

# Troop 570 Grubmaster Guide

## A Grubmaster is

- Buyer and keeper of food for a weekend campout or event
- Keep a record of the Patrol's monetary budget for the trip
- Participate in the cooking and cleaning along with all other Scouts in the Patrol
- Appoint by the outing's Patrol Leader at each planning meeting (Monday before outing)
- Position rotates through the whole patrol so that every scout experiences the planning, buying and transporting of food
- Report to the Patrol Leader and direct shopping and food prep questions to him
- Scouts who wish to get cooking requirements signed off can request the role with Patrol Leader
- Scouts should have attended 3-4 campouts before volunteering as Grubmaster but this will not always be the case

## Checklist

1. Record the **MENU** Patrol agreed on for the outing on the Meal Planning Worksheet.\*
2. Note how many scouts to shop/cook for.
3. Note if someone has food allergy in the patrol and make a plan for food substitution. \*\*
4. Write the **GROCERY LIST**, include quantity needed. Plan for nutritious food.
5. **FUEL** - Bring a 16.4oz green propane cylinder if using patrol box's Coleman camp stove. (If using other stove, i.e. backpacking, Dutch-oven, scout who brings the stove brings fuel.)
6. Figure your **BUDGET**. Currently the budget for meals is \$4 per boy, per meal. Some meals may be more (dinner) and some less (lunch) but total of all the meals should average \$4.
7. **BUY** food (and fuel) for the Patrol.
8. Keep all **RECEIPTS**.
9. **PACK** food safely into coolers and appropriate storage containers.
  - Pack perishable food in coolers with adequate ice for the duration of the trip
  - Pack dry food in durable plastic bins with lids
10. Need to bring additional cooking utensils or pots for a special entree?
11. **BRING** food and supplies to the departure location at the day of the outing.
12. **SUPPORT** cooks during meal prep at campout by bringing out ingredients from cooler/bin.
13. Empty and **CLEAN** coolers and bins at home after campout.
14. Fill out the **REIMBURSEMENT FORM** and turn it in with receipts the following Monday. Clarify or account for if you only use partial of something bought.

\* If it's an entrée you're not familiar with, research or ask the scout who suggested it for the recipe so you know the ingredients and quantity to shop for.

\*\* If someone in your patrol has food allergies, check with the scout if he's okay with the food items or if he needs substitution, and who will buy/bring the food substitutions?

## Tips

- Buy **pre-cooked meat** if possible, ie, breakfast sausages.
- Food like bacon, sausage, pasta, and potatoes can be precooked or partially cooked at home to **eliminate greasy cleanup** and **save cooking time** at camps.
- Avoid ready-to-eat stored-bought food; cooking is part of the experience.
- **Shop** for food a few days before hand so if you forget or want to add something, you can go back and get it.
- **Compare prices** on brands and package sizes.
  - Generic or store brands might be cheapest - keep your budget low and yield extra money to buy more cookies or parmesan for your spaghetti.
  - Individually-packaged items cost more.
- Look at **sale ads** at the grocery stores. Two-for-one sale or buy-one-get-one free sale. Extra money for desserts!
- **Repackage** – pre-measure ingredients, pack in Ziploc bags, write cooking directions down.
- **Organize** all the ingredients for each meal in a separate bag so cooking can start quickly once meal time comes around at campout.
- **Know** what equipment is in the patrol box and what you need to bring from home.
- Older scouts and adults are here to help. If you need some help, feel free to call on us.
- To **prevent food sticking** on pans:
  1. Heat a clean pan on medium heat until warm (not hot).
  2. Grease pan with oil or butter.
  3. Warm the oiled pan for another minute.
  4. Start cooking on medium or medium-high heat (never on High unless boiling water).
  5. If cooking in batches (especially eggs/pancakes), grease the pan again between batch.

## Terms

### ▪ Coolers

A cooler is used to keep perishables cold. In case you don't know, perishables are foods that are kept in the refrigerator at home, such as: milk, eggs, cheese, yogurt, meat, butter / margarine, and other food items that say "Refrigerate after opening". The food stays cold in the cooler by using ice. Be sure to bring enough ice to last for the trip. Since ice melts we need to keep the food in closed containers so it doesn't get wet when the ice melts. For example, cheese that has been sitting in water is nasty and no one will want to eat it.

### ▪ Plastic Bins

Dry goods need to be kept in a safe storage container like a large plastic bin with a lid. Black trash bags, paper bags, and cardboard boxes will only encourage animals to try to forage in them. Also, food might get wet or might look like trash if left in an improper container.

### ▪ Repackaging Food

Reduce your load and save space by getting rid of excess store packaging. Measure only as much of each ingredient as you will need for one meal and put it in a sealable plastic bag. Tape a label on each bag and write on it the name and amount of ingredient inside.

- **Dealing with Leftovers**

Bring trash bags and sealable plastic bags to take home food scraps and recyclables. Don't bury leftover food or scatter it in the woods. Animals will almost always find it, and it is not healthy for them to eat. Food scraps can also draw animals close to campsites where they might lose their fear of humans. That can be dangerous for them and for you.

## **Recipe sites**

<http://scoutingmagazine.org/category/outdoors/cooking/campground-cooking/>

<http://www.usscouts.org/macscouter/Cooking/index.asp>

[http://www.boyscouttrail.com/recipe\\_search.asp](http://www.boyscouttrail.com/recipe_search.asp)

<http://www.scoutorama.com/recipe/index.cfm>

<http://www.foodnetwork.com/>

[http://www.backpacker.com/menu\\_maker/skills/12198](http://www.backpacker.com/menu_maker/skills/12198)

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## **Parents of first-time Grubmaster**

The position of Grubmaster is a part of rotating Scouting responsibilities. Your son will have a menu and the number of boys to buy food for, or specific instructions regarding what to buy. Please help him sort through quantities/portion size, show him the differences between brands, how to comparison-shop and stay within the budget. The parents' role is not to buy the food for them but to assist the learning process.

If you have any questions, feel free to contact the Adult Leader of the Outing or the Scoutmaster(s).

The Grubmaster's budget for the outing will be noted on the Patrol Campout Menu Planner. Please retain all receipts. The Grubmaster will be given a Reimbursement form at the same time as the Menu Planner. Please help your scout fill this out, attach your receipts and have him turn it in to the Concierge at the following Monday meeting. The Troop will issue a reimbursement.

Make use of the troop's SCRIP program. Buy a QFC/Fred Meyer or Safeway scrip card to buy patrol food and earn rebates toward your scout's account.

## Single Serving Sizes per Scout (from the Boy Scout Handbook)

Food packages often list the amounts required for one or more servings. Outdoor activities build up big appetites, so lean toward more rather than less.



**How much food per person per meal - \*Note: All meats are pre-cooked weight**

<b>Meats</b>			<b>Fruit/Vegetables</b>		
Beef/Steak/Roasts	6-8oz	*pre-cooked	Soup, canned	5oz	
Chops	4-6oz	*pre-cooked	Soup, packet	1 pk	
Beef Canned	4-6oz	portion			
Stew/Recipe Meat	4oz	*pre-cooked	<b>Cereals</b>		
Hamburger	4oz	1 patty	Dry	2oz	
Hot Dogs	4oz	2 each	Oatmeal, bulk	2oz	dry
Chicken, Fresh	8oz	1 breast or 2 legs	Oatmeal instant	2 pks	
Chicken, canned	4oz	Portion	Pancake mix	3oz	dry
Fish Fillet	8oz	*pre-cooked			
Fish, canned	3oz	Portion	<b>Pastas</b>		
Ham, slab	4oz	*pre-cooked	Spaghetti, bulk	3oz	Uncooked
Ham, canned	4oz	Portion	Macaroni/noodles	3oz	Uncooked
Bacon, sliced	2oz	2 – 3 slices	Ramen noodles	1 pk	
Sausage, patty/link	3oz	2 patties/links	Rice, bulk	½ cup	Uncooked
Deli meats, slices	2oz	2 – 3 slices	Rice, dish	4oz	
<b>Dairy</b>			<b>Breads</b>		
Eggs, fresh	2 ea		Sliced	2 slices	
Eggs, liquid/mix	2oz	dry	Rolls	2 ea	
Milk, liquid	8oz		Biscuits	2 ea	
Cheese, block	2oz	chunk	Breadsticks	2 ea	
Cheese, sliced	2oz	2 slices			
Cheese, shredded	2 oz	1/3 cup	<b>Beverages</b>		
Butter	1oz	3 pats, 2 tbsp	Hot Chocolate, mix	2 tbsp.	
Cream cheese	1oz	2 tbsp	Hot Chocolate, pks	1 pk	
			Coffee, brewed	6oz	
<b>Fruit/Vegetables</b>			Tea, bags	2 ea	
Apples	1ea		Tea, iced	8oz	
Oranges	1ea		Cold drinks, mix	2 tbsp	
Bananas	1ea		Cold drinks, bottle/can	1 ea	
Fruit, canned	5oz		Cold drinks, bulk	8oz	
Fruit, dried	2oz				
Juice	6oz				
Carrots, raw	1ea	Or ½ cup shred			
Tomato	3 sl	3 slices			
Lettuce	1oz	Approx. 2 leaf			
Onion	2oz	3-4 slices			
Potatoes, raw	1 ea	medium			
Potatoes, mix	2oz				
Corn, ear	2 ea				
Veggies, canned	4oz				

- Courtesy of [CampingwithGus.com](http://CampingwithGus.com)

# Sample GRUBMASTER MENU PLANNER

Patrol Roaring Dinosaur Campout Deception Pass State Park #of Scouts 7

Friday Night Dinner/Snack	SHOPPING LIST	QTY
<b>Bring your own travel dinner</b>	green propane gas canister	1
<b>Saturday Breakfast (hot)</b>	Eggs	2 dz
Main (eggs/meat/pancakes) <b>Hearty egg scramble with hash brown</b>	deli sliced ham (Sat breakfast & lunch)	2 pkg
Sides (potatoes)	Bacon	1 pkg
Fruit/Drink <b>Hot chocolate, banana</b>	country style hash brown (frozen)	1 bag
<b>Saturday Lunch (hot/cold)</b>	hot chocolate packets	1 box
Main (sandwiches/burgers/taco) <b>Ham &amp; cheese tortilla wraps, tomato soup, chips</b>	Banana	1
Sides (chips/soup)	flour tortilla	18 count
Fruit/ Drink <b>Milk</b>	slice cheese	18 count
<b>Saturday Dinner (hot)</b>	tomato soup 12 oz	5 cans
Main (meat/1-pot meal, etc.) <b>Spaghetti with meat sauce</b>	Chips	1 bag
Starch (potatoes/pasta/rice/rolls)	Oreo cookies	1 pkg
Sides (vegetable/salad)	spaghetti	1 pkg
Dessert/Drink <b>Oreos</b>	Marianna sauce	1 pkg
<b>Sunday Breakfast (hot/cold)</b>	sliced bread	18 slices
Main (oatmeal/eggs/sausages/pancakes) <b>French toasts and sausages</b>	breakfast sausage links (pre-cooked)	24 count
Sides	maple syrup	1
Fruit/ Drink <b>Milk, oranges</b>	Milk	2 qt
<b>Sunday Lunch (cold)</b>	Oranges	4
<b>Bring your own trail mix and fruits</b>		
<b>Food restriction:</b> none		
<b>Other supplies:</b> cooking oil, salt & pepper		

<p>FOOD BUDGET FOR THIS OUTING:</p> <p>\$4.00 x <u>7</u> #SCOUTS x <u>4</u> #MEALS = \$ <u>112</u></p>	<p>TOTAL SPENT \$ <b><u>110.45</u></b></p> <p>(KEEP ALL RECEIPTS TOGETHER)</p>
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## Sample GRUBMASTER MENU PLANNER (p.2)

<b>Friday Night Dinner/Snack</b>	<b>Cooking Instructions</b>
<b>Saturday Breakfast PREP@HOME</b>	<b>Cooking Instructions</b>
Crack eggs and store in disposable screw top container Chop ham into small pieces Cook bacon. Chop into small pieces.	In same pot, Brown ham and pre-cooked bacon Brown hash brown Scramble eggs and pour over meat and potatoes. Stir together.
<b>Saturday Lunch PREP@HOME</b>	<b>Cooking Instructions</b>
None	Heat up tomato soup in a pot
<b>Saturday Dinner PREP@HOME</b>	<b>Cooking Instructions</b>
Cook pasta. Let cool. Store in gallon-sized Ziploc bags.	Boil water, reheat pasta In another pot, heat up sauce
<b>Sunday Breakfast PREP@HOME</b>	<b>Cooking Instructions</b>
Crack eggs and store in disposable screw top container	Mix eggs with some milk, dip bread in mixture, cook in frying pan In another pan, brown sausages
<b>Sunday Lunch PREP@HOME</b>	<b>Cooking Instructions</b>
<b>Examples of PREP@HOME: pre-cook pasta &amp; meat, cut/dice veggies/sausages, parboil potatoes, crack eggs and store in container, pre-measure ingredients.</b>	