

BSA Troop 365 Guidelines on Menu Planning and Cooking for Campouts

These guidelines are for all scouts/adults who are planning meals for their patrol, purchasing food, and/or supervising the actual cooking and cleanup at a weekend campout. The guidelines are especially intended to help scouts who are working to satisfy the cooking requirements for ranks up through 1st class.

Budget:

- The adult leader in charge of planning the campout will tell you or your patrol leader how much the food budget (dollars per scout) will be for all the meals being prepared as a patrol. A typical campout will carry a budget of \$11.00 per scout.
 - Friday Snack: \$1.00 per scout
 - Saturday Breakfast: \$2.00 per scout
 - Saturday Lunch: \$3.00 per scout
 - Saturday Dinner: \$3.00 per scout
 - Sunday Breakfast: \$2.00 per scout
- Careful planning is required in order to make sure you are providing well-balanced and appealing meals for your patrol. You should prepare a written plan specifying the food and quantities needed for each meal. (e.g., this will come in very handy when shopping, and later when you are trying to get signed off on requirements.)
 - Deciding how much you need to buy involves scrutinizing the packaging.
 - A 15oz can of fruit or vegetables will feed 3 kids
 - A 1lb box of pasta will feed 8 kids
 - 1 gallon of milk for every 8 kids
- Save your grocery receipt(s) and send them to the troop treasurer, Gary Roos, who will send you a reimbursement check. You are expected to stay within budget. If you come in under budget, the difference goes back into the troop funds to cover expenses like bus insurance and upkeep or over budget campouts.

Menus:

- In your "Patrol Corner" on the Monday before the campout, your patrol may suggest what meals they want.
 - If possible, pre-cook any raw meat before coming on the campout. Chicken can be boiled or baked at home; ground beef or sausage can be browned. After it cools, place it in a zip-lock bag. This saves time and reduces the chance of kids getting sick from undercooked or improperly handled meat.
 - Sometimes you can find pre-cooked bacon or brown and serve sausage for less than \$1.50 a box at the grocery.
 - You can clean and/or dice vegetables before a campout as well.
 - If two breakfasts are being prepared, one should be hot and the other may be cold.
 - Pop and candy are NOT to be purchased with funds for the campout. Any scout who wishes to bring these items needs to purchase them for themselves and only with leader approval.
 - Don't forget to include a bag of ice for your cooler on your shopping list.

- Ramen and Macaroni-n-cheese are okay when paired with a meat.
- After the Monday meeting or Tuesday night, sit down with a parent and look through the current grocery ads. Circle the items that you will need to buy. Figure out which grocery stores will save you the most money.
- Patrol boxes should contain cooking oil, liquid dishwashing detergent, scrub pads and paper towels. The garage may also contain a limited supply of zip-lock bags, foil, charcoal and paper goods. Do not count on these items being there unless you have checked with your patrol quartermaster.
- Scouts are to bring their own mess kit on the campout (ex: cup, plate, bowl, utensils).
- Shop for your patrol Wednesday or Thursday evening.

Equipment in the Garage:

- The equipment garage contains a patrol box with stove, griddle, cook kit, insulated drink jug, and dishwashing supplies.
- Each patrol has a cooler.
- There are also plastic totes that can be used to transport non-perishable goods.
- A Dutch oven is available per patrol. You are encouraged to plan Dutch oven meals, just about anything can be cooked in them!
- Grab 3 dishwashing tubs for the trip. The first tub should have warm soapy water; the second, hot rinse water; the third, cool water with a few drops of bleach.
- One water jug (Two for hot weather)
- Tape a copy of your menu onto the inside lid of the plastic tote so anyone who cooks for your patrol will know which items are needed for which meals.

** If you have any questions, need any assistance planning quantities to purchase, or need any recipes please ask your patrol leader or Angela Strous.