

Troop 465 Grubmaster Polices Guidelines for Scouts and their Parents

Congratulations – You have been assigned the important job of grubmaster for the next scout outing. Remember that the requirement is more than just cooking the food. Selecting the menu, planning a budget, shopping for food, readying the patrol box, and assigning scouts to assist with cooking and cleanup are also key parts of the requirement.

To the grubmaster: One of the important skills to learn is the kinds of foods that are cooked on outings may be different than the foods you are used to eating at home. Some of your fellow scouts may have certain restrictions on the kinds of foods they eat due to medical conditions, religious customs, or cultural restrictions – Remember a scout is **FLEXIBLE** and **ADVENTUROUS** – try some new things – you might just like them! Clean-up is an integral part of cooking – expect that your patrol will be washing dishes at **EVERY** dinner and most breakfasts. If you have questions check your scout handbook for help. Your patrol leader, senior patrol leader and your assistant scoutmaster are also excellent resources.

To the parents of the grubmaster: Skills we are trying to impart for cooking include the flexibility to try different foods and means of food preparation, planning a healthy balanced meal from **ALL** the food groups, keeping to a budget, shopping in a responsible manner, camping with a low waste footprint (leave no trace) and the ability to cook **AND CLEAN** in rustic environments. Even “car-camping” provides opportunities to learn and practice these skills. The following food guidelines have been developed by troop consensus – it is important that you understand and help your scout follow these rules. These rules are meant to assist in the development of these skills and provide some consistency among patrols on the same trip. It is very disruptive if one patrol follows these guidelines and another patrol is eating pizza and drinking soda! If in doubt involve the assistant scoutmaster if a need arises to deviate from these guidelines.

MENUS: We **STRONGLY** suggest that the beginning grubmaster select menu items from the troop 465 cookbook. It is difficult to plan a meal if the scouts have never experienced these foods before. Patrols may wish to try several of these recipes at a patrol meeting prior to cooking them on an outing. The menus reflect balanced meals drawing from protein, carbohydrate and fats to provide for a nutritious meal in the outdoor environment that reflects the budget limitations for most trips. As the scout becomes experienced more ambitious menus involving different cooking skills such as dutch ovens and open fire cooking can be considered. The entire patrol should be involved in the selection of the menu.

BUDGET: The troop plans for \$3.00/scout for breakfast, \$3.00/scout for lunch and \$4.00/scout for dinner (= \$10.00/scout/day for all meals). Often the initial meal on a weekend trip will be a sack lunch or sack dinner provided by each participant and will not be included in the prices above. **NOTE:** You will only be reimbursed for food expenses by the troop to a **MAXIMUM** of the budgeted amount. **ANY** overage is the responsibility of the patrol to collect from the members attending the outing.

THE SHOPPING EXPERIENCE:

Encourage your scout to shop responsibly. Use this opportunity to point out the advantages of purchasing the “store” brand, to judge the sale stickers to keep within budget, the ability to make MINOR menu changes in order to take advantage of these sales and the trade offs between preprocessed foods and bulk foods. Guide but do not “shop” for the scout.

AT THE STORE:

- **Soda** is not allowed as a menu item beyond the sack meals; water or drink powders (Crystal Light, Tang, and similar products) are preferred. Milk and Juices may be appropriate if car camping but will generally be more expensive. Sparkling Cider, while popular, is an unnecessary expense on a camping trip.
- **Paper Products:** Paper cups, bowls, plates and disposable silverware are NOT ALLOWED except in certain specific outdoor circumstances with approval of the assistant scoutmaster. The goal is to teach dishwashing in the outdoor environment. The patrol boxes should have paper towels and a limited number of paper plates for food preparation; these are not to be used as a substitute for patrol cooking and personal scout eating equipment.
- **Chips and similar snack type foods:** Generally discouraged in large amounts and other than in a trail lunch– they do not travel well, do not leave a small waste footprint and are difficult to build a healthy meal with. Trail mix, crackers, spreads, and cheeses (hard cheese and cheese sticks) should be suggested as alternatives.
- **Breakfast Items** – Generally individual instant oatmeal or cream of wheat are preferred (and cheaper) than breakfast cereal. Breakfast bars or similar may be appropriate (but usually expensive) as a COMPONENT of a breakfast. On layover mornings where time for cooking and cleanup is available pancakes, french toast, or egg dishes are good choices. Breakfast rolls may be appropriate on the morning of a trail day or departure. Try to avoid heavily sugared (Twinkies, pop-tarts, Ho-Ho, doughnuts) breakfast items. Instant hot chocolate or ovaltine may be an alternative to juices and milk. Fresh fruit is almost always appropriate at this meal.
- **Breakfast meats:** Generally expensive but may be appropriate for a lay over day. Pre-cooked bacon and sausage that just require warming will result in less mess. Canadian bacon is also a good choice.
- **Spices and condiments:** The patrol boxes should be stocked with basic spices: (salt, pepper, garlic powder, Tabasco) so these items are generally not needed. When purchasing other condiments try to obtain the smallest container sizes possible despite the slightly higher price/ounce so as to minimize waste.

- **Breads:** depending on the nature of the outing tortillas (available in flour, corn, whole wheat etc) travel better than loaves of bread. Wraps are an alternative or complement to sandwiches. Likewise Bagels, English muffins and French bread travel much better than white and wheat and provide additional variety at breakfast and dinner. Biscuits (as skills develop) are excellent accompaniments to stews and soups.
- **Meats:** generally ground beef, stewing beef, tri-tip and London broil cuts are preferred to steaks. Chicken, especially boneless, skinless breasts, are versatile and generally easily prepared in a pan, dutch oven, or grill. Seafood (with the exception of tuna and small amounts of other canned seafood) generally cannot be accommodated within budget and are rarely appropriate for camping. We want to discourage hot dogs as the sole meat selection at dinners.
- **Pastas:** Are a major staple of camping meals. Try to branch out beyond spaghetti – until cleaning skills develop it is a difficult clean up food. Pre cooking the pasta at home prior to departure and finishing the recipe at camp is an option that simplifies preparation.
- **Beans and Rice:** Also major building blocks of camping food. Can be combined with most meats for hearty meals and “one-pot” cooking. Without the meat these are appropriate for most vegetarians.
- **Soups:** Often the “first course” for camping dinners – the warmth of a soup gives an excellent pick-me-up in cold climates. Here individual instant “cup of soup” types are preferred to cans of Campbell. Top Ramen and cup of noodles are also appropriate here.
- **Vegetables:** Green things are not bad! – Most vegetables are easily steamed. Carrots, broccoli, snap peas, and corn kernels travel well. These make excellent alternatives to green salads and often don’t require dressing.
- **Desserts:** Simpler is better at the beginning skill level. Simple cookies and fruit are popular. Dutch oven desserts are appropriate as skills increase. A LIMITED amount of chocolate (in the form of chips or bars) when combined with marshmallows and graham crackers/tortillas can make s’mores or smacos for a campfire treat.
- **Trail Mix:** often cheaper to make from scratch using bulk products (especially from stores like WINCO) over the commercial (and more expensive) premixed products. Excellent for trail food and snacking.
- **Snacks:** Can include trail mix (above), dehydrated fruit, fruit and meat jerkys, some vegetables (carrot and celery sticks), cheeses, pilot biscuits, and crackers. Small amounts of hard candy provide some sugar and are appropriate to maintain mouth hydration on the trail. Gum is discouraged due to disposal issues, try to avoid large amounts of refined sugars without some protein component.