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Patrol-Based Cooking: A Path to Success



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- **Patrols** ullet
- **GrubMaster Overview** \bullet
- **Timeline to Campout** igodol
- Menu ideas and meal considerations \bullet
- **Execution and Tips** •



** Please note that all references apply to both boy and girl troops





"The **patrol** system is not one method in which **Scouting** for boys can be carried on. It is the only method." —Lord Baden-Powell

A **patrol** is a small group of **boys or girls** who are similar in age, development, and interests. Working together as a team, **patrol** members share the responsibility for the **patrol's** success.





Establish Trip-Specific Patrols

Trip Senior Patrol Leader Plans – at least 4 weeks out

- Determine which scouts/patrols are going on the trip
 - Optimal size is 8
 - Mix up Troop patrols depending on rank, skills, etc.
- Select the patrol leaders for each patrol
- Patrol leaders select a GrubMaster for each patrol
 - Based on desire, need for advancement, or....

Before we start - if you are camping in CA - please remember this ** Are there fire restrictions/limitations where you are camping? You are planning on cooking with open flame. Does that hinder/change where/what your GM can plan on their menu?



Cooking for a Campout

- The GrubMaster is one of the most important roles on a campout....hungry Scouts are not Happy Scouts!
- Will usually require parental involvement to some extent BUT usually only to drive to store and pay
- Will satisfy some Rank Advancement and Merit Badge requirements, and build skills such as planning, budgeting, shopping smartly, and of course, cooking.
- The Scout Handbook covers cooking extensively

Scout Book Pg 288



GrubMaster Roles and Responsibilities

- Plan Campout Menus
- Prepare the Cooking Gear & Equipment
- Buy Food & Needed Supplies
- Pack the Food for Transport & Storage
- Assign Patrol members to Duty Roster
- Supervise ALL Campout Cooking & Cleaning
- Submit Report of Equipment Status
 - Informs SPL and/or Quartermaster





The Critical Step

- Leader Follow-through
- Use the EDGE method to
 - Provide training
 - Help/review menu planning & techniques
 - Keep GM on track, on schedule & prepared
 - Support GM & keep them accountable

** GM = Grubmaster







Timeline to Campout









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- The GrubMaster should review what is required to accomplish his/her goal
- If they have never been a GrubMaster, they should tell their SPL they need help/training

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- Confirm the details of the trip
 - What kind of camping?
 - The dates
 - Approx. how many Scouts
 - Start coming up with ideas
 - Consider dietary restrictions



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3 Weeks Out

- Plan and Get Ideas
- Grubmaster Menu/Duty Roster Page
 - Inside Troop Trip Planning Packet
- Ideas for menus and discuss with patrol and PL
- Time allocation for each meal to prep
- What & When to Buy Food
- Gear is needed to Prepare the Meals
- How to Pack & Store All Foodstuffs & Gear
- When Patrol Box Inventory/Setup is done







- Confirm details of the outing: what, where, when, how many
- Finalize menus and get approval
- Double check budget
- Confirm timelines vs. activities
- Identify and make sure any special cooking equipment is available
- If able, fill out duty roster





1 Week Out

- Shop & Prepare
- **Prep the Patrol Box** ullet
- Prep special equipment ightarrow
- Shop •



- Make sure you have enough and not too much food
- Store food appropriately
- Pre-prepare foods is possible & store/fridge/freezer **** Keep receipts





Preparing Beforehand.....

- Preparing beforehand can make life ulletsimpler for everyone! Great skills can be learned - a patrol meeting before the campout could address this.
- **Pre-cutting vegetables**
- Pre-cooking meat eg. minced meat, **BACON!**
- Pre-cooking and freezing the main dinner dish.....







• The GRUBMASTER does the Shopping!

- Parent Shops = Scout learns nothing
- The parent can give advice but should enable their GrubMaster to Do Their Best

• Plan ahead (Pre-Shopping Research)

- Available Brands
- Sizes & Quantity ("Bakers Dozen")
- Alternative Options
- Buy for Easy Delivery
 - Pre-Packed Portions better than GIANT BAGS







Shopping

- It is helpful to track your food spending as you go
- ** Remember to keep your receipts!

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Pat	rol Lea	der:								
Gru	bmast	er:			ĺ			SHOPPING LIST		
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Sur	nday	• • •					Large Pots (#			
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Remember the Scout's Outdoor Code/Leave No Trace

Take this into consideration when purchasing. While buying individually packaged items can be better, it means more wrappers/papers etc.

This is an opportunity to discuss with your scout their food choices vs environmentally considerate choices.





Execute! – Departure Day

- Make sure that all items are packed and stored correctly
 - Perishables refrigerated
 - Dry goods
- Double check Patrol box and special equipment and supplies
- Have duty rosters

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Patrol Duty Roster

- Everyone in Patrol goes on the Roster
 - Avoid "Hands in Pockets" waiting to Eat
- Duty Roster page in Troop Planning Packet
- Patrol Leader will help with Roster
- Print out Roster BEFORE
 Campout

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- Protect using Plastic Sheet Protectors
- POST the Roster so all can



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Duty Roster

The GM may need to revise this several times, but it is worth having several copies to hand.

T233 Patrol Grubmaster Meal Plan & Duty Roster

Meal Preparation (circle one) :	Breakfast Lunch Dinner
Patrol Leader:	Adult Leader (safety monitor/facilitator):
Grubmaster:	Patrol:

Day (circle one): Sat Sur

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Sat Sun Mon Tue Wed Thu Fri

Menu Item	Assigned Scout(s) to Prep / Cook	Pots / Pans / Utensils needed to prepare item
1.		
2.		
3.		
4.		
5.		
6.		

Note: Scouts who cook are also responsible for washing the pots/pans/utensils they use to cook or prepare food with.

Other Assigned Duties	Scout (s)	Supplies
 Boil water for cleaning dishes and prepare wash and rinse dishpans 		Pot, water, dishsoap, sponge, dishpans, bleach, hand sanitizer, paper towels
2. Pick up trash on and around tables & campsite		Garbage bags
3. Wipe Tables / Benches		Wipes, paper towels
4. Clean Camp Stove		Wipes, sponge
5. Put away Supplies		
 Place filled Trash Bag in garbage bin after clean up 		

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EAT=Easy + Accepted + Tasty

- Simple to Make, Easy to Eat
- Easier to Cook <u>CAN</u> mean Easy to Clean
- Use Foods that are well known & liked
- Can use Same Ingredients in other Meals

** Encourage your 'chef' to try it at home BEFORE trip if unsure!!!!!!





Breakfast Considerations

- Hot or Cold ?
- How much Time do you have ?
 - Cooking + Cleanup
- Preparing Lunch to Go after breakfast?









- Scrambled Eggs + Cheese, Bacon, Herbs
 - Pre-cooked bacon
- Boil in the bag breakfast burritos
- French Toast
- Cold Cereal + Fruit, Hot Water
- Sweet Rolls / Muffins / Bagels
 - Cream Cheese, Spreads, Butter/Marg
- Not the best but doable
 - Pancakes + Fruit, Granola, Hot Syrup





Lunch Considerations

- Almost always Cold, No Cooking Required
- No Cooking = Easy & Quick Cleanup
- Easy to make Portions

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- May be Eaten during Hike or Activity
- MKO = "Mess Kit Optional"



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- Hero / Sub Sandwiches
 Bread vs. Rolls / Flatbread
- Ready to Heat/Eat Soup
- Grilled cheese
- Quesadillas

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Dinner Considerations

- Biggest Meal = More Cooking & Cleanup
- Always Hot

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• Always has a main Protein

*** Preparation ahead is key! What can be cooked, peeled, chopped at home?



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- Sloppy Joes + Cheese, Onions, Sauce
- Pasta w/ Sauce + Meat, Veg, Garlic Bread
- Tacos / Burritos + Cheese, Guac, Sour Cream

- Ramen w/ Meat & Vegetables
 - Use Chicken Broth in place of Water





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Dinner Dessert

- Cookies
- Brownies
- Smores
- Banana Boats
- Dutch Oven Cobblers / Crumbles / Cakes

*** Be mindful - Dutch Oven cooking needs additional planning. New GM's will need guidance.







Gearing Up

- Patrol Box
 - Inventory
 - Pots, Pans, Lids, Utensils, Dishes
 - Cleanup Supplies (3 Bins, Soap, Sponges, Bleach)
 - Foil, Bags (Leftovers)
 - <u>Stove with fuel</u>
 - Are you using Dutch ovens?
 - Don't forget ancillary items!

*** Fuel - what type & have you fueled up?







Cooking Gear

Pots

- Always have a Lid that fits
- Frying Pans/Skillet vs. Griddle
- Don't forget Pots for Hot Water
- Stainless vs. Non-Stick
- Proper Utensils = Easier & Faster Cooking





Food Packing



- Ice Cooler vs. Dry Bin
 - Packing for Safe Storage
 - Seal ALL Containers and Bags
- "Protect & Serve"
 - Protect from Damage, Animals, Contamination
 - Group by Meal if possible to minimize Handling









Food Safety

Food Borne Illness

- **Almost always Preventable** \bullet
 - Most often caused by •
 - Improper Storage & Handling
 - Cooking
 - Inadequate HAND WASHING
 - Improper Cleaning of Utensils and Surfaces
- Most common with ullet
 - Meat, Seafood, Eggs, Dairy and Produce







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Food Safety

- Raw Meat & Dairy must be kept cold
 - < 40 degrees Fahrenheit
- Meat should be cooked if not refrigerated
- Cooked food should be kept hot
 - 140+ degrees Fahrenheit
- Keep COLD foods COLD, HOT foods HOT

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Food Safety

- Check Seals on Food Containers or Bags
- Freeze Raw Meat if not used within 2 Days
- Discard Leftovers if not Eaten within 3 Days
- Keep Raw Meat separate from other Foods
- WASH HANDS frequently





Food Safety

- PROPER HANDWASHING
- Water temp not important, Friction is
 - Wet Hands
 - Apply Soap
 - Lather and Scrub Hands
 - Include under nails and between fingers







• Grubmaster = Executive Chef

- Supervises ALL Cooking & Cleanup
- Delegate EVERY Task if possible
- You are NOT alone !





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- Report to SPL / Quartermaster
 - Damaged or Missing Equipment
- Make Notes of any Problems or Issues
 - Get Feedback from Patrol
- Submit GrubMaster Report
 - Expenses to Treasurer for Reimbursement





Pro Tips & Reminders.....

- Scout-Led means let the Scouts do it!
- Plan on \$5 per scout per meal
- Scouts generally don't eat salad when camping (while we wish aim for healthy meals, we have to be realistic.....)
- Innovation is great but try it at home first
- Do food prep at home to make it easier & faster at camp.
 - Pre-chop veggies, brown meat, cook bacon etc.
 - Pre-measure and pre-pack
- Start a Troop Cookbook





Pro Tips Extras!

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Collecting condiments from takeouts etc. are great to have handy just in case you need to 'spice up' a meal at short notice.....



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Pro Tips Extras!

Consider each patrol having their own "Grubmaster Binder"

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That way everything is in one place for both the GM, the patrol, the SPL, and the leaders on the trip.





Grubmaster Binder



Troop 233 Patrol GrubMaster Responsibilities

Plan

Complete Grubmaster Planner in Troop Trip Planning Packet
Menus

- · EASY
- A CCEPTED (ACCESSIBLE, ACCOMODATING, ADJUSTABLE)
- · TASTY
- · Approved by SPL, PL AND Patrol, Week BEFORE Campout

Shopping

- Food Selection
- · Quantities for number of Scouts + Adults eating
- Within Budget for Total persons served

Packing

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- · Practice Safe & Protected Food Storage
- · Patrol Box Inventory and Re-Check

Gear & Equipment

- Complete Patrol Box Inventory
- · Bring the correct Pot, Pans, Dishes and Utensils for your Specific Menus

Duty Roster

- Everyone in Patrol is on Duty Roster (include "Free Shifts")
- · Get Input and Approval from Patrol Leader

Menu Management

Grubmaster = "Executive Chef" = Supervise all meals and Cleanup

After Campout

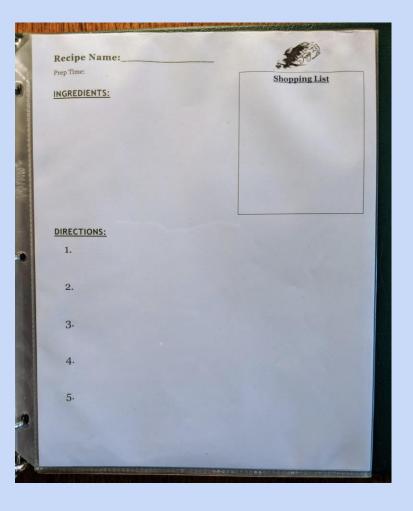
- · Patrol Box Inventory and Equipment Status for Repair/Replacement
- Return & Save non-perishables for next Campout.
- · Complete Grubmaster report and submit with receipts for Reimbursement.
- Get your Requirements signed off in Scout Handbook!

Connex Sep2019



Grubmaster Binder

Grubmas			& Duty Roster
	ter:	Patrol:	
Patrol Lea	ader:	Adult Leader	(safety monitor/facilitator):
Meal Pre	paration (circle one) :	Breakfast Lunch	h Dinner
Day (circl	le one): Sat	Sun Mon Tue Wed Thu	Fri
	Menu Item	Assigned Scout(s)	Pots / Pans / Utensils needed to prepare iter
1.		to Prep / Cook	
2.			
3.			
4.			
5.			
6.			
Note: So use to co	couts who cook are also res ook or prepare food with.	ponsible for washing the po	ots/pans/utensils they
Ot	ther Assigned Duties	Scout(s)	Supplies
1. Boil and	I water for cleaning dishes prepare wash and rinse pans		Pot, water, dishsoap, sponge, dishpans, bleach, hand sanitizer, paper towe
	k up trash on and around es & campsite		Garbage bags
table			Wipes, paper towels
	be Tables / Benches		
3. Wip	an Camp Stove		Wipes, sponge
3. Wip 4. Clea			Wipes, sponge

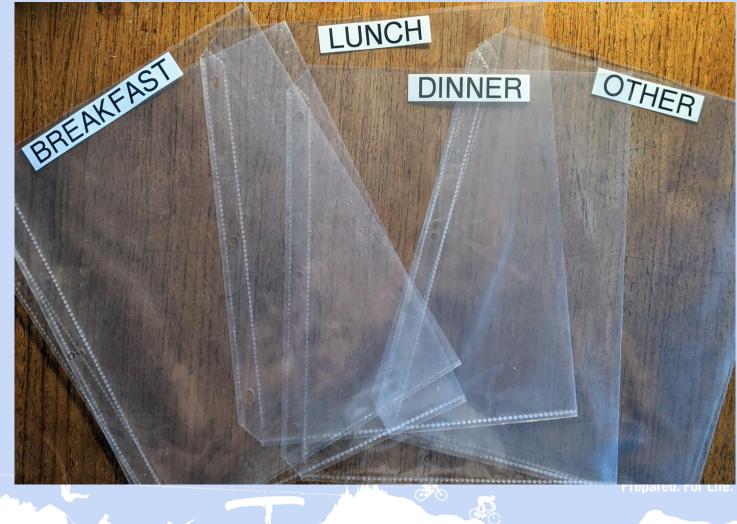


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Grubmaster Binder - clear pockets for holding recipes and/or instructions for each meal





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Patrol Go To CookBook



Consider putting together recipes that your Troop enjoys!

Then create a 'go-to' cookbook for help, guidance, and ideas.

Create a pocket size edition to carry in backpacks!

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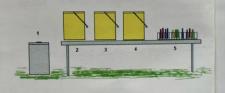
Patrol Go To CookBook

FOOD PREPARATION

- 1 Wash your hands before handling food!
- All raw meat should be kept separate from other ingredients.
- 3 Wash your hands again!
- 4 Cook foods thoroughly. (always check the label)

<u>Clean-up</u> - Use the three pan method to clean cooking and eating utensils.

- First pan Hot soapy water (start heating water as soon as cooking is done). Do all your scrubbing and cleaning here.
- · Second pan Cold rinse water.
- Third pan Cold water with a small amount of bleach to sterilize.



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DUTCH OVEN COOKING

Cooking with a Dutch oven can be fun! There are many recipes available in this cookbook that are easy to make and fun to eat!

Dutch Oven Safety

Working with hot coals and handling a hot Dutch oven is serious business. Only Scouts who have earned the Firem'n Chit award and contract should prepare Dutch oven meals.

Important Equipment

A Scout patrol should have the following equipment to safely operate a Dutch oven –

1. Oven gloves.

- 2. Metal tongs used to arrange hot coals.
- 3. Lid lifter (used to safely lift the Dutch oven lid without spilling coals).
- 4. Fire extinguisher or bucket of water in case of fire.



Dutch Oven Temperature Chart

Use this chart as a quick reference for the amount of coals needed.

Temp	10 inch		12	? inch	14 inch	
°F	Тор	Bottom	Тор	Bottom	Тор	Bottom
300	12	5	14	7	15	9
325	13	6	15	7	17	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11
400	16	7	18	9	21	11
425	17	7	19	10	22	12
450	18	8	21	10	23	12
500	20	9	23	11	26	14

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RECIPES

A small selection of recipes are listed by meal – breakfast, lunch, dinner, and dessert. Those recipes that work well for special circumstances - backpacking, for example, are marked.

Use these recipes as the basis for your own culinary creativity!

Quick meal, less than 1/2 hour to prepare.



Good for backpacking

Dutch Oven Cooking

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Need some more help? Contact me scoutglr233@gmail.com adamberns@gutlook.com Prepared. For Life.*