## BUYING FOOD FOR YOUR PATROL

## **BASIC RULES:**

- 1. Plan four meals; three Saturday, and Sunday's breakfast.
- 2. All four of the meals should be cooked.
- 3. At least two of the meals <u>must</u> be cooked over an open fire or on charcoal. In bad weather, we may not to enforce this rule, but plan your menu this way.
- 4. The menu must be well balanced. Follow the MyPlate guidelines under "Nutrition Requirements".
- Fruits Vegetables Protein Choose My Plate.gov
- 5. Sunday's breakfast should be hearty <u>COLD CEREAL IS</u> <u>NOT OK</u>. Since we won't eat lunch in camp, the scouts may have a long gap between meals.
- 6. Watch your budget. Buy the food for the meals first. If you have money left over you can put it toward between meal snack items.
- 7. Consider safety, for example, a pot of hot oil needed for funnel cake is too dangerous

## I. START BY PLANNING A MENU (Here are some sample meals)

#### Breakfast:

Pancakes with butter and syrup, sausage links, orange juice & cocoa.

#### Lunch:

Chicken kabobs with peppers, onions and tomatoes, twist bread & butter, and lemonade

**Dinner:** 

Hamburgers on rolls with lettuce tomato and ketchup, salad with dressing, rice, apple pie, and milk.

## **II. NEXT CHECK YOUR PATROL'S FOOD BOX**

- 1. Decide which items on the list of staples you'll be using to prepare your menu
- 2. Look through the box to figure out which items you already have enough of
- 3. For the items you need, indicate the amount you need to buy on your list

## **III. NOW MAKE A DETAILED SHOPPING LIST:**

- 1. Make sure you know how many people are eating with your patrol, and how much money you will have.
- 2. Go through the menu and figure out *every* ingredient you need for each dish. Then figure out how much of each thing you will need and write it on your shopping list.
- 3. Add the items you need for your food box from step II above.
- 4. Try to economize. For example, bisquick for pancake batter, then use the same box for something else at a different meal. Buy fresh potatoes, cut them up and fry them rather than buying frozen French fries.
- 5. Try to estimate what the items will cost. If you don't have enough money, try eliminating expensive items like bacon and lunch meat.
- 6. Don't forget to buy ice for your cooler so meat and dairy products won't spoil.
- 7. The shopping list must be complete enough so a person that has no idea what you plan to cook would still get everything you need. The person buying the food might not have been paying attention. Don't leave anything to his imagination.

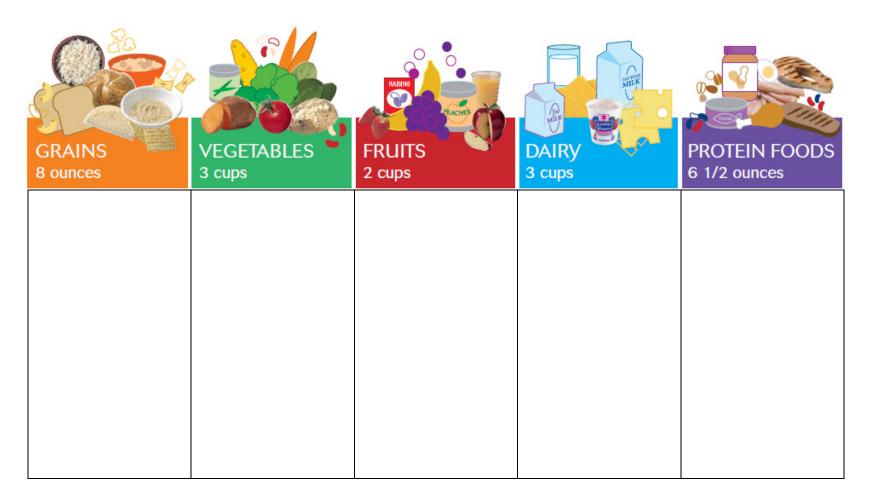
#### STEP 1, PLAN YOUR MENU

				ingredi ken kak									
						PA	TROL	NAMI	E				
				AKFAST:									
Ma	in	Dish	(mus	t be ho	t) _								
Si	de	Dishe	es										
Be	ever	age											
SA	TUR	DAY'S	5 LUN	СН:									
Ma	in	Dish	(mus	t be ho	t) _								
Si	de	Dishe	es										
	ever												
SA	TUR	DAY'S	5 DIN	NER:									
Ma	in	Dish	(mus	t be ho	t) _								
Si	de	Dishe	es										
Br	read	(hor	ne ma	de if p	ossi	ible)							
Be	ever	age _				Dess	ert _						
SU	INDA	Y'S I	BREAK	FAST:									
Ma	in	Dish	(mus	t be ho	t) _								
Si	de	Dishe	es										
	ever												
				SUNDAY . Don'						_	-	_	ts
Ma	ain	Dish	(mus	t be ho	t) _								
		age											

#### STEP 1, CONTINUED (NUTRITION REQUIREMENTS)

How does your <u>Saturday's</u> menu meet these requirements? Nothing from Sunday can count toward these requirements! PATROL NAME

# My Daily Food Plan



Which two meals will you prepare on a wood or charcoal fire?

#### STEP 2, CHECK YOUR FOOD BOX PATROL NAME

ITEM	CHECK HERE		1
	IF YOU ALREADY HAVE ENOUGH OF THIS ITEM	CHECK HERE IF YOU WON'T BE USING THIS ITEM ON THIS TRIP	IF YOU NEED THIS ITEM INDICTE THE AMOUNT TO BUY
SOS PADS (enough for all four meals)			
WASH CLOTHS OR HANDIWIPES (enough for all four meals)			
DISH SOAP (enough for all four meals)			
SALT & PEPPER			
PAPER TOWELS (at least two full rolls)			
PAPER PLATES (enough for every scout for all four meals)			
COOKING OIL (enough for all four meals)			
NAPKINS (enough for all your members at all four meals)			
TRASH BAGS			
ALUMINUM FOIL (enough for the cooking you plan to do)			
MATCHES			
SALAD DRESSING			
(Must be unopened)			
COFFEE ETC. (If you have adults)			
KETCHUP (enough for the meals you have planned)			
MUSTARD (must be unopened)			
HAND SOAP			
NO STICK SPRAY (PAM)			
PANCAKE SYRUP (enough for the meals you have planned)			
PLASTIC BOWLS			

#### \* The troop will bring charcoal and charcoal starter for your use

#### **REMEMBER:**

• Your patrol should have enough cups and silverware for everyone in your patrol box. It would be a good idea to check this and request more from the quartermaster if necessary. Disposable cups knives forks and spoons are not permitted.

## **STEP 3, MAKE A DETAILED SHOPPING LIST**

#### PATROL NAME

#### NUMBER OF CAMPERS \_

- Carefully go through the menu from step 1 and the list of staples from Step 2 and write down everything you need in the shopping list table below
- Indicate enough detail about the item, quantity needed for your number of campers, and estimated cost

<ul> <li>Here's an example:</li> </ul>					
Item	Qty.		Item	Qty.	Cost
No pulp orange juice	1 Gal	\$5.00	Italian Dressing	8 oz	\$3.00
Pieces of chicken to grill	16	\$6.00	Paper Plates	100	\$2.50
Kraft Mac & Cheese	3 boxes	\$4.50	Paper Towels	3 rls	\$3.00

Item	Qty.	Cost		Item	Qty.	Cost
			-			
			-			

• Double check your list. You need to be sure that if someone buys what this list says, you'll have everything you need when we get to camp

#### **NOTES FOR THE PERSON BUYING THE FOOD**

- 1. Save this menu packet use it to do the shopping, and then bring it with you on the trip
- 2. Get a check for your patrol's food from the troop treasurer
- 3. Take your patrol's two coolers home with you
- 4. Buy the food items as listed above.
- 5. Use safe food handling procedures the entire time
- 6. Buy ice for the coolers before coming to the church.
- 7. Bring the loaded coolers and all the food to the church 15 minutes ahead of the scheduled departure time.
- 8. Plan to bring the dirty coolers and left over food home after the trip for cleaning and disposition.
- 9. Return the coolers to the church the Monday night after the trip.

#### Patrol:

Food Buyer:

## Saturday Breakfast

Head cook:

Assistant cook:

Assistant cook:

Water retrieval:

Head cleanup:

Assistant cleanup:

Assistant cleanup:

### Saturday Lunch

Head cook:

Assistant cook:

Assistant cook:

Water retrieval:

Head cleanup:

Assistant cleanup:

Assistant cleanup:

#### **Saturday Dinner**

Head cook:

Assistant cook:

Assistant cook:

Water retrieval:

Head cleanup:

Assistant cleanup:

Assistant cleanup:

# Sunday Breakfast

Head cook:

Assistant cook:

Assistant cook:

Water retrieval:

Head cleanup:

Assistant cleanup:

Assistant cleanup: