

CAMPOUT MEAL PLANNING WORKSHEET

**** KEEP **** You need to complete and show this worksheet for 1st Class requirements 2a/2b.

Campout: _____ Date: _____ Patrol: _____ Grubmaster: _____

Dietary Restrictions / Allergies (list who/what): _____

DAILY MENU & SHOPPING LIST

Day	Meal	Dish	Meal Item	Food Group	Items/Quantity to Purchase	
Saturday						
	Breakfast	Main:				
		Side:				
		Side:				
		Side:				
		Drink:				
	Lunch	Main:				
		Side:				
		Side:				
		Side:				
		Drink:				
	Dinner	Main:				
		Side:				
		Side:				
		Side:				
Drink:						
Sunday						
	Breakfast	Main:				
		Side:				
		Side:				
		Side:				
		Drink:				

COMMON PATROL BOX ITEMS

Item	Need to Buy?
Aluminum Foil	
Salt	
Pepper	
Paper Towels (2 -3 rolls)	
Dish Soap	
Sponge / Disk Scrubber	
Working Lighter or Matches	
Paper Lunch Bags	
PAM or other Oil	
Dish Drying Towel	

You may have some of these items in your patrol box, but you may need to re-stock. If you need to purchase for this campout, be sure to put a check mark here, so that you don't forget.



Check your patrol box at trailer load to see if there are any missing items.

Refer to pages 290 - 299 for more information on planning camp meals, dealing with food allergies, budgeting and making healthy choices.

FOOD GROUPS & NUTRITIONAL GUIDANCE

Group	Items	Servings/Day
1	Breads, Cereal, Rice and Pasta	6-8
2	Fruits	2-4
3	Vegetables	3-5
4	Milk, Yogurt, and Cheese	2-3
5	Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts	2-3
6	Fats, Oils, and Sweets	Sparingly

FOOD GROUP SUMMARY BY MEAL

Sat. Breakfast	Sat. Lunch	Sat. Dinner	Sun. Breakfast

MEAL COSTS

Total Food Cost	
# of Patrol Members	
Cost per Person	

I need to buy food for _____ people. My target budget is \$ _____ times the number of people. Keep your receipts. The Troop treasurer will reimburse your expenses by splitting costs across all patrol members who attended the campout. Use the Grubmaster reimbursement form on the Troop 584 website and submit to treasurer for reimbursement.

Reviewed by Patrol Leader: _____ Reviewed by SPL / ASPL: _____ Reviewed by Assistant Scoutmaster: _____

CAMPOUT DUTY ROSTER

POSITIONS	HEAD COOK	ASSISTANT COOK #1	ASSISTANT COOK #2	HEAD CLEAN UP	ASSISTANT CLEAN UP #1	ASSISTANT CLEAN UP #2	ASSISTANT CLEAN UP #3	SITE POLICE
Job Descriptions	<i>In charge of cooking, directing assistants, lighting, charcoal, stove, or fire.</i>	<i>Follows directions from head cook, helps cook, in charge of filling water jug.</i>	<i>Follows directions from head cook, helps cook, helps fill water jug.</i>	<i>In charge of cleaning up, directing assistants, heating water, filling pans, drying dishes.</i>	<i>Follows directions from head clean up, scrapes food off dishes into garbage.</i>	<i>Follows directions from head clean up, scrubs dishes.</i>	<i>Follows directions from head clean up, dips dishes in rinse, disposes of dirty dish water.</i>	<i>In charge of keeping patrol campsite clean and patrol box neat and orderly.</i>
Saturday Breakfast								
Saturday Lunch								
Saturday Dinner								
Sunday Breakfast								

Refer to pages 304 - 309 in your handbook for sharing kitchen duties, supervising the camp kitchen, timing your meal and cleaning up after meals.

Philmont Grace: For food, for raiment,
For life, for opportunities
For friends and this fellowship,
We thank Thee, O Lord. Amen.

Bechtel Grace: For this time and this place,
For Your goodness and grace,
For each friend we embrace,
We thank Thee, Oh Lord. Amen.

**Northern Tier
Grace:** For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,
We thank Thee, Oh Lord. Amen.