

To earn credit for rank advancement a conference with an ASM to review the requirements stated within the manual for the rank you are earning is necessary. Contact Mr. Morris to review your menu or to schedule a conference, if you did not do so at the meeting prior to the campout.



"I don't know what it is either...  
Let's call it 'CHEF'S SURPRISE.'"

## Questions:

Contact ASM

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# Troop 5 Grubmaster's Guide



The role of the grubmaster is to plan the menu, shop for the food, and prepare the meals for your patrol on a Troop 5 camp-out. Reading or reviewing the Cooking section of the Boy Scout Handbook on pp 247 - 283 will help to guide you in successfully fulfilling this role. Pay attention to the food pyramid and ask questions as you plan.



"Cooks are not found wandering in the woods. Nor do Scouts fry an egg on the first try. Guide them, teach them, but don't do everything for them."

Ed Bailey, Denver Area Council, Centennial District

# Keys to Success & Good Nutrition!

- **PLAN the MENUE** for the entire camp-out first!
- **SHOPPING LIST**; Make a list **before** you shop
- **BUDGET!** Remember, you're on a budget, Usually that means **\$10.00 per person** (including you).
- **RECEIPTS**; Save & turn them in to the Troop 5 Treasurer and you will be reimbursed. Account for or clarify if you only use a part of something. (Separate other purchases so receipts show only those items purchased for the Troop.)
- **ORGANIZE!** Re-packaging, counting, pre-measuring, writing directions, will help to keep you on track.
- **EQUIPMENT**. A cook needs to know his kitchen. Pots & pans, knives & serving spoons, towel...
- **BULK FOOD**, like oatmeal, are less expensive and more nutritious than *instant*. For less than \$1.00 you can buy enough bulk oatmeal to feed your patrol, (1/2 C. per person) No Instant Oatmeal on Troop campouts.
- **PROHIBITED ITEMS** Hamburgers, hot dogs, "Junk food" and candy are **NOT** allowed.
- **"INSTANT"** is usually not a BSA word. Being a grubmaster means learning food preparation skills beyond opening a jar or mixing in water. With creativity, careful planning and a little practice, you'll soon be the award winning grubmaster for your patrol!
  
- **BACKPACK CAMPING/COOKING**; Lightweight with **NO REFRIGERATION**. Coolers are not available on these events. Meals are cooked over backpack stoves, or wood fires. Good nutrition and careful planning are really important here.

# Food Resource Guide

## **Jewel, Dominick's, or Treasure Island**

Convenient - good selection of all the regular stuff, shop carefully. Canned Ham (not refrigerated), Tuna, and Chicken are all together in the same row. Remember that buying "**bulk**" at other stores means you can get the quantities you need.

## **Home Economist - 847-674-7252**

9159 Gross Point Road - Open till 7:00pm On the southeast corner Just past Skokie Highway & Church St. (Ridge Rd turns into Gross Point Rd.) A small place with wonderful assortment of Bulk Foods, Spices, great dry soup mixes, pasta, grains, cereal, (**get course rolled oats, & raisins for oatmeal**) A whole row of **trail mixes** Ask for instruction sheets at the counter!

## **Wild Oats (used to be People's Market) 847- 475-9492**

1111 Chicago Ave. Evanston (Across from the Evanston Jewel) Wild Oats carries a lot of alternative foods, with a Good selection of Rice, pasta, Granola, Cereal, etc.

## **Whole Foods Market (847) 733-1600**

1640 Chicago Ave Evanston, IL 60201-4505  
Lots of fresh foods, & bulk food section

## **Trader Joes - (847) 657-7821**

1407 Waukegan Rd. Just off Lake at Waukegan road, N. side (just past Hackney's} Glenview, IL 60025-2120  
Good alternative foods, some great boxed rice blends w/ spices

## **Zier's Prime Meats & Poultry - (847) 251-4000**

813 Ridge Rd (south of Lake, west side of Ridge) Wilmette, IL  
The absolute best beef jerky (Mr. Zier makes it and might even teach you how) All the other meats you can imagine, cut to size, with great advice. Talk to Mr. or Mrs. Zier if possible, remind them of the "**Boy Scout**" discount!

## **The Spice House**

Central Street Evanston (1 block west of Green Bay Rd., North side of Central) Any and all the spices you may need, in **ANY** quantity, with lots of information and advice!