

**Troop 75**  
Menu / Grocery List

**Menu**

**Shopping List**

Friday

Snack:

Saturday

Breakfast:

Lunch:

Snack:      Fruit

Dinner:

Sunday

Breakfast:

Adult Approval:

**Important Food Allergy Information**

We have scouts in our troop with food allergies. It is crucial that you read the entire ingredient label before purchasing food. No food should contain any nuts (peanuts or 'tree nuts': walnuts, almonds, pine nuts, pistachios, etc) or shellfish (shrimp, lobster, crab, scallops). In addition, do not purchase food that is labeled as being "processed in a factory that processes nuts" or "made on equipment that also makes products using nuts". No food products should be cooked in peanut oil or contain peanut flour. In addition, most chocolate is made in factories that also process nuts. This may even apply to some fruit snacks. If you have any questions please call John Boyle at 630-291-9623

Remember the 13th point of the Scout Law:  
**"A Scout is hungry."**

Eating well is not just part of the fun of camping. It is most important to eat well in order to replace the energy used in the hiking and activities that busy Scouts are prone to do. Meal planning is not hard - no scout ever came home from the weekend camp malnourished. The Patrol should agree to try new meals - not please every palate. Build consensus and excitement in your meal planning activity. Not everyone will agree to every meal plan and like at school, they will eat whatever is provided. Don't go overboard; if you haven't tried it at home, your patrol may not appreciate your efforts. Recognize your Patrol's skill level and work to improve it.

Please take special note of any dietary needs of the Scouts and adults. Allergies to foods are common, like peanuts, strawberries, flour products, etc., see the previous page.

**Don't forget the duty roster.** It will save time in determining who is doing what on the campout.

### ***Considerations for planning Patrol meals:***

**Breakfast** - The MOST important meal of the day. Eggs are quick and easy to prepare and packed with protein. Try "EggBeaters" if you don't want to carry a bunch of real eggs. Flour tortillas make good wrappers for anything like breakfast burritos and choc-o-tacos. Limit the sugars at breakfast or you will be hungry by 10 AM. Plan a big breakfast on Saturday and something easy on Sunday to minimize cleanup.

**Lunch** - Remember you will be very busy during the day. Planning an elaborate lunch will leave you in the camp while the other patrols are back at the activities. Cold sandwich / wrap, hot dogs, chef salad or boil-in-bag meal will get you in and out quickly with very little mess.

**Snacks** - Plan for hunger about 3pm, bring GORP, jerky, fruit, lemonade, tea - something to hold you until dinner.

**Dinner** - This is the meal to really show-off your cooking skills! Be creative - don't repeat the same tired old Mac-n-cheese dish you've had at every campout! Try Dutch oven cooking or a one pot meal. Pre-grill chicken and make fajitas. Try not to repeat. Learn a new dish - experiment. Don't forget the big dessert, you've earned it!

**Cracker barrel**- You may do this on Friday after camp is set up. Bring cheese, hard sausage, crackers and cookies. You'll sleep better with a full belly.

**Drinks** - NO Soda! Your body needs WATER to re-hydrate, sodas won't do that. Bring Country Time or Gatorade mix and make your own flavored drink. Juices, milk, tea, coffee, or hot chocolate as needed.

**Guests** - You may have adult or other scout guests dining with you. Take this fact into consideration.

**Keep your chuck box clean** - Stock with non-perishables like salt, pepper, spices, foil, soap, bleach, matches, paper towels, hand cleaner ...

**Use your mess kit** - No paper plates, disposable cups or utensils. Remember "Clean" and "Thrifty"?

**One-pot meals are your friend** - Pick a meat, a couple of veggies, sauce, seasoning and you're done. Get fancy and include a rice or pasta. Cook meat first and then warm the rest. Ground beef with Sloppy Joe or BBQ sauce with green beans and com with a slice of Texas toast on the side ... MMMMM! One-pot to cook; one-pot to clean! Try it in the Dutch oven. Lots of great recipes on the web ...

### ***Parent/Scout instructions for buying food...***

**Grubmaster** - Thanks for agreeing to buy the food for your patrol; it is a very important job and a big responsibility. The menus & shopping list should have some of the more common items identified. The items required in the chuck box are listed in the first section of the shopping list. Typically Scouts buy food on Thursday night before a campout. If you buy it all on Thursday, please place cold goods in your refrigerator at home and only transfer it to a troop cooler with ice right before you leave for camp (this helps reduce chances food will be "water-logged"). Troop coolers and dry boxes will be provided to you.

**Parents** - An adult should go with Scouts to supervise the shopping. Parents - please look over the menu section and ensure everything necessary to prepare and eat the menu specified is on the shopping list - other than soap and oil, do not assume there is anything available unless the scout tells you it is available in his patrol box .. For example, if pancakes are on the menu, add-water mix, butter, and syrup are all necessary. If chicken is on the menu, please buy only boneless breasts. It is best to avoid chicken with bones as Scouts sometimes tend to undercook it. Please make sure *adequate quantities are purchased for the number going in the Patrol. Contact the trip leader if you do not know how many people to buy for.* Scouts are thrifty, we do not want a lot of leftovers, but we want to make sure everyone has enough to eat and remain within our Patrol budget. It is better to have a bit too much rather than not enough. The Scouts are perfectly happy with store brand products if there is a significant savings.

It is perfectly acceptable for you to help the Scout pre-cook or repackage the meals. In fact, it is a good opportunity to stretch their cooking and planning skills! Grilling chicken or browning meat will save time at camp and ensure a properly prepared entree. These can be vacuum sealed (or freezer bag) and frozen. Try to repackage other foods in "serving size" portions. This will cut down on waste and carrying requirements.

Approximate Budget is \$10 per person.

**Above all, Keep it Simple - Make it Fun!**