

# Troop 114 Grubmaster guide

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*Dear Scout,*

Thank you for volunteering to become a Grubmaster for the upcoming outing! Keeping your patrol fed with healthy food is one of the most important jobs during a camping trip. Here are some useful tips to help you plan ahead.

## Setting a budget

The troop sets a price per scout for the outing. This includes entry fees, etc., but the Scoutmaster should tell you how much you have to spend per scout on food, which will probably be around \$15-\$20 for a full weekend. For example, if you have \$20 per scout and you are feeding 6 (including yourself), your budget is \$120. Depending on your food plan, you may need to save on some meals in order to afford others. Remember: *a Scout is thrifty!* It's okay to stay under budget too.

Remember to keep your receipts! You may wish to store them all in an envelope or Zip-Loc bag as you purchase items. Once you have all your receipts, take a photo and send it to the troop treasurer ([treasurer@t114.org](mailto:treasurer@t114.org)) for reimbursement.

## Creating a menu

Make sure your patrol agrees on the menu before the trip, and make sure to ask all patrol members if they have dietary restrictions or preferences. For example, a patrol member may have a gluten sensitivity; this doesn't necessarily mean you can't have pasta for dinner if you can make gluten free pasta for the patrol. Some patrol members may be vegetarian; if you're making chili, consider making vegetarian chili and also browning meat in separate pots, and having your carnivore patrol members combine them when making their bowls.

Please ensure that you are planning for healthy food for each meal. To count toward your rank requirements and/or cooking merit badge, you should follow either the [MyPlate food guide](#) or [USDA nutrition model](#) when planning for food.

Don't be afraid to try something new! Even if it doesn't quite work out, it's likely fixable. Maybe you can work with another patrol and your two meals combine together into something incredible! Some of the best scouting recipes have come from an experiment during a camping trip.

Consider the outing when planning a menu. No one wants to bring a heavy Dutch oven on a backpacking trip! If you are truck camping, you may wish to bring more gear– unless you have to walk everything on-site over a long distance. Also consider if the site allows open flames– some weekends may need to be stoves only. You may also have a brief amount of time to make lunch, for instance. In this case, sandwiches may be more appropriate than something you have to cook. This goes for Sunday morning breakfast as well.

Before bringing a cooking utensil or device, **check the patrol box first!** Most any meal we make on a camping trip should be doable with the tools available in the patrol box.

## Before the outing

Even before you go, you can set yourself up for success. Consider prepping your food before you pack it. Here are some examples:

- If you're having scrambled eggs, **crack your eggs and scramble them at home**, and place them in a freezer bag. Not only will the egg mixture be easier to transport, you won't have to deal with eggshells at the campsite.
- **Wash and dice veggies at home**, and pour them into a freezer bag as well.
- **Pre-cook bacon and ground meat**. This makes it a lot easier and quicker at the campsite to simply heat up. If you can't pre-cook, at least consider cutting your raw meat at home where it is far easier to clean and doesn't attract animals.
- When packing cold items in the cooler, consider **freezing milk jugs**  $\frac{3}{4}$  full of water to make ice. It saves having to go buy ice, and once the ice melts, it's drinkable water!

# During the outing

- Be aware of the schedule. If you are cooking two breakfasts, the Saturday one should probably be the one that takes longer to prepare. On Sundays we are packing up and heading out early on most camping trips.
- **Get help!** Grubmaster should not be the only one cooking. Even the best restaurants have sous chefs and assistants helping the main chef. Your masterpiece is no different. When splitting grubmaster duties on a trip, the other grubmaster is a perfect person to assist the active grubmaster.
- **Assign cleanup** duties before the meal is served. Your patrol needs to take an active part in helping with cleaning assignments. This is not just their dishes, but those of the entire patrol.
- **Consider the cleanup for your meals** before you get started. A little preparation goes a long way. For example, use a Dutch oven liner whenever possible (or some aluminum foil as a backup). No one wants to scrub burnt pie filling for hours on Saturday night.
- **Plan for animals.** In areas where bears are common, use a bear bag suspended in the air over a tree branch. In other areas, use plastic tubs to store food. A determined enough (or hungry enough) animal may be able to get in, so consider storing food in an elevated location or in a metal food locker. A car can be used as a last resort. **Never keep any food in tents!** This means snacks too.

*Do you have any questions or suggestions on modifications to this guide? If so, please email [scoutmaster@t114.org](mailto:scoutmaster@t114.org)*

## Breakfast Ideas

Entrée	Sides	Beverage	Fruit
Cold Cereal Regular Oatmeal Scrambled Eggs French Toast Breakfast Burritos Omelets Pancakes Bagels & cream cheese	Toast Bagels & CC English Muffins Canadian Bacon Sausage Bacon Ham	Orange Juice Apple Juice Grape Juice Milk Hot Chocolate Water	Bananas Raisins Strawberries Fruit Cups Apples Oranges Tangerines

## Lunch Ideas

Entrée	Sides	Beverage	Dessert
PB&J Grilled Cheese/Ham Hoagies Cold Cut Sandwich Sloppy Joes Soup / Chili Franks & Beans	Bananas Apples Oranges Crackers Energy Bars Fruit Cups Cheese / Salami	<b><u>Troop Cooler</u></b> –Iced Tea –Fruit Punch –Lemonade	Cookies Fig Newtons Snack Pies Twinkies

## Dinner Ideas

Entrée	Sides	Beverage	Dessert
Beef/Chicken Stew Spaghetti Mac & Cheese / Franks Hamburger Helper Pot Roast Tacos Foil Meals	Salad/Dressing Bread/Rolls Potatoes Dumplings Corn Carrots/Green Beans Coleslaw	<b><u>Troop Cooler</u></b> –Iced Tea –Fruit Punch –Lemonade	Cake Cobbler Canned Fruit Snack Pies Pudding Jell-O

## Cracker Barrel Ideas

Cold Weather Camping	Warm Weather Camping
Jerky Pepperoni Cheese Peanuts Crackers Pretzels	Grapes Watermelon Cantaloupe Apples Oranges Plums

## Notes on Meals

Breakfast	Sunday morning is busy with packing and preparing for the trip home, so a simple breakfast is best. Something warm is good during the cold months. Have a hot drink (cocoa or tea), fruit and an easy to fix main dish that doesn't need a lot of clean-up. Consider having bagels and cream cheese, muffins or oatmeal.
Lunch	Lunch should be another simple meal as there is often not a lot of time to prepare, serve and clean up. Have a build-your own sandwich with some soup and fruit. Depending on the weekend's activity, your Saturday lunch may be a "brown-bag" or packed lunch, where you prepare it in the morning and take it with you to your activity.
Dinner	A full dinner is welcome at the end of an active day. Typically there is more time to prepare, serve and clean up so a nice meal can be planned. This should include fruit or salad, a main course, some side dishes of vegetables or starch (potatoes, pasta, etc.) and even a dessert. A carefully planned and prepared dinner can really brighten up a weekend.
Cracker Barrel	Lights-out is at 10pm. Having a small snack prior to bed-time, especially during cold weather campouts is a great addition to your meal plan. <b>Avoid sugar-loaded snacks.</b> Instead, focus more on hydrating snacks for the summer and protein snacks for the winter. Going to bed with a little food in your stomach will make for a better night's sleep on a campout.