Quartermaster know what equipment is needed for cooking.
- Patrol Leader should check to see if anyone needs cooking for their rank.

### 1 Week before Camp

- Review everything with the Patrol Leader.
- Check with the Patrol Quartermaster that all equipment needed is available.

### Meeting Before Campout

- Make sure you have a cooler and dry food storage box.
- Purchase all supplies, keep receipts for Patrol Scribe.

### The Day of Departure

- Inform the Patrol Leader that you have all the food for the trip





# Grubmaster Planner

## 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. Softdrinks are not allowed. Water is always available as dehydration is a major concern on trips.
5. Food preparation is always directed toward fulfilling the requirements of Rank or Cooking Merit Badge.
6. Recipes should come from the Scout Field Book, the Boy Scout Handbook, or other approved cookbooks.
7. 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	
Hot Dogs	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
Tacos	Celery	Ice Tea	Jell-O







# Patrol Menu Planner

**Weekend  
Campout**

Day	Meal	Menu	Cooking Gear	KP
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 :		

## Approvals

\_\_\_\_\_  
Patrol Leader

\_\_\_\_\_  
Senior Patrol Leader

\_\_\_\_\_  
ASM or Mentor

**Troop 56**



# Patrol Shopping List

**Weekend  
Campout**

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				

Menu planning allows for a maximum of \$10/person for the weekend.

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.

Total Cost		
Cost per Scout		
Budget per Scout		
Over/Under Budget by		

**Troop 56**