



Patrol-Based Cooking: A Path to Success



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Agenda



- Patrols
- GrubMaster Overview
- Timeline to Campout
- Menu ideas and meal considerations
- Execution and Tips

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





Patrols

“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.*

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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?**

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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

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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

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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



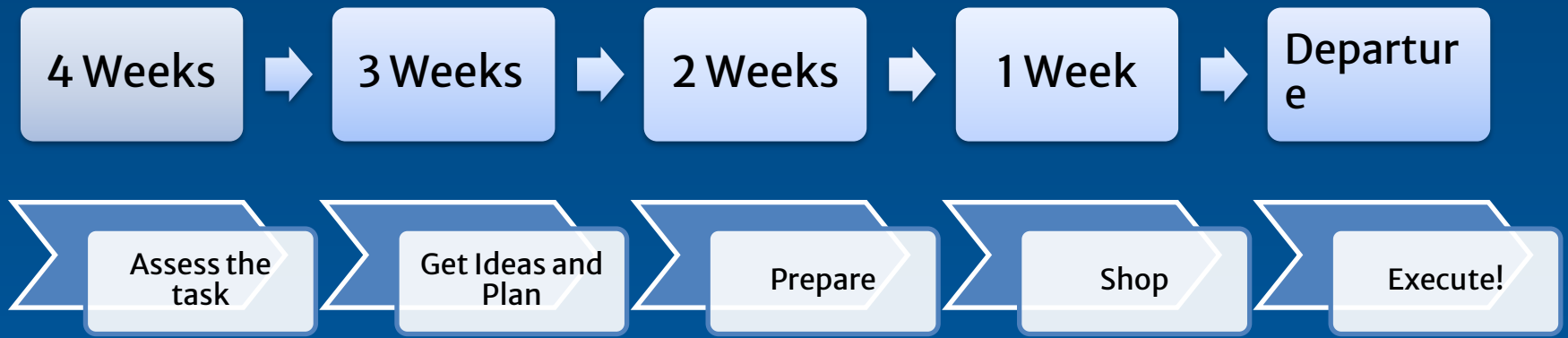
** GM = Grubmaster

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Timeline to Campout



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4 Weeks Out

- **Assess**

- 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
- 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**

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2 Weeks Out

- **Prepare**
 - 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

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1 Week Out

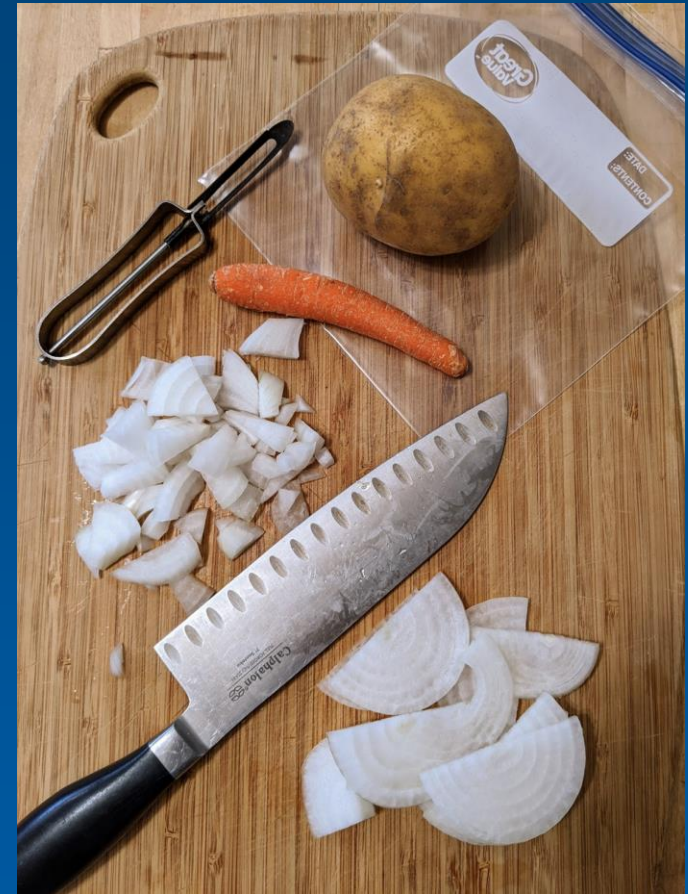
- **Shop & Prepare**
 - Prep the Patrol Box
 - Prep special equipment
 - Shop
 - Make sure you have enough and not too much food
 - Store food appropriately
 - Pre-prepare foods is possible & store/fridge/freezer
- ***** Keep receipts





Preparing Ahead.....

- Preparing beforehand can make life simpler 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.....



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Shopping

- **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



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An Environmental Note.....

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.



Scout Book Pg 220

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



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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

Grubmaster:	Patrol:
Patrol Leader:	Adult Leader (safety monitor/facilitator):

Meal Preparation (circle one) : Breakfast Lunch Dinner

Day (circle one): 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
1. 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		
6. Place filled Trash Bag in garbage bin after clean up		

A.Gomez Sep2019

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Menus



EAT=Easy + Accepted + Tasty

- Simple to Make, Easy to Eat
- Easier to Cook CAN 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!!!!!!**

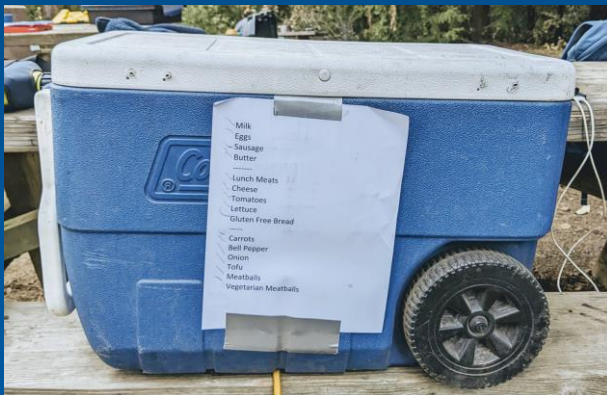
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Breakfast Considerations

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



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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

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Lunch Considerations

- Almost always Cold, No Cooking Required
- No Cooking = Easy & Quick Cleanup
- Easy to make Portions
- May be Eaten during Hike or Activity
- MKO = “Mess Kit Optional”



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Lunch

- 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
- Always has a main Protein

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



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Dinner

- 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.

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Gearing Up

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



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

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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**

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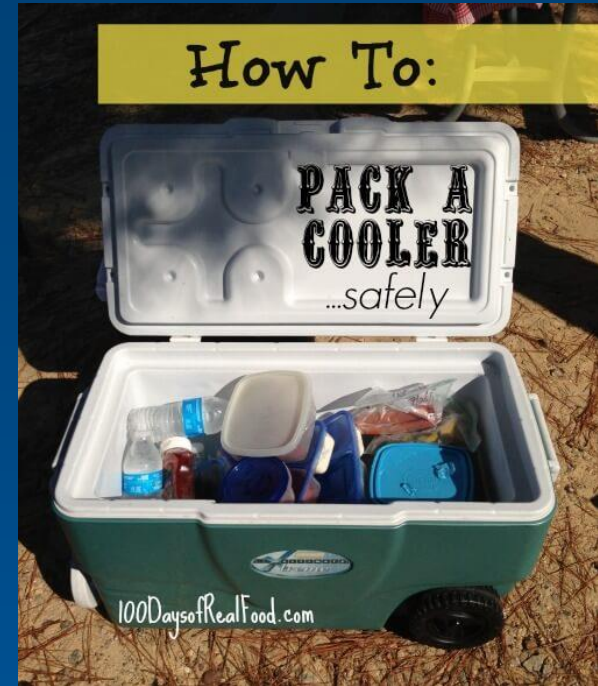




Food Packing



- **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



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Food Safety



Food Borne Illness

- **Almost always Preventable**
 - Most often caused by
 - Improper Storage & Handling
 - Cooking
 - Inadequate **HAND WASHING**
 - Improper Cleaning of Utensils and Surfaces
- **Most common with**
 - 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



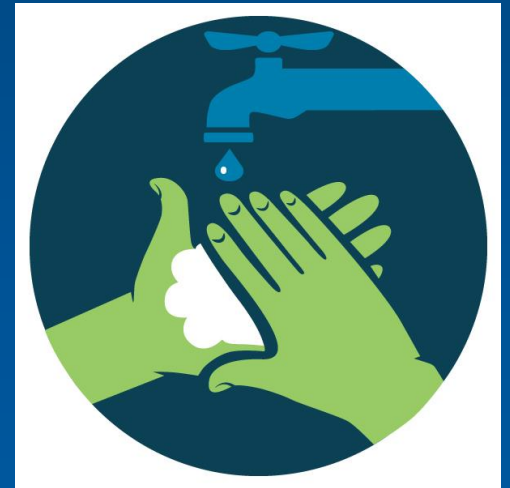
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Food Safety

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



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@ Campout

- **Grubmaster = Executive Chef**
 - Supervises ALL Cooking & Cleanup
 - Delegate EVERY Task if possible
 - You are NOT alone !



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After Campout

- **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

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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

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Pro Tips Extras!

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



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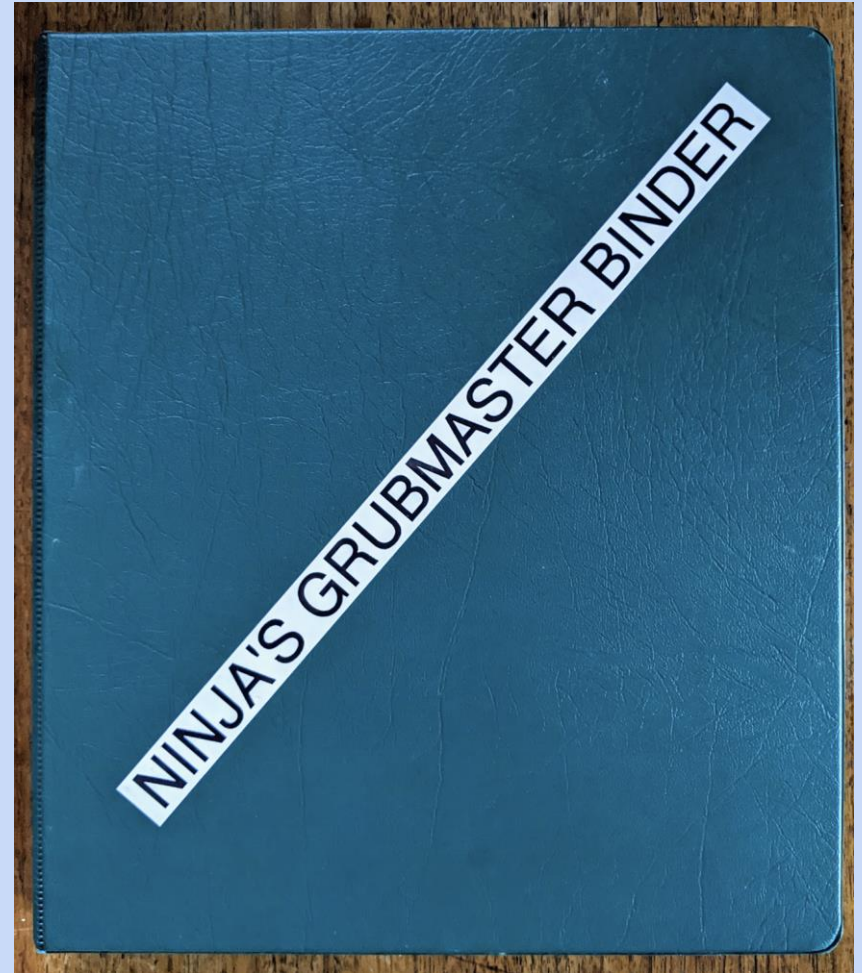




Pro Tips Extras!

Consider each patrol having their own “Grubmaster Binder”

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

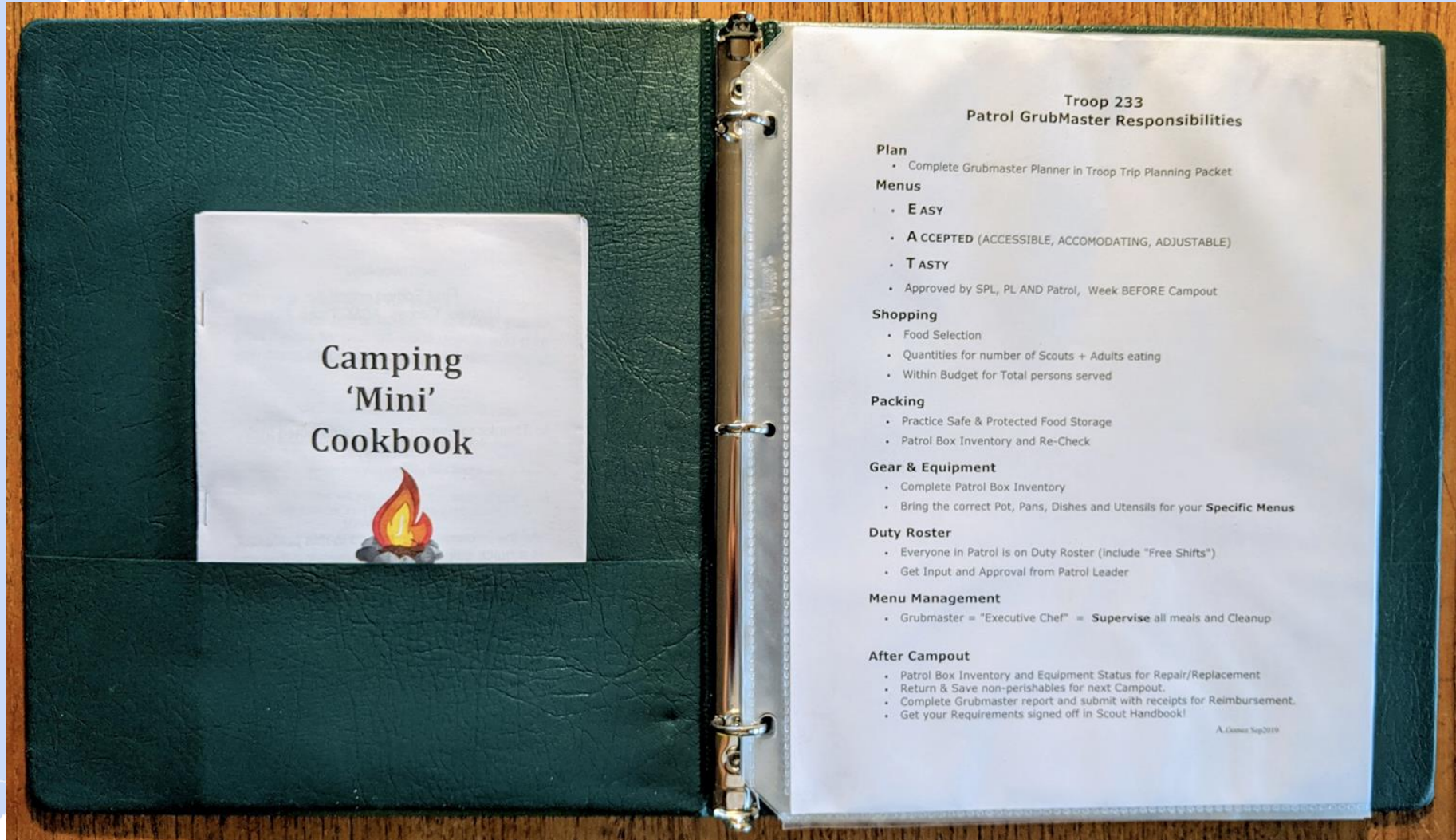


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Grubmaster Binder



Troop 233 Patrol GrubMaster Responsibilities

Plan

- Complete Grubmaster Planner in Troop Trip Planning Packet

Menus

- **E**ASY
- **A**CCEPTED (ACCESSIBLE, ACCOMODATING, ADJUSTABLE)
- **T**ASTY
- 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

- 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!

A. Gomon, Sep 2019





Patrol Go To CookBook



Consider putting together recipes that your Troop enjoys!

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

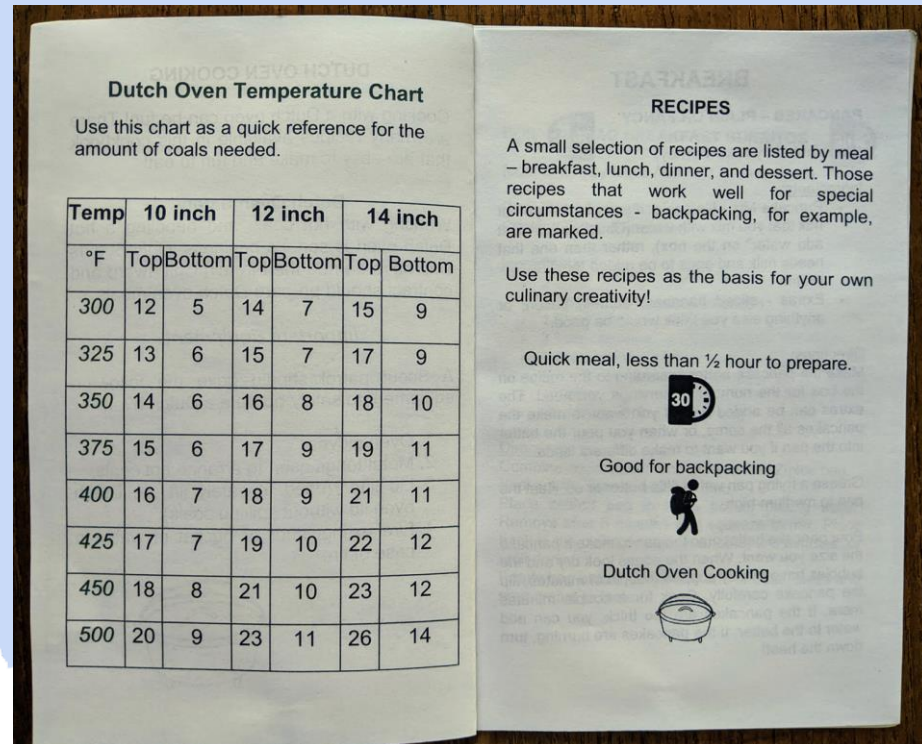
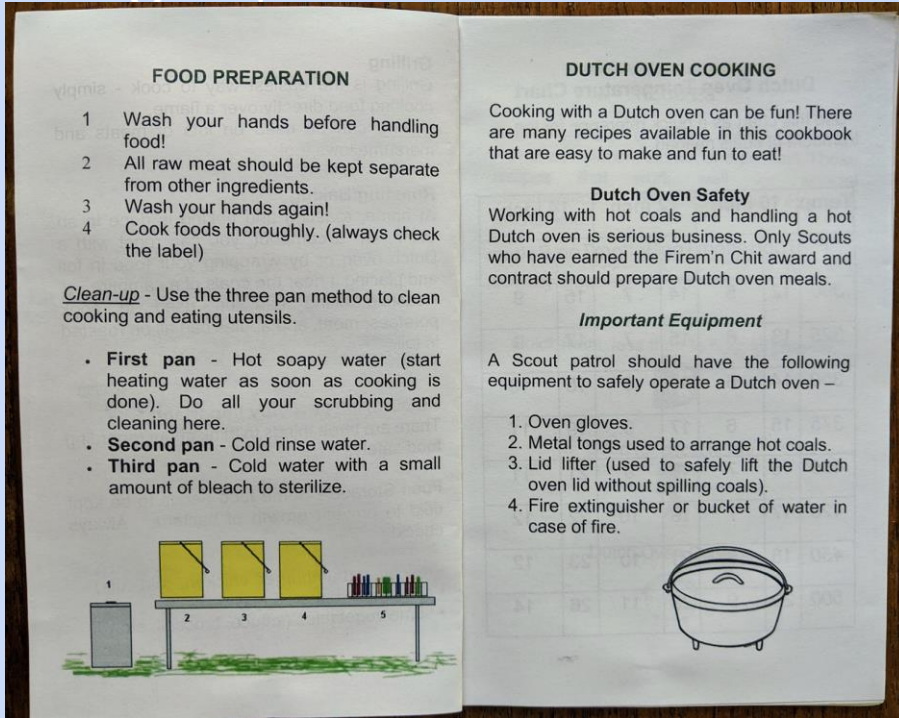
Create a pocket size edition to carry in backpacks!

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Patrol Go To CookBook





Thank you



Q & A Time

Need some more help? Contact me

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