



Troop 228 Menu Planner

Grubmaster - Thanks for agreeing to buy the food for your patrol; it is a very important job and a big responsibility. Typically Scouts buy food a few days before the campout. If you buy your cold items early, please place them in your refrigerator at home and only transfer it to a cooler with ice right before you leave for camp (this helps reduce chances food will be “waterlogged”). Please remember to pick-up your cooler and tub at the Thursday meeting before the campout.

Special Diets – Please take special note of any dietary needs of the Scouts and adults. Allergies to foods are common, like peanuts, strawberries, flour products, etc. Some of our scouts are vegetarians, so keep that in mind as well.

Budget – The budget for a campout includes \$5.00 per scout per meal. On a typical campout with 4 meals, this works out to \$20/scout.

Considerations for planning Patrol meals

Breakfast – The **MOST** important meal of the day. Eggs are quick and easy to prepare and packed with protein. Try “Egg Beaters” if you don’t want to carry a bunch of real eggs. Flour tortillas make good wrappers for anything (think breakfast burritos). Limit the sugars at breakfast or you will be hungry long before lunch. Plan a big breakfast on Saturday and something easy on Sunday to minimize cleanup.

Lunch – Remember you will be very busy during the day. Planning an elaborate lunch will leave you in the camp while the other patrols are back at the activities. Cold sandwich / wrap, hot dogs, chef salad or boil-in-bag meal will get you in and out quickly with very little mess.

Dinner – This is the meal to really show-off your cooking skills! Be creative – don’t repeat the same tired old Mac-n-cheese dish you’ve had at every campout! Try Dutch oven cooking or a one-pot meal. Pre-grill chicken and make fajitas. Try not to repeat. Learn a new dish – experiment. Don’t forget the big dessert, you’ve earned it!

Drinks – **NO Soda!** Your body needs WATER to re-hydrate and sodas won’t do that. Bring Country Time or Gatorade mix and make your own flavored drink. Bring juices, milk, tea, coffee, or hot chocolate as needed.

Keep your Patrol Box clean - Stock with non-perishables like salt, pepper, spices, foil, soap, bleach, paper towels and hand cleaner...

Use you mess kit - No paper plates, disposable cups or utensils. Remember “Clean” and “Thrifty”?

One-pot meals are your friend – Pick a meat, a couple of veggies, sauce, seasoning and you’re done. Get fancy and include a rice or pasta. Cook meat first and then warm the rest. Ground beef with Sloppy Joe or BBQ sauce with green beans and corn with a slice of Texas toast on the side...MMMMM! One-pot to cook; one-pot to clean! Try it in the Dutch oven. Lots of great recipes on the web...

Parent/Scout instructions for buying food....

Parents - An adult should go with Scouts to supervise the shopping. Parents – please look over the menu section and ensure everything necessary to prepare and eat the menu specified is on the shopping list – other than soap and oil, do not assume there is anything available unless the scout tells you it is available in his patrol box. For example, if pancakes are on the menu, the “just add water” mix, butter, and syrup are all necessary. If chicken is on the menu, please buy only boneless breasts. It is best to avoid chicken with bones as Scouts sometimes tend to undercook it. Please make sure adequate quantities are purchased for the number going in the Patrol. Scouts are thrifty, we do not want a lot of leftovers, but we want to make sure everyone has enough to eat and remain within our Patrol budget. It is better to have a bit too much rather than not enough. The Scouts are perfectly happy with store brand products if there is a significant savings.

It is perfectly acceptable for you to help the Scout pre-cook or repackage the meals. In fact, it is a good opportunity to stretch their cooking and planning skills! Grilling chicken or browning meat will save time at camp and ensure a properly prepared entrée. These can be vacuum-sealed (or freezer bag) and frozen. Try to repackage other foods in “serving size” portions. This will cut down on waste and carrying requirements.

Above all, Keep it Simple – Make it Fun!