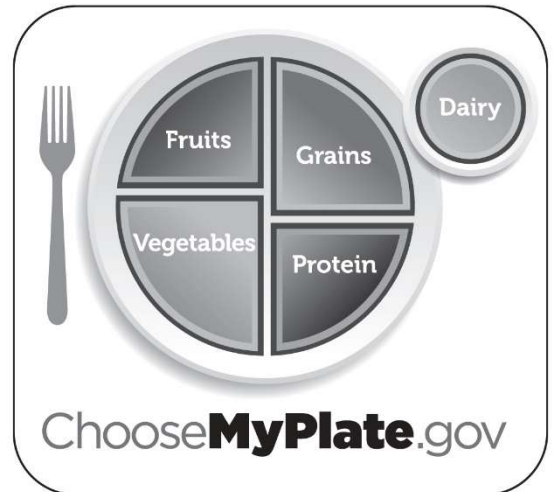


TROOP 541 GRUBMASTER INSTRUCTIONS



Basic Rules:

1. Plan four meals; three Saturday, and Sunday's breakfast.
2. All four of the meals should be cooked.
3. At least two of the meals must be cooked over an open fire or on charcoal. In bad weather, we may not enforce this rule, but plan your menu this way.
4. The menu must be well balanced. Follow the MyPlate guidelines under "Nutrition Requirements".
5. Sunday's breakfast should be hearty. COLD CEREAL IS NOT OK. Since we won't eat lunch in camp, the scouts may have a long gap between meals.
6. Watch your budget. Buy the food for the meals first. You can put left over money toward snack items.
7. Consider safety. Safe food storage and safe preparation are important. If you buy pre-packaged items read the storage and preparation instructions. If you won't be able to follow them, don't buy the product. Remember, we won't have a freezer. Don't do things that are inherently dangerous. For example, a pot of hot oil for funnel cake is too dangerous.

Step 1. Find Out What Your Patrol Wants To Eat:

Meet with your patrol during patrol time at a meeting and fill out the Step 1 table

Step 2. Plan the Menu Details and Show You Meet Nutrition Requirements:

Fill out the details, including everything needed to make the dish, ingredients, condiments, etc. on the Step 2a table, and complete the nutrition analysis on table 2b

(Here are some examples to show the level of detail needed)

Your patrol said they want pancakes – Put down, "Complete pancake mix, syrup and butter"

Your patrol said they want chicken kabobs – Put down, "Pre-cooked chicken cubes, peppers, onions and grape tomatoes"

Your patrol said they want cheeseburgers:

Hamburgers on rolls with lettuce tomato and ketchup, salad with dressing, rice, apple pie, and milk.

Step 3. Check Your Patrol's Food Box:

1. Decide which items on the list of staples you'll be using to prepare your menu
2. Look through the box to figure out which items you already have enough of
3. For the items you need, indicate the amount you need to buy on your list

Step 4. Make A Detailed Shopping List:

1. Make sure you know how many people are eating with your patrol, and how much money you will have.
2. Go through the menu and figure out **every** ingredient you need for each dish. Then figure out how much of each thing you will need and write it on your shopping list.
3. Add the items you need for your food box from step II above.
4. Try to economize. For example, Bisquick for pancake batter, then use the same box for something else at a different meal. Buy fresh potatoes, cut them up and fry them rather than buying frozen French fries.
5. Try to estimate what the items will cost. If you don't have enough money, try eliminating expensive items like bacon and lunch meat.
6. Don't forget to buy ice for your cooler so meat and dairy products won't spoil.
7. The shopping list must be complete enough so a person that has no idea what you plan to cook will still get everything you need. The person buying the food might not have been paying attention. Don't leave anything to her imagination.

Step 1: Find out what your patrol wants to eat

Saturday Breakfast: (Must be hot)

Main Dish: _____

Side Dishes: _____

Beverage: _____

Saturday Lunch: (Must prepare on charcoal or open fire)

Main Dish: _____

Side Dishes: _____

Beverage: _____

Saturday Dinner: (Must prepare on charcoal or open fire)

Main Dish: _____

Side Dishes: _____

Beverage: _____

Dessert: _____

Sunday Breakfast: (Must be hot)

Main Dish: _____

Side Dishes: _____

Beverage: _____






Evening Snack: (Required for cooking MB, optional otherwise)

Step 2a: At home, list the ingredients needed to make it

STEP 2b, NUTRITION REQUIREMENTS

How does your Saturday's menu meet these guidelines? Nothing from Friday or Sunday can count toward these requirements!

PATROL NAME _____

<p>These are the MyPlate Guidelines for a 12-year-old, 5 feet tall, 90 pound, moderately active female (2000 calories)</p>	<p>Show per-person quantities of items from your menu and add them up to show you meet the requirement</p>
<div data-bbox="175 615 305 762">  </div> <div data-bbox="354 615 857 804"> <p>2 cups 1 cup from the Fruit Group counts as: - 1 cup raw, frozen, or cooked/canned fruit; or - ½ cup dried fruit; or - 1 cup 100% fruit juice</p> </div>	
<div data-bbox="175 835 305 982">  </div> <div data-bbox="354 835 844 1024"> <p>2½ cups 1 cup from the Vegetable Group counts as: - 1 cup raw or cooked/canned vegetables; or - 2 cups leafy salad greens; or - 1 cup 100% vegetable juice</p> </div>	
<div data-bbox="175 1056 305 1203">  </div> <div data-bbox="354 1056 831 1245"> <p>6 ounces 1 ounce from the Grains Group counts as: - 1 slice bread; or - 1 ounce ready-to-eat cereal; or - ½ cup cooked rice, pasta, or cereal</p> </div>	
<div data-bbox="175 1266 305 1413">  </div> <div data-bbox="354 1266 1015 1539"> <p>5½ ounces 1 ounce from the Protein Foods Group counts as: - 1 ounce cooked/canned lean meats, poultry, or seafood; or - 1 egg; or - 1 Tbsp peanut butter; or - ¼ cup cooked beans or peas; or - ½ ounce nuts or seeds</p> </div>	
<div data-bbox="175 1560 305 1707">  </div> <div data-bbox="354 1560 987 1791"> <p>3 cups 1 cup from the Dairy Group counts as: - 1 cup milk; or - 1 cup yogurt; or - 1 cup fortified soy beverage; or - 1½ ounces natural cheese or 2 ounces processed cheese</p> </div>	

STEP 3, CHECK YOUR FOOD BOX PATROL NAME _____

ITEM	CHECK HERE IF YOU ALREADY HAVE ENOUGH OF THIS ITEM	CHECK HERE IF YOU WON'T BE USING THIS ITEM ON THIS TRIP	IF YOU NEED THIS ITEM INDICATE THE AMOUNT TO BUY
SOS PADS (enough for all four meals)			
SHOP TOWELS, WASH CLOTHS, OR HANDIWIPE (used to wash dishes. Bring enough for all four meals)			
DISH SOAP (enough for all four meals)			
SANATIZING TABLETS (At least 4)			
SALT & PEPPER			
PAPER TOWELS (Used to dry dishes and for general cleanup. Bring at least two full rolls)			
PAPER PLATES (enough for every scout for all four meals)			
COOKING OIL (enough for all four meals)			
NAPKINS (enough for all your members at all four meals)			
TRASH BAGS			
ALUMINUM FOIL (enough for the cooking you plan to do)			
MATCHES			
SALAD DRESSING (Must be unopened)			
KETCHUP (enough for the meals you have planned)			
MUSTARD (must be unopened)			
HAND SOAP			
NO STICK SPRAY (PAM)			
PANCAKE SYRUP (enough for the meals you have planned)			
PAPER BOWLS			

*** The troop will bring charcoal and charcoal starter for your use**

REMEMBER:

- Your patrol should have enough cups and silverware for everyone in your patrol box. It would be a good idea to check this and request more from the quartermaster if necessary. Disposable cups, knives, forks and spoons are not permitted.

STEP 4, MAKE A DETAILED SHOPPING LIST

PATROL NAME _____ **NUMBER OF CAMPERS** _____

- Carefully go through the menu from step 1 and the list of staples from Step 2 and write down everything you need in the shopping list table below
- Indicate enough detail about the item, quantity needed for your number of campers, and estimated cost
- Here's an example:

<i>Example</i>			<i>Item</i>	<i>Qty.</i>	<i>Cost</i>
No pulp orange juice	1 Gal	\$5.00	Italian Dressing	8 oz	\$3.00
Pieces of chicken to grill	16	\$6.00	Paper Plates	100	\$2.50
Kraft Mac & Cheese	3 boxes	\$4.50	Paper Towels	3 rls	\$3.00

Item	Qty.	Cost

Item	Qty.	Cost

- **Double check your list. You need to be sure that if someone buys what this list says, you'll have everything you need when we get to camp**

NOTES FOR THE PERSON BUYING THE FOOD

1. Save this menu packet, use it to do the shopping, and then bring it with you on the trip.
2. Get a check for your patrol's food from the troop treasurer.
3. Take your patrol's two coolers home with you.
4. Buy the food items as listed above.
5. Use safe food handling procedures the entire time.
6. Buy ice for the coolers before coming to the church.
7. Bring the loaded coolers and all the food to the church 15 minutes ahead of the scheduled departure time.
8. Plan to bring the dirty coolers and left over food home after the trip for cleaning and disposition.
9. Return the coolers to the church the Monday night after the trip.

Addendum For Grubmasters Working on the Cooking Merit Badge

Here's the text of the 2024 version of the "Camp Cooking" requirement for the Cooking MB:

5. Camp cooking. Do the following:

(a) Using the MyPlate food guide or the current USDA nutrition model, plan a menu that includes four meals, one snack, and one dessert for your patrol (or a similar size group of up to eight youth, including you) on a camping trip. These four meals must include two breakfasts, one lunch, and one dinner. Additionally, you must plan one snack and one dessert. Your menus should include enough food for each person, keeping in mind any special needs (such as food allergies) and how you keep your foods safe and free from cross-contamination. List the equipment and utensils needed to prepare and serve these meals.

(b) Find or create recipes for the four meals, the snack, and the dessert you have planned. Adjust menu items in the recipes for the number to be served. Create a shopping list and budget to determine the per-person cost.

(c) Share and discuss your menu plans and shopping list with your counselor.

(d) In the outdoors, using your menu plans and recipes for this requirement, cook two of the four meals you planned using either a camp stove OR backpack stove. Use a skillet over campfire coals OR a Dutch oven for the third meal and cook the fourth meal in a foil pack OR on a skewer. Serve all of these meals to your patrol or a group of youth.

(e) In the outdoors, using your menu plans and recipes for this requirement, prepare one snack and one dessert. Serve both of these to your patrol or a group of youth.

(f) After each meal, have those you served evaluate the meal on presentation and taste, and then evaluate your own meal. Discuss what you learned with your counselor, including any adjustments that could have improved or enhanced your meals. Tell how planning and preparation help ensure successful outdoor cooking.

(g) Lead the clean-up of equipment, utensils, and the cooking site thoroughly after each meal. Properly store or dispose unused ingredients, leftover food, dishwater and garbage.

(h) Discuss how you followed the Outdoor Code and no-trace principles when preparing your meals.

In addition to following all the rules in the main packet:

- You must plan a snack that requires at least some preparation for Friday or Saturday night
- All four meals must be cooked. Breakfasts shouldn't be something like bagels and cream cheese
- We don't have skillets, so one meal must be prepared in a Dutch oven, and another one must be in foil or on skewers. The last two can be on your camp stove.
- Plan a dessert that requires preparation, not just opening a package.
- The meals should demonstrate Eagle Scout level camp cooking skills and should be a level above what is done by Scouts working toward First Class. Simply warming up pre-packaged food won't be acceptable.

Addendum For Grubmasters Working on the Camping Merit Badge

Here's the text of the 2024 version of the cooking requirement for the Camping MB:

8.c Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.

8.d While camping in the outdoors, cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.

In addition to following all the rules in the main packet:

- Note that 8c requires you to plan a total of 7 meals. You can do this by downloading a second packet and planning a second full Saturday's menu, including breakfast lunch and dinner with nutrition analysis. Instead of a Sunday breakfast on the second packet, plan another lunch so that you'll have three lunches total, one in the main packet and two in the second one. You don't need to do steps 3 and 4 for the second packet.
- Note that 8d requires one of the meals to be a trail meal consisting of items you would bring with you on a backpacking trip, and that is to be prepared on a lightweight stove. One possibility would be to plan oatmeal for Sunday's breakfast which would be inexpensive and easy to clean up. You would need other trail food, such as dried fruit, to supplement it.