

Troop 570 / 8570 Grubmaster Guide

What is a Grubmaster?

The **Grubmaster** is the Scout responsible for planning, purchasing, and managing food for a patrol's shared meals. This role is an important learning experience in budgeting, teamwork, and responsibility.

The outing youth and adult leader appoint one grubmaster per patrol at or before the outing's planning meeting. The position rotates through Scouts so that each Scout has a chance to learn about food planning, cooking, and budgeting.

Scouts wanting to work on cooking requirements should request the grubmaster position in the TroopKit event registration note. Please include in the note which rank or merit badge requirements you need.

Ideally, Scouts should have attended 3 to 4 campouts before serving as Grubmaster (though exceptions may be made). For backpacking outings, Scouts should have served as grubmaster for car camping at least once, and attended a Beginner Backpacking trip.

Grubmaster Responsibilities

- Purchase and care for the patrol's food and cooking supplies for the outing.
- Keep an accurate record of the patrol's food budget and spending.
- Participate in cooking and cleanup with the rest of the patrol.

Grubmaster Process

1. Planning

- Record the patrol's agreed-upon menu on the [Meal Planning Worksheet](#). If an entrée is unfamiliar, ask the Scout who suggested it for the recipe or look it up beforehand.
- Identify any food allergies and plan appropriate substitutions. For Scouts in your patrol with food allergies, agree on any substitutions and who will buy/bring them.
- Note how many Scouts you'll be shopping and cooking for.
- Write the grocery list, including quantities. Choose nutritious, balanced ingredients.
- Remember incidental ingredients like condiments, butter or oil to grease a pan, etc.
- Calculate your budget. The current guideline is **\$5 per Scout per meal on average**. Some meals may cost more (like dinner) and others less, but aim to stay within that total.

2. Shopping

- Buy all food for the patrol.
- Keep all receipts, and take a photo of each one with your phone right away as a backup.

3. Packing

For car camping outings:

- Pack perishable food in coolers with enough ice for the entire outing. You are responsible for making sure the food is stored safely. Reach out to your patrol or your Troop's Quartermaster if you need a cooler or help with ice.
- Pack dry food in sturdy, lidded plastic bins. Reach out to your patrol if you need a bin.
- Bring any extra cooking utensils or pots needed for special dishes.
- Bring all food and supplies to the departure location on the day of the outing.

For backpacking outings:

- Pack pre-measured ingredients for each meal.
- Remove unnecessary packaging to reduce trash on the trail.
- Transfer boxed dry goods into Ziploc bags to improve packability.
- Combine ingredients into a single package when it makes sense – for example, pack the rice, dehydrated beans, and spices for Rice N' Beans together in one Ziploc bag.
- Write cooking instructions on the Ziploc bag or other packaging when practical; otherwise, include printed instructions with the food. Be sure to note the amount of water required for each meal.
- Bring the food, packaged by meal, to the departure location on the day of the outing. Do not pack the food in your backpack as the food weight will be distributed between all patrol members along with the group gear.

4. During the Outing

- Support the cooks by organizing and providing ingredients during meal prep.
- Participate fully in cooking and cleanup with your patrol.

5. After the Outing

- Empty and clean coolers and bins at home. Return gear promptly after cleaning it.
- Fill out the [Reimbursement Form](#) and attach all receipts. Turn it in by the following Monday. **You have 2 weeks to turn in your receipts.**

Tips for Success

General Tips

- Buy precooked meats when possible (e.g., breakfast sausage).
- Prefer ingredients with shorter cook times. Example: instant rice (like Minute Rice) is preferred over regular rice.
- Precook some foods at home to improve food safety, reduce cooking time, and reduce cleanup on the outing. Examples: raw meat (improve food safety), potatoes (reduce cooking time), bacon (avoid greasy cleanup).
- Avoid ready-to-eat store-bought meals – cooking is part of the fun!
- Shop a few days before the outing so you can make adjustments if needed.
- Compare prices and look for sales. Money saved on the entree is extra money for the dessert.
- Store brands often cost less.
- Individually packaged items cost more.
- Repackage pre-measured ingredients into labeled Ziploc bags for each meal.
- Group all items for one meal together for easy access at camp.
- Consult Chapter 10 of the Scout Handbook for recommended quantities of ingredients per person.
- Ask for help if you're unsure—older Scouts and adults are there to support you.

Car Camping Tips

- Know what's in your patrol box and what additional items you need to bring.
- Prevent food from sticking
 1. Heat a clean pan on medium until warm (not hot).
 2. Add oil or butter to grease the pan.
 3. Warm the oiled pan for another minute.
 4. Cook on medium to medium-high heat – never on high unless boiling water.
 5. Re-grease the pan between batches (especially for eggs or pancakes).

Backpacking Tips

- Avoid canned ingredients (cans are heavy). For example, choose foil-packed tuna or chicken instead of canned versions, and use dehydrated refried beans instead of canned beans.
- Purchase ingredients that fit our primary backpacking cooking method: boil water in a large pot, add ingredients, then stir and simmer until everything is rehydrated and heated through. Serve from the pot to individual bowls.

Food Storage & Handling

Coolers

- Keep perishable foods (milk, eggs, meat, cheese, etc.) in a cooler with plenty of ice.
- Reusing plastic bottles and freezing water in them works well for making ice blocks. A scout is thrifty!
- Keep in mind the weather. More ice will be needed for hot weather, while less ice will be needed for winter camping.
- Store food in sealed containers so it doesn't get wet as the ice melts.
- Avoid letting items like cheese or meat sit in melted ice water – they'll become soggy and unsafe to eat.
- Check cooler when getting out food as it may need to be drained.

Plastic Bins

- Use sturdy, lidded bins for dry goods.
- Proper bins keep food dry, protected from animals, and easy to transport.
- Avoid trash bags, paper bags, or cardboard boxes – they fall apart and animals get into them more easily.

Repackaging Food

- Remove excess store packaging to save space and reduce waste.
- Pre-measure only what you need for each meal.
- Store in labeled, sealable bags.

Dealing with Leftovers

- Use the provided strainer to collect food particles from dishwater
- Bring trash bags and Ziploc bags for leftovers and recyclables.
- **Do not bury or scatter leftover food** – it attracts animals and harms wildlife.
- Pack out all food waste responsibly.

Recipe Resources

- [Scouting Magazine – Campground Cooking](#)
- [Boy Scout Trail Recipes](#)
- [Food Network](#)
- [Backpacker Magazine Recipes](#)
- [Skurka Adventures Backpacking Meals](#)

For Parents of First-Time Grubmasters

The Grubmaster role is part of the rotating patrol responsibilities and a valuable learning experience. Your role is to coach, not to buy the food for them. They should also be the ones to prepare and pack the food.

Your Scout will receive:

- The menu and the number of Scouts to buy for.
- A budget and instructions for food purchasing.

Please guide your Scout through:

- Understanding portion sizes and quantities.
- Comparing brands and prices.
- Staying within the budget.
- You may want to coach them to research food prices online in advance. This gives them an estimate of how much the food will cost and makes the trip to the grocery store easier. Your store likely has an online order site that will allow them to create a shopping list.
- Be patient. Shopping will take more time the first few times, but it is an important part of the learning process.

When shopping is complete:

- Help your Scout fill out the [Reimbursement Form](#) and attach receipts.
- Have them turn it in to the Concierge at the next Monday meeting. The deadline for requesting a reimbursement is the second Monday after the outing.
- The troop will issue a reimbursement to your family's scout account.
- Pro tip- Have your scout take a cell phone photo of all receipts ASAP. This way you have a backup as receipts get lost.

If you have any questions, contact the Adult Leader of the outing or one of the Scoutmasters.

Sample GRUBMASTER MENU PLANNER

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

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

FOOD BUDGET FOR THIS OUTING:
\$5.00 × 7 #scouts × 4 #meals = \$140

TOTAL SPENT \$ **110.45**
(KEEP ALL RECEIPTS TOGETHER)

Sample GRUBMASTER MENU PLANNER (p.2)

Friday Night Dinner/Snack	Cooking Instructions
Saturday Breakfast PREP@HOME	Cooking Instructions
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.
Saturday Lunch PREP@HOME	Cooking Instructions
None	Heat up tomato soup in a pot
Saturday Dinner PREP@HOME	Cooking Instructions
Cook pasta. Let cool. Store in gallon-sized Ziploc bags.	Boil water, reheat pasta In another pot, heat up sauce
Sunday Breakfast PREP@HOME	Cooking Instructions
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
Sunday Lunch PREP@HOME	Cooking Instructions
Examples of PREP@HOME: pre-cook pasta & meat, cut/dice veggies/sausages, parboil potatoes, crack eggs and store in container, pre-measure ingredients.	