

## Appendix 4 to Troop 1140 Policy Handbook

### GRUBMASTER INFORMATION (See also, Troop Policy Handbook, Section 7.5)

Dear Scouts and Parents,

The SM, ASMs and Scout leaders have discussed Grubmaster duties and the overall concept at a number of the meetings, but we certainly understand that it's a bit overwhelming for the Scouts (esp. the young ones) the first time that they do it. Nevertheless, it's not meant to be stressful. If you check in Section 7.5 of the T1140 Policy Handbook and the Boy Scout Handbook under the following requirements, you will see what we are trying to accomplish with Grubmaster duties:

**Edition 11:** TF: 3  
2nd Class: 2e, 2f, 2g.  
1st Class: 4a, 4b, 4c, 4d, 4e.

**Edition 12:** TF: 3  
2<sup>nd</sup> Class: 3e, 3f, 3g.  
1<sup>st</sup> Class: 4a, 4b, 4c, 4d, 4e.

Of course, Scouts don't need to try to tick all of the boxes at once. Basically, once the Patrol determines their menu, the Grubmaster needs to plan out the meals for his patrol -- balanced food groups, portions, etc. and shop for the ingredients.

Scouts: If you don't already have requirements signed off in your book, be sure to keep track of what you are doing and let the Assistant Scoutmaster (ASM) for New Scouts know.

**Menus and Portions.** Normally we have one Grubmaster per Patrol. In the case of a smaller campout, we will sometimes combine Patrols and have one overall Grubmaster. Likewise, we also normally have an adult Grubmaster for the "Old Crabs," but on a small campout with few adults, they may simply eat with the Scouts. The campout participants should be listed on the spreadsheets with their corresponding Patrol; Grubmasters should shop for the number of portions that will feed their respective Patrol. The spreadsheets in Appendix 5 help to ensure that you have the right number of portions and "multiples," for example, 2 sandwiches per person = 4 pieces of bread x 10 people = 40 slices of bread, etc.

Many of the specific menu items are up to the discretion of the Grubmasters. For example, drink flavors, types of cookies, etc. Sandwiches can be ham and cheese, *peanut butter*, turkey, etc.; try to estimate the amount of meat, etc., so as to minimize waste. And, don't forget the little things like mustard, mayo (sandwiches), butter, syrup (pancakes), etc.

Appendix 5 also includes a sample menu and shopping list from a previous campout and Appendix 6 has a sample prayer – Philmont Grace – for use at mealtimes (also a requirement), but Scouts can say any grace that they like.

**FOOD ALLERGIES.** This is very important! ***When planning the menus, special attention and consideration must be given to those with food allergies!*** We don't want to make anyone sick! Be sure to check with the Troop leadership before planning meals, to ensure that any allergies are known.

**Developing the Menu.** Generally, one or two meetings before the outing, the Scout Patrol will get together and decide upon their menu. Once developed, each Patrol will provide a copy of this menu to the Scoutmaster, ASM or AIC for approval. Following this, one individual will be

## **Appendix 4 to Troop 1140 Policy Handbook**

designated by the Patrol Leader to purchase the food – the “Grubmaster.” He will be given a planning number of people to feed and a dollar amount not to be exceeded (the normal rule of thumb is \$4.00/person/meal).

**Troop Food Pantry.** The Grubmaster must check the food boxes in the downstairs Troop storage closet before making the menu! First, throw out any food that is spoiled or past its safe consumption date. Next, take a survey of what is there and set aside anything that can be used on the campout menu. Be sure to fill in the spreadsheet (Appendix 5) with the items that you plan to use and then finish building the menu and shopping list. At the end of the campout, return any unused/ unopened, non-perishable food to the storage boxes for the next campout.

### **Parents SHOULD:**

- Review menu with Scout
- Ask the Quartermaster what food supplies may already be available (Troop pantry)
- Assist in purchasing food (that is not already available in the Troop pantry)
- Purchase simple, wholesome meals that are easy to prepare
- Help the Scout shop economically
- Ensure special cookware/ingredients are included
- Include refrigeration as necessary and allowable (i.e.: cooler and ice, frozen item)
- Include one roll of paper towels
- Try new ideas

### **Parents should NOT allow Scouts to:**

- Plan elaborate/complex meals or meals from “scratch”
- Purchase soft drinks, candies, (excessive) junk food, etc.
- Purchase glass containers
- Purchase cleaning supplies (paper towels excepted)

**Food Costs.** The Grubmaster duties do include reimbursement for costs (receipts go to the Troop Treasurer). For normal campouts, we estimate \$4.00 per meal per person. If the outing begins on a Friday night, we will likely bring a bag dinner or plan to stop for food (remind Scouts to bring money for this!). That leaves three meals (plus a snack – if desired) on Sat. and breakfast on Sun. (\$16.00 total, per person).

When starting the campout on Saturday morning, the breakfast would normally be eaten at home, leaving only two meals on Sat. and breakfast on Sun. (\$12.00 total, per person). In all cases, make sure that you confirm the agenda, so as to plan the proper number of meals and end up with the right amount of food.

### **Example: Mt. Everest Campout & Hike**

<b>Patrol 1</b>	<b><u>Fri*</u></b>	<b><u>Saturday</u></b>			<b><u>Sunday</u></b>	
		<b>Bfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Bfast</b>	<b>Total</b>
Davey Jones	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Bobby Orr	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Mike Muscles	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00

## **Appendix 4 to Troop 1140 Policy Handbook**

Billy Gates	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Tony Tiger	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Jiminy Cricket	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Adam Smith	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00
Eddy Fast	Bring	\$4.00	\$4.00	\$4.00	\$4.00	\$16.00

***Max. amt. that will be reimbursed for food (for this Patrol) is:*** Total = \$128.00

The Grubmasters must plan their menus to stay within the budget! In doing so, it is important to consider the tradeoffs between economy and practicality, for example, a full pack of cookies might save 50 cents overall, but the individual servings (4 or 6 packs) are much easier to deal with on a campout. Everybody gets one pack, which minimizes bickering and also prevents waste -- extra packs can go into the Troop's food pantry. Drinks are the same – sometimes it makes sense to buy a big jug of orange juice for breakfast or to make a cooler of drink mix, and other times the individual bottles of Gatorade (or a container of powder) work better. Sometimes it simply depends upon the schedule and particular activities for the campout. In short, take note of the schedule of events for the campout and do your best to make the menu compliment it.

**Purchasing the Food.** Parents should go over the list to see if the Patrol has included all the necessary food items for each meal, considering what will be the main course, fruit/vegetable, dessert, drink, etc., and if other ingredients are necessary to properly prepare the meal. Parental help will ensure that Scouts purchase food which can easily be prepared outdoors with limited cookware and time. Parents should ensure that wholesome meals are being planned and there is not an excessive amount of junk food. Grubmasters should work to stay within the budget by multiple means, such as shopping at a commissary or economy/warehouse store, using coupons and comparison shopping to keep costs low.

**Preparation for the Outing.** Prior to arriving at the outing, break food down into separate meals and ensure your Scout knows how to prepare each. If special cookware or ingredients are required, those should be included. If food requires refrigeration, provide a cooler and ice or make other accommodations with the concurrence of the AIC (for example, plan to eat perishable items in the first meal, freeze items so that they will thaw gradually before needed, etc.). Finally, deliver the food to the departure point at the appropriate time.

**Cooks and Cleaners.** It's also helpful if the Grubmaster uses the spreadsheets at Appendix 5, in order to communicate the plan to his Patrol, and more importantly, to the cooks – by listing the cooks and cleaners for each meal on the spreadsheets and then posting them at the campout. When assigning cooks and cleaners for each meal, the Grubmaster should ensure that the duties are spread around fairly and evenly (recommend 2 cooks and 2 cleaners per meal).

While the cooks prepare the meal according to the menu, the cleaners are responsible for cleaning the patrol equipment and kitchen area after the meal is finished; each person cleans their own personal mess kit.

For the “light” meals (lunch and snack times), it's also important to have someone assigned as the “cook” in order to keep Scouts "on the menu." If you don't assign someone to keep order and make sure that kids don't just start grabbing food, then there will be chaos and later meals might

## **Appendix 4 to Troop 1140 Policy Handbook**

not work out. Cleaners must also be assigned for the “light” meals, or else the kitchen area doesn’t get cleaned up and put back together.

**Reimbursement for Food.** Following the outing, provide a copy of all food receipts to the Troop Treasurer for reimbursement (see T1140 Policy Handbook, Section 6.3.). You will be provided a check for the exact amount of your purchase, ***not to exceed the budget for the Patrol that you are buying food for*** (see example above).

**Overall.** We adhere to the "Patrol Method" wherein Scouts/Grubmasters take care of their Patrol, and also learn by doing each of the requirements. As you can see in the Scout Handbook, it’s a building block approach from Tenderfoot to 1<sup>st</sup> Class, so again, no need to try to accomplish all items on one campout.

**Parents.** Thanks for your mentorship with the Scouts and for helping the Troop! We hope that this guide answered your questions and concerns. Please contact the Adult In Charge (AIC), the Scoutmaster or ASM for New Scouts with any questions.

**Scouts.** Good luck and thanks for volunteering! Let the campout AIC, the Scoutmaster or ASM for New Scouts know if you have any questions.

# Lightweight Backpacking Food How-To

Source: <http://www.easybackpackingtips.com/lightweightbackpackingfood.html>

When it comes to lightweight backpacking food, there is no magic formula. While food is not included in the goal weight for lightweight backpacking, the weight of food adds up fast and it's helpful to plan your meals carefully in order to keep your food weight down to a minimum.

Food preferences vary from person to person and above all it is important to pack foods that are enjoyable and filling to you. One person might be able to happily live off of instant rice and dried onion soup, while another must have meat.

The closest to a magic formula we can get are a couple guidelines for planning your menu.

**Plan for 2,500-3,500 calories a day.** If you're walking a fairly relaxed trail, no more than 2,500 calories should be good. If it's a more intense trail, shoot for more like 3,000 calories. These numbers vary of course depending on gender, age and physical make up. Also, the amount of calories needed increase if you are backpacking in cold weather.

**Plan for 1-2 pounds of food a day.** Again, if you're doing an easier trail, you won't need as much food. A harder trail will require more calories and thus more food.

Below are our main tips for lightweight backpacking food:

- Try to pick meals that don't require cooking in order to avoid bringing a stove, fuel and a cooking pot.
- If you are going to be backpacking in an area where water is readily available, bring dehydrated foods. You can either make dehydrated food yourself or purchase prepackaged meals on-line. Dehydrated foods are quite light and can be very filling.
- If you are going to be backpacking in an area where water is not readily available and you'll need to be carrying most of the water you'll need, avoid bringing foods that need water for their preparation. You'll quickly cancel out any weight you would have saved from dehydrated food simply by the extra water you'll have to bring to prepare it.
- If you really want to bring fresh foods like fruits, plan on eating them the first day so their extra weight will be gone quickly.
- Bring nutrient dense food! While things like instant rice are super light, their weight to nutrients ratio is small. One ounce of beef jerky has almost 6 times the calories of one ounce of cooked instant rice. Sure a batch of instant rice will fill your tummy without adding much weight to your pack, but you will quickly be hungry again and your body will not have sufficient fuel to keep you going. If you bring more nutrient dense food you can technically bring less of it.
- Bring food you like! It's okay to throw in a treat or two. These things, while adding some extra weight can be worth it simply from the morale boost they can bring.
- Food is important. While we encourage you to think in terms of lightweight backpacking food, it is wiser to try sacrificing pounds in other areas instead of starving yourself.