

Troop 787 Menu Planning List and Shopping Guide Suggestions

Scouts and Scouting Parents - This information has been put together as a start-up guide for the utilization of patrol box cooking. On many of the outings during the year we haul the troop trailer out with all the of the patrol box's. Scouts are intended to learn how to plan meals, how to shop for food, and how prepare various types of meals on an outing. To accomplish this task scouts will need some assistance from their parents. For every outing the individual patrols will need to choose a quartermaster. This quartermaster is responsible for the planning and shopping. Every member of the patrol is responsible to pay for their share of food if they go on the outing. This planning guide does the best when two patrols plan their menus together. When two patrols work together in this way each patrol will utilize their own cooking station with their own patrol box. When patrol menu planning is done with only (4) patrol members the cost will become very pricey and it may be necessary to plan meals on a smaller scale.

The following 10 tips will help YOU with completion of food planning and execution:

- 1) Always buy items on sale and use coupons. Parents should lead this area.
- 2) In every case if you can prepare something at home prior to the event and then just warm it up on the outing, it will be easier and save time in cooking and cleaning. An example is to bring meatballs pre-cooked from home and just warm them up.
- 3) Always bring condiments, oil, and milk in small containers of needed size for a recipe instead of buying a full bottle that will be used only once. Don't waste food or money. Remember, a Scout is thrifty. Pack things in zip-lock plastic bags and when done with them, throw them away.
- 4) Top Ramen, canned soup, and canned beans by themselves are not meals and won't be accepted for a menu. The same goes for donuts, breakfast cereal or any other ready-made food.
- 5) Snacks and snack drinks are very expensive and should be avoided. Candy, though fun, should not be a part of the menu.
- 6) Cooking with a Dutch oven is a fun and cost effective way of feeding a large group of people. Your leaders can offer help with Dutch oven cooking.
- 7) The goal in every case is to have healthy and challenging meals for the scouts and to allow them to learn to fend for themselves.
- 8) The cooking project is not complete unless everything is cleaned and put away. Patrol boxes are the entire patrol's responsibility not just the quartermaster. The quartermaster should be able to assign his prep and cleanup crews.
- 9) Not every meal will turn out correctly but over time the scouts will learn how to plan, cook and clean up meals on their own.
- 10) Always take care in keeping your food refrigerated and utensils clean. Always ask if you have questions.

Thank you,

Allen Barr
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