

Trip Dates	
Location	

ALWAYS ASK PATROL MEMBERS ABOUT FOOD ALLERGIES AND ADJUST MEAL PLAN ACCORDINGLY!

Patrol Name					
Members Attending Grubmast		er			
Day 1 Breakfast				Lunch	
Dinner				Snacks	
Day 2 Breakfast				Lunch	
Dinner				Snacks	
Day 3 Breakfast				Lunch	
Dinner				Snacks	
Day 4 Breakfast				Lunch	
Dinner				Snacks	
DAILY Food Group Recommendations:  1. Bread, cereal, rice and pasta (6 ounces daily. An ounce is: 1 slice of bread; 1/2 cup of cooked rice or pasta; 1 ounce of ready-to-eat cereal.)  2. Fruit (2 cups daily. A cup is: 2 cups raw or cooked fruit or ½ cup dried fruit)  3. Vegetable (2 ½ cups daily. A cup is: 1 cup raw or cooked veggies or 2 cups of leafy salad greens.)  4. Milk, yogurt, and cheese (3 cups daily. A cup is: 1 cup of milk or yogurt; 1 ½ ounces natural or 2 ounces processed cheese.)  5. Meat, poultry, fish, dry beans, eggs, nuts (5 ½ ounces daily. An ounce is: 1 ounce of meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce of nuts or seeds; ¼ cup beans or peas.)					

<u>Approvals:</u>	Patrol Leader	
	Sr. Patrol Leader	
	Scoutmaster or ASM	

Shopping List						
Quantity	Item	Quantity	Item			
Cincula to manage						

## Simple to prepare:

Breakfast food: Ready-to-eat cereal with milk. Yogurt. Oatmeal. Fruit. (For a hot breakfast, eggs and sausage are easy to cook – but they do require more cleanup.)

Lunch entrees: Prepared meat sandwiches (meat, bread, cheese, condiments). (For a hot lunch, soup is easy to prepare.)

Dinner entrees: Hot dogs (boiled or cooked over a fire), soup, or chili. Hot dogs can be cut up and added to soup or chili. Rice or beans are easily added to any dinner entree. Always include fruit and vegetables with dinner.

Snacks: Granola bars. Trail mix (assorted nuts and seeds, dried fruit, carob chips or m&m's), fruit. Beverages: Water, water!

## ALWAYS practice good hygiene:

Wash hands before preparing food and before eating!

Raw meat and raw eggs can contain infectious microbes. Therefore:

- NEVER use the same plate or preparation space for raw meats and uncooked ingredients.
- NEVER use the same plate for both raw meat and meat after it has been cooked.

Use approved clean up procedures for all cooking and eating supplies.