

# Troop 1920 Grubmaster Guide

Thank you for volunteering to become a Grubmaster for the upcoming outing! Keeping your patrol fed with healthy food is one of the most important jobs during a camping trip. Here are some useful tips to help you plan ahead.

## Setting a Budget

You have a budget of \$15 per scout for the weekend's food. For example, if you are feeding 6 (including yourself), your budget is \$90. Depending on your food plan, you may need to save on some meals in order to afford others. Aldi is a great place to shop to stay within budget.

Remember: *a Scout is thrifty!* It's okay to stay under budget too.

While you shop, compare prices to see which is the better priced option. Brand name items vs store brand can be priced very differently! Sometimes it can be worth it to splurge for the brand name when you know your patrol doesn't like the store brand of something, just know you may have to make up that cost by getting less expensive options elsewhere in your list.

Remember to keep your receipts! You may wish to store them all in an envelope or Zip-Loc bag as you purchase items. Once you have all your receipts, submit them to our troop treasurer for reimbursement. You can write your name on the receipt and the name of the camp out and put it in the payments bin in the shed, or give them to Mrs. Emily Whaley directly.

## Creating a Menu

You will plan the menu with your patrol, typically at a troop meeting. Please keep in mind allergies, food sensitivities, and preferences so everyone is able to eat each meal.

Be sure to get copies of all recipes to include in your prepping, and that your grocery list includes amounts so you know how much to purchase. Buying one whole bag of flour is overkill when you only need a tablespoon for one meal.

## Before the Outing

The troop meeting before the trip, you should bring home your patrol's cooler and dry goods box so you can transport the food easier. Bring the cooler packed with food AND ice. The dry goods box are for your items that don't need to be kept cold: peanut butter, pancake mix, breads, sugar and flour, etc.

Set yourself up for success. Consider prepping your food before you pack it. Here are some examples:

→ If you're having scrambled eggs, **crack your eggs and scramble them at home, and place them in a freezer bag or mason jar.** Not only will the egg mixture be easier to transport, you won't have to deal with eggshells at the campsite, or soggy egg containers falling apart in the cooler.

→ Pay attention to amounts. **If you need 1 cup of sugar, instead of buying and bringing an entire bag, pour one cup into a ziplock and label it with what it is, and which meal it is for.** You can put the bags for each meal into a larger bag, labeled with the meal. For example: if you are making a coffee cake for breakfast, and step one needs 2 cups of flour, 1 cup of sugar, and a teaspoon of salt, put all these into one bag and label with which ingredients and which recipe. Step two may say to combine baking soda, baking powder and cinnamon with butter, so measure out your baking powder, baking soda, and cinnamon and place into a separate small bag and label. (but not the butter, as that has to stay in the cooler.) Put BOTH of these bags (step one and step two) AND a copy of the recipe into a gallon ziplock labeled with the recipe name.

## During the Outing

→ Consider the cleanup for your meals before you get started. A little preparation goes a long way. For example, use a Dutch oven liner whenever possible (or some aluminum foil as a backup). No one wants to scrub burnt pie filling for hours on Saturday night.

→ Plan for animals. **ALL food should be stored in the trailer when we are not in the campsite AND overnight.** A raccoon can open a cooler and empty it quicker than anyone will realize. If we don't have the trailer, food can be stored in cars, or strung up on a bear line when backpacking.

**Never keep any food in tents! This means snacks too.**

## A Note for Parents:

This is a learning experience for your scout. I know it is MUCH more time efficient for you to shop for your child, but they should be in charge. Serve as an advisor, to point out price differences, and teach them how to find unit prices to compare and see which option is the better deal to stay within budget.

Same thing goes for prepping. Let them do the prep, so they understand where everything is and how it's organized. You can coach and advise, especially for our newer/younger kids, but let them physically do the prep and packing it up themselves.

You will be amazed at how quickly they will adapt to this and it will set them up for success in the long run.