



## **Troop 870**

# **Grubmaster Guide**

**Version 1\_00**  
**Updated June 2012**

# 1 Overview

For a particular outing, the Grubmaster is responsible for:

- Planning the menu with his patrol
- Purchasing the food
- Packing it for the trip
- Making it available for each meal
- Providing cooking instructions
- Packing it for the trip home
- Distributing unused food after the outing is over

The Grubmaster needs to ensure that the menu for the outing meets these goals:

- Is healthy and balanced
- Can be quickly and easily prepared
- Has approximately the right amount of food
- Fits within the budget of \$4/scout per meal
- Can be reasonably packed and stored

The Grubmaster does not prepare all of the meals or perform all of the cleanup. Instead, the Patrol Leader creates a [Duty Roster](#) which includes all patrol members and lists who is cooking and cleaning-up after each meal.

**Scouts: being a Grubmaster is a very important responsibility.** Nobody will be happy if there is not enough food or it is poorly prepared. So, take the time to carefully plan, purchase and pack the food.

**Parents: Grubmasters need your support!** Help your Scout ensure the menu meets all of the goals. Your support is particularly important when it comes to budgeting and purchasing the food. While at the store, ensure your Scout takes the lead in finding the food, making cost trade-offs, choosing substitutes when needed and staying within the budget. **Remember, it is your job to support your Scout not to do it for them.**

Note: At the end of this guide are three planning aids: [Meal Plan](#), [Shopping List](#), [Duty Roster](#). These documents can also be found in the [Patrol Outing Planning Aids](#) spreadsheet on the Troop 870 website.

## 2 Step By Step Instructions

### 1. Determine how many people will be in the Patrol and which meals need to be prepared

This should be done at the pre-outing planning meeting.

Meal	Friday Departure	Saturday Departure	Meal Notes
<b>Friday Dinner</b>	Scouts should eat prior to departure. Sometimes the Troop will stop for food on the drive there. Plan for a Cracker Barrel after camp is set up.	N/A	Good Cracker Barrel choices: crackers & cheese, chips & salsa, fruit & veggie trays.
<b>Saturday Breakfast</b>	Include a main course, side dish, drink and fruit.	Scouts should eat prior to departure.	
<b>Saturday Lunch</b>	Include a main course, side dish, drink and dessert.	Sack lunch from home.	A sandwich bar is a quick and easy choice. Can supplement with soup or chili if you will be in camp during lunch.
<b>Saturday Dinner</b>	Include a main course, side dish, and drink. Include a dessert if an evening Dutch Oven dessert is not planned.	Same.	Usually, there is more time to prepare, eat and cleanup this meal, so a more extensive meal can be planned.
<b>Sunday Breakfast</b>	Include a quick and easy main course, side dish, drink and fruit.	Same.	Must be quick and easy because the morning will be busy with packing for the trip home.

### 2. Determine the food budget for the outing

The food budget for each Patrol is \$4/Scout per meal. For example: If you have 10 patrol members and there are 4 meals, your budget is 10 Scouts x 4 meals x \$4/Scout per meal = \$160 total budget.

Make sure you stay within this budget.

### 3. Plan the menu with your patrol

Discuss with the Patrol what they would like to eat for each meal and desired food quantities. Fill in the [Meal Plan](#) as part of this process. The menu needs to be:

#### Healthy and balanced

Make sure the menu is balanced across the food groups. Do not include junk food (soda, candy, etc.) Avoid any food that someone in your Patrol is allergic to.

<b>Group</b>	<b>Items</b>	<b>Recommended Servings/Day</b>
1	Breads, Cereal, Rice and Pasta	6 to 11
2	Fruit Group	2 to 4
3	Vegetable Group	3 to 5
4	Daily – Milk Yogurt, and Cheese	2 to 3
5	Meat, Poultry, Fish, Dry Beans, Eggs and Nuts	2 to 3
6	Fats, Oils, and Sweets (Use sparingly)	Sparingly

#### Relatively quick and easy to prepare

Ensure each meal can be prepared, eaten and cleaned-up within the time allotted for that meal. The Activity Leader for the outing will provide the time allocated for each meal.

#### Has approximately the right amount of food

Here are some common portion sizes:

<b>Item</b>	<b>Quantity Per Scout</b>
Eggs	2
Bacon	4 slices
Sausage	2 patties
Pancakes	2 large
Bread	2 – 4 slices
Hot Dogs	2 – 3
Hamburgers	1 – 2
Tacos	2
Potatoes	1 large
Fruit	1 medium

Here are some meal options to consider:

<b>Breakfast</b>			
<b>Main Course</b>	<b>Side Dish</b>	<b>Drink</b>	<b>Fruit</b>
Pancakes	Hash Browns	Orange Juice	Oranges
Oatmeal	Bacon	Apple Juice	Tangerines
Scrambled Eggs	Sausage	Grape Juice	Apples
Omelets	Bagels & Cream Cheese	Hot Chocolate	Bananas
Breakfast Burritos	Muffins	Milk	Strawberries
Cereal	English Muffins	Water	Fruit Cups
<b>Lunch</b>			
<b>Main Course</b>	<b>Side Dish</b>	<b>Drink</b>	<b>Dessert</b>
PB & J Sandwich	Oranges	Fruit Punch	Cookies
Meat & Cheese Sandwich	Apples	Ice Tea	Fig Newton
Grilled Cheese & Ham	Bananas	Lemonade	Fruit Cups
Hoagies	Crackers & Cheese	Hot Chocolate	Canned Fruit
Macaroni & Cheese	Soup	Milk	Pudding
Beans & Franks	Energy Bars	Water	
<b>Dinner</b>			
<b>Main Course</b>	<b>Side Dish</b>	<b>Drink</b>	<b>Dessert</b>
Hot Dogs	Salad	Fruit Punch	Cookies
Hamburgers	Corn	Ice Tea	Fig Newton
Spaghetti	Peas & Carrots	Milk	Fruit Cups
Tacos	Potatoes	Lemonade	Canned Fruit
Burritos	Rolls	Hot Chocolate	Pudding
Chili & Chips	Garlic Bread	Water	Cobbler

**4. Have your menu reviewed and approved**

An Assistant Scoutmaster / Activity Leader will review the menu, help you make adjustments if needed to meet the goals and then approve it.

**5. Create your shopping List**

Convert your [Meal Plan](#) to a detailed [Shopping List](#). Don't forget to add spices, ice, etc. to your list.

**6. Have your parent review your shopping list and provide feedback**

Your parent will review the menu and help you make adjustments if needed to meet the food budget and other goals.

**7. Funding your food purchase**

You can have your family purchase the food and then get reimbursed. Alternatively, you can get an advance equal to the food budget from the Troop Treasurer before you purchase the food.

**8. Purchase the food**

Take the [Shopping List](#) to the store and purchase the food. You need to take the lead with assistance from your parent in finding the food, making cost trade-offs, choosing substitutes when needed and staying within the food budget. Make sure you save all receipts.

**9. Get reimbursed**

To get reimbursed, place the receipts in an envelope labeled with your name, the outing and the Patrol. Clearly identify the total cost of the food purchased. Any money left over from the advance also needs to be included in the envelope. If your family paid, identify the name of the parent to whom the check should be written.

**10. Obtain containers and coolers**

Dry food needs to be put in sealable containers that will keep rain and animals out. Cold items need to be put in a cooler. If you don't have access to these containers or coolers, let your Patrol Leader or the Activity Leader know. They can help you find them for the trip.

**11. Pre-prepare the food if desired**

At-home preparation can make cooking at camp quicker and easier. For example:

- Scramble the eggs and place them in a tightly sealed container. Write the number of eggs on the container.
- Wash and dice food (meats, veggies, etc.) and put them separate zip-lock bags.
- Pre-cook the meat. This saves both the cooking time and makes clean-up easier. Also consider purchasing pre-cooked meat.

## **12. Carefully pack the food**

Pack the food to ensure it does not get crushed or spilled and stays cold for the trip. Remove excess wrappings to reduce weight and trash at the campsite. Zip-lock plastic bags are an excellent choice for storing food. Put a layer of ice on the bottom of the cooler, then the food, then another layer of ice.

## **13. Meal Preparation**

Assist the cooks in finding the food for each meal and provide cooking instructions as needed. The Grubmaster does not prepare all of the meals or perform all of the cleanup. Instead, the Patrol Leader creates a [Duty Roster](#) which includes all patrol members and lists who is cooking and cleaning-up after each meal.

## **14. Repack the food**

The Grubmaster is responsible repacking the unused food for transportation back home with the assistance of the rest of the Patrol. Spoiled food should be thrown out. Excess water should be drained from the coolers.

## **15. Distribute unused food**

Unused food should split among the Patrol members at the end of the outing.

# **3 Adults**

The adults form their own Patrol for each outing, select their own Grubmaster, camp and eat together. While on an outing, the Patrol Leader and patrol members are responsible for the meal preparation and cleanup. The adults mentor the Scouts when help is needed, but should absolutely not do the cooking or cleanup for the Patrol.

# **4 Planning Aids**

Here are three planning aids: [Meal Plan](#), [Shopping List](#), [Duty Roster](#). These documents be printed out and then filled in. Information can also be entered directly into the [Patrol Outing Planning Aids](#) spreadsheet on the Troop 870 website.

## Meal Plan

Patrol \_\_\_\_\_ Outing \_\_\_\_\_

Total Budget \_\_\_\_\_ x \_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_  
 # Scouts x # Meals x Cost/Meal =

Meal	Item	Description	Quantity Per Scout
<b>Friday Night</b> (Cracker Barrel)	Side		
	Other		
	Drink		
<b>Saturday Breakfast</b>	Main		
	Side		
	Other		
	Drink		
<b>Saturday Lunch</b>	Main		
	Side		
	Other		
	Drink		
<b>Saturday Dinner</b>	Main		
	Side		
	Other		
	Drink		
<b>Sunday Breakfast</b>	Main		
	Side		
	Other		
	Drink		



## Shopping List

<b>Item</b>	<b>Description</b>	<b>Quantity</b>	<b>Cost</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
<b>Total Cost</b>			
<b>Total Budget</b>			
<b>Over/Under Budget</b>			

## Duty Roster

Patrol \_\_\_\_\_

Outing \_\_\_\_\_

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

Scout #6 \_\_\_\_\_

Assistant PL \_\_\_\_\_

Scout #7 \_\_\_\_\_

Grubmaster \_\_\_\_\_

Scout #8 \_\_\_\_\_

Scout #4 \_\_\_\_\_

Scout #9 \_\_\_\_\_

Scout #5 \_\_\_\_\_

Scout #10 \_\_\_\_\_

### FRIDAY

Name #1

Name #2

Name #3

SETUP	Patrol Box			
	Water/Lattern			
	Food			
CRACKER BARREL	Setup			
	Cleanup			

### SATURDAY

BREAKFAST	Cook			
	Cleanup			
LUNCH	Cook			
	Cleanup			
DINNER	Cook			
	Cleanup			

### SUNDAY

BREAKFAST	Cook			
	Cleanup			
PACK	Patrol Box			
	Water/Lattern			
	Food			

### OTHER DUTIES

1			
2			
3			
4			
5			