

Troop 23 has established the following guidelines for menu planning. The guidelines were selected to help scouts develop their cooking skills, to help them feel proud about their meals, to encourage healthy eating habits, and to stick to a budget.

- Hot dogs and hamburgers are strongly discouraged. They will only be allowed if a special recipe or cooking technique is used.
- Soda/pop will only be allowed at one meal.
- The use of prepared foods (ie. jars of spaghetti sauce) are discouraged unless several items are combined to make one dish.
- Friday night's snack should be easy,
- Saturday night's snack should be cooked or more involved.
- Sunday breakfast should be cold cereal, donuts, hot oatmeal or something else not too involved and easy to clean up.
- Chips are expensive, so they should not be used too often

**Other items to consider:**

- Use the nutrition labels to determine the quantity of food to buy.
- You are encouraged to shop the sales, use coupons, buy generics, and use our tax-exempt status.
- The salad bar provides an economical way to buy small quantities of food.
- If you are not using a recipe from the cookbook, you will need to provide when getting menu approved.

**TIMELINE:**

**Week of the outing:**

- Turn in receipts, change and envelope to the Youth Grub Masters before leaving on the outing

**One week before the outing:**

- Finalize the menu with Youth Grubmasters
- Receive money for purchasing food/supplies
- This is usually accomplished at a troop meeting

**Two weeks before the outing:**

- Prepare menu with patrol
- Review menu with Youth Grubmasters.
- This is usually accomplished at a troop meeting
- Print off the Menu Planner and Shopping list

## Advancement Through Cooking

**Tenderfoot-** On a campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in the meal preparation and cleanup, and explain the importance of eating together.

Demonstrate the Heimlich maneuver (its not cooking, but if you're eating you should know it).

**Second Class-** Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. Demonstrate how to start a fire and a lightweight stove. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the four basic food groups. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected. Prepare a cooking fire, light the fire, assist with meal preparation and cleanup.

**First Class-** Help plan a patrol menu for one campout -- including one breakfast, lunch and dinner -- that requires cooking. Tell how the menu includes the four basic food groups and meets nutritional needs. Using this menu, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients. Tell which pans, utensils, and other gear will be needed to cook and serve these meals. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, plastic containers, and other rubbish. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch and dinner you planned. Lead your patrol in saying grace at the meals and supervise cleanup.

**Star, Life and Eagle-** These ranks require you to hold a leadership position within the troop. One such position is the Junior Assistant Grubmaster (JAGM) or Food Guide. This position will fill the troop's requirement for leadership, but check with the Eagle coordinator to see if this service fulfills the Eagle requirement.

## **Safety With Cooking and Winter Survival Tips**

Keep foods cooler than 40 degrees or warmer than 140 degrees.

Keep synthetic materials (e.g., polar fleece) away from heat and flames.

Charcoal is hotter than propane and more useful for winter cooking.

Build meals around a one pot Dutch oven meal.

Stay at a distance from the campfire and eat high calorie food often!  
The fire within will keep you warm!

Use rubber gloves when washing dishes in winter.

## **Items to be maintained in the patrol box and food box:**

### Condiments:

- Mustard
- Mayo
- Ketchup
- Salt and pepper

### Cleaning:

- Dish Soap
- Bleach
- Sponges
- Paper towels
- Handiwipes

### Utensils:

- Pot holder
- Can opener
- Spatula
- Slotted spoon
- Vegetable peeler
- Ladle

### Misc:

- Aluminum foil
- Hot Sauce
- Syrup
- Vegetable Oil
- Matches/lighter

## **Grace**

### **Philmont**

For food, for life, for raiment, for opportunity, for friendship and fellowship we thank thee O Lord.

### **Wilderness Grace**

**(Charles L. Sommers National High Adventure Base)**

For food, for raiment, for life and opportunity, for sun and rain, for water and portage trails, for friendship and fellowship, we thank thee O Lord.

### **Sea Base Grace**

Bless the creatures of the sea, bless this person I call me. Bless the keys you make so grand, bless the sun that warms the land. Bless the fellowship we feel, as we gather for this meal.

### **Kiddy Grace**

God is great, God is good, let us thank him for our food, Amen.

## **You're Not Done 'Till You Clean It Up!**

Start heating your cleaning water before you start cooking!

Cast iron ware (skillets and Dutch ovens) should not be cleaned with soap. Please review the **Care of Dutch Oven** section for cleaning care.

### **BSA Way**

Hot soapy water --> Hot Water --> Cool Water with Bleach --> Air Dry

### **Philmont Way**

Hot soapy water --> Cold rinse --> Disinfectant rinse  
(water with chlorine tablet)