

Shopping Guideline for a 2 night outing

Do not buy:

Ketchup, mustard, mayonnaise, salt, pepper, cooking oil, sugar, paper towels/plates/cups, bottled drinks of any kind including water. Ice is **Free** at the Church.

Budget \$10 per person. A patrol of 8 can really dine well on \$80 for 2 days.. **A Scout is Thrifty!**

Once purchases are made **SAVE** your Receipt and bring it to the Troop Treasurer the following Tuesday night and they will reimburse you.

Serving Size

Packaged items: will have a suggested serving size and amounts on the containers. Do not double, Most Scouts eat one serving at a meal.

Eggs: 2 per person per meal

Bacon: ¼ pound per person

Sausage: Links are best 4 per person

OJ: ½ gallon if on the menu

Milk: ½ Gallon or 1 pint if used for recipes. Scouts do not drink milk on outings. They forget to get it out. From experience we bring more milk back than anything else.

Butter/Margarine: Sticks work well. If you have a large container at home this is one of those items you can put 3 or 4 tablespoons into a Ziploc bag. Thrifty item- Do not buy a pound if only a whole or ½ stick is going to be used. Look at the recipe.

Pickles/Relish: Large jars are wasted

Lunch Meats: 1/8 pound per person

Cheese: Block or slices.

Hamburger: ¼ per person

Beef/Pork: 4 to 8 oz depending on cut(Watch your budget)

Chicken: Boneless Breasts, tenders work well.

Breads: Count the slices. Most guys will eat 2 sandwiches.

Veggies: Do not buy 5-10 pounds of potatoes when only 3 or 4 potatoes will do. Raid your pantry and donate. Carrots; Precut/peeled baby carrots work best.

Fruit: Apples, Grapes are great snacks but do not over buy.

Spices: Raid your pantry. The adult Patrol maintains a limited amount of spices

Candy: NO

A Scout is Thrifty: Look for sale items, Store brand, coupons. Donate from your pantry.

Teaching and Learning: This is your opportunity to teach your Scout how to shop. The goal is decision making, comparison and why compulsive shopping can blow a budget.

PACKING IT ALL:

Teach your Scout how to organized. Pack items in Dry Box according to its use.

ZIPLOC BAG all Meats

Practice safe storage of all refrigerated items.

Ice is Free at the church. Bring coolers with food and get ice then.

10/06

