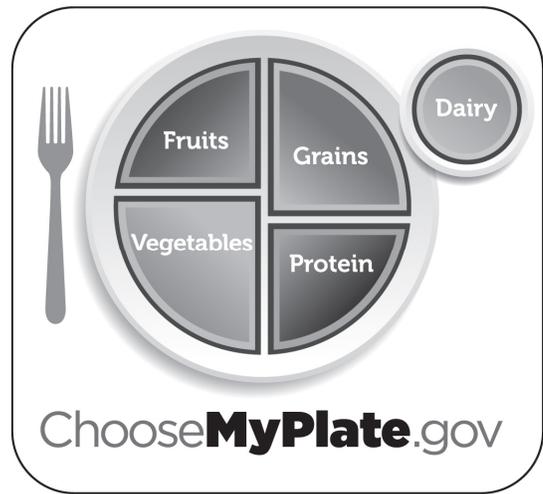


BUYING FOOD FOR YOUR PATROL



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 must 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".
5. Sunday's breakfast should be hearty COLD CEREAL IS NOT OK. 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

Note: Include all ingredients needed, for example, "Pancakes with butter and syrup; Chicken kabobs with peppers, onions and tomatoes; etc."

PATROL NAME _____

SATURDAY'S BREAKFAST:

Main Dish (must be hot) _____

Side Dishes _____

Beverage _____

SATURDAY'S LUNCH:

Main Dish (must be hot) _____

Side Dishes _____

Beverage _____

SATURDAY'S DINNER:

Main Dish (must be hot) _____

Side Dishes _____

Bread (home made if possible) _____

Beverage _____ Dessert _____

SUNDAY'S BREAKFAST:

Main Dish (must be hot) _____

Side Dishes _____

Beverage _____

HYPOTHETICAL SUNDAY LUNCH: (Used to meet planning requirements for cooking MB. Don't include this on the shopping list)

Main Dish (must be hot) _____

Side Dishes _____

Beverage _____

STEP 1, CONTINUED (NUTRITION REQUIREMENTS)

How does your Saturday's menu meet these requirements?
Nothing from Sunday can count toward these requirements!

PATROL NAME _____

My Daily Food Plan

 <p>GRAINS 8 ounces</p>	 <p>VEGETABLES 3 cups</p>	 <p>FRUITS 2 cups</p>	 <p>DAIRY 3 cups</p>	 <p>PROTEIN FOODS 6 1/2 ounces</p>

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

STEP 2, CHECK YOUR FOOD BOX

PATROL NAME _____

ITEM	CHECK HERE 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 INDICATE THE AMOUNT TO BUY
SOS PADS (enough for all four meals)			
WASH CLOTHS OR HANDIWIPE (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.

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: