

Grubmaster Checklist/Instructions

√ **Menu planning**

- √ Plan a menu for the required number of days that is balanced and meeting the food pyramid guidelines. Also, keep in mind the amount of time allowed to for a meal. Ex: If a quick lunch is needed, then plan on something like sandwiches, or something pre-made.
- √ Remember to plan fruits and veggies into the meals or snacks.
- √ Plan on cooking a breakfast of two or more ingredients. Ex: Eggs and bacon/sausage, pancakes and bacon/sausage, breakfast tacos, etc.
- √ Plan on cooking a dinner of two or more ingredients. Ex: Stew, soup, spaghetti, chili, tacos, or a meal using meat, fish or poultry. Remember that some ingredients (e.g. meat) can be pre-cooked at home and warmed up at camp.
- √ Remember to bring extra snacks for between meals (peanuts, crackers, chips, and fruit).

√ **Drinks**

- √ Remember to bring plenty of non-carbonated liquids like juices and water to drink for the duration of the camp. Make sure you include extra water if you are using juice/drink powders. Sodas are not permitted on campouts.
- √ Bring or borrow a water cooler.

√ **Additional items to purchase/pack as needed depending on the menu:**

- √ Back up food if main course doesn't turn out well (i.e., peanut butter and jelly and bread, cheese slices and bread, etc.).
- √ Paper towels
- √ Trash bags
- √ Cleaning sponge/scrubber
- √ Hand cleaner/sanitizer
- √ Ice, Ice, and Ice! Note: Ice frozen in clean water/milk jugs lasts longer.
- √ Bottles water (couple of gallons)
- √ Oil, cooking spray
- √ Spices
- √ Special utensils/cookware not in the camp kitchen.

√ **Food Storage**

- √ Make sure container for non-perishable/dry foods has a top that can be tied down/locked to prevent raids from critters in the night.
- √ Make sure ice chest is packed with extra ice to ensure the dairy/meat products don't spoil in hot weather. NOTE: Ice frozen in clean gallon or ½ gallon water/milk jugs lasts longer than bagged ice.

_____ Campout

Patrol: _____ Number of Scouts: _____ GRUBMASTER: _____

Names: _____

PATROL CAMPOUT QM : _____ No. of Tents Needed: _____

**** CIRCLE NAMES OF SCOUTS ABOVE WHO ARE RESPONSIBLE FOR BRINGING TENTS****

FRIDAY NIGHT CRACKERBARRELL		
Dessert	Snacks	Drink

SATURDAY SNACKS		
Snacks	Fruit	Drink

SATURDAY MENU						
	Bread/Grain	Main Course	Dairy	Fruit	Drink	
BREAKFAST Must cook the meal.						
	Bread/Grain	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH Quick foods (Sandwiches, warm-up soup, etc.)						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER Must cook a meal with more than one ingredient. Ex.: soup; meat, fish or poultry, fresh vegetables, drink, and dessert.						

SUNDAY MENU						
	Bread/Grain	Main Course	Dairy	Fruit	Drink	
BREAKFAST Uncooked meal. Ex: cereal, pop tarts, donuts, danish etc.						

Patrol Advisor Signature: _____