

## TROOP 2018 CAMP-OUT MENU PLANNER

CAMP-OUT: Date: \_\_\_\_\_

Food Buyer: \_\_\_\_\_

Amount in the budget: \_\_\_\_\_

Patrol: \_\_\_\_\_

Number of people to buy for: \_\_\_\_\_

### FRIDAY CRACKER BARREL

Recipe & estimated time to prepare: \_\_\_\_\_

Item \_\_\_\_\_

Grocery list

Quantity

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### SATURDAY BREAKFAST

Recipe & estimated time to prepare: \_\_\_\_\_

Grain: \_\_\_\_\_

Fruit/Veg: \_\_\_\_\_

Dairy: \_\_\_\_\_

Protein: \_\_\_\_\_

Drink: \_\_\_\_\_

(Other): \_\_\_\_\_

Grocery list

Quantity

\_\_\_\_\_  
\_\_\_\_\_

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### SATURDAY LUNCH

Recipe & estimated time to prepare: \_\_\_\_\_

Grain: \_\_\_\_\_

Fruit/Veg: \_\_\_\_\_

Dairy: \_\_\_\_\_

Protein: \_\_\_\_\_

Drink: \_\_\_\_\_

(Other): \_\_\_\_\_

Grocery list

Quantity

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### SATURDAY DINNER

Recipe & estimated time to prepare: \_\_\_\_\_

Grain: \_\_\_\_\_

Fruit/Veg: \_\_\_\_\_

Dairy: \_\_\_\_\_

Protein: \_\_\_\_\_

Drink: \_\_\_\_\_

(Other): \_\_\_\_\_

Grocery list

Quantity

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### SATURDAY CRACKER BARREL

Recipe & estimated time to prepare: \_\_\_\_\_

Item \_\_\_\_\_

Grocery list

Quantity

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### SUNDAY BREAKFAST

Recipe & estimated time to prepare: \_\_\_\_\_

Grain: \_\_\_\_\_

Fruit/Veg: \_\_\_\_\_

Dairy: \_\_\_\_\_

Protein: \_\_\_\_\_

Drink: \_\_\_\_\_

(Other): \_\_\_\_\_

Grocery list

Quantity

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We do have lots of things in the spice box, but don't forget condiments!

Butter, Mayo, Hot sauce, Syrup, Mustard, Ketchup, Salad dressing, Oil

Don't forget extra supplies if you need them

Aluminum foil

**Ice for the cooler (one for cold weekends, 2 for hot ones)**

**APPROVED:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

## TROOP 2018 FOOD BUYER INFORMATION

1. **This is a Scout responsibility not the parent.** Obviously, Scouts cannot do this without parent assistance and guidance. They will likely need a little extra guidance the first time, some the second, and by the 3<sup>rd</sup> time, they should be fairly independent.
2. **Every patrol plans a menu in advance of the campout.** The menu is reviewed and approved by the senior patrol leader or her assistant, and an ASM/SM. The buyer is not to make changes to the menu unless it is necessary (ie., an ingredient is not available) or to stay within the budget. The patrol leader should be contacted if that is the case.
3. **Check for dietary restrictions** in your patrol.
4. **The food should be balanced nutritionally**, and should follow the MyPlate guidelines, representing the 5 basic food groups at every meal:
  - a. Group 1: Grains: breads, cereals, rice, pasta, etc. (up to 6 oz per day)
  - b. Group 2: Fruits: bananas, apples, 100% juice, etc. (2 cups per day)
  - c. Group 3: Vegetables: carrots, tomatoes, broccoli, green beans (2.5 cups/day)
  - d. Group 4: Dairy: milk, yogurt, cheese (2-3 cups per day)
  - e. Group 5: Proteins: meat, fish, eggs, nuts, beans (6 oz per day)
5. **The food buyer will be given the number of people** to buy for at least a few days before the trip. The money to purchase the food should be given at the meeting before the trip, or at the carpool meet-up. The cost should be approximately \$20 for regular weekend campouts, and \$15 for 1-night camp-outs. A scout is thrifty. An ingredient list should be on the menu. If you cannot stay within the budget, adjust what you are purchasing or your family can pay the extra.
6. Lunches are usually simple because we will generally be busy during the day. Sunday morning will be spent packing up, so the breakfast should be simple/no cooking. In the winter, it's nice to have hot food for all of the meals. Saturday's dinner is the one where the Scouts can really show off their cooking skills, because we will generally have more time to prepare it.
7. **The food buyer can pick up a cooler** for storing cold items at the meeting prior to the campout or at the carpool pickup. Make sure you purchase ice. In cooler months, one bag should be enough, but in warmer months, 2 will be needed.
8. **The shopping trip should be a learning experience** for the Scout. You should focus on ingredients, serving sizes, recipes, cooking, prices, nutrition, and making the best economical choices.
9. **The food buyer should purchase everything** on the menu and ingredients list.
10. **The Scout may need help** figuring out proportion size and amounts per person. We do not want anyone to leave the table hungry, but we also do not want to have lots of leftovers.
11. **If bacon or sausage are on the list, please purchase pre-cooked items (or cook them at home before the trip)** as the raw meat takes a long time to cook and is hard to clean up.
12. **Pack carefully!** Place all of the perishables in the cooler, and everything else in the green dry box. Pack the heavy stuff on the bottom. (For example, don't put a bag of apples on top of a loaf of bread! Remove excess wrapping to reduce weight and trash at the campsite. Consider using ziploc bags to protect some things. Feel free to wash and dice things at home before packing them.
13. After the trip, unopened nonperishables may be set aside for future trips.
14. If the food buyer has any questions, she should contact the patrol leader:

Patrol Leader: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Thank you for helping with this important task!