

Grubmaster Guide

So, you're the Grubmaster for the upcoming campout. What the heck does that mean? Most importantly, it means that you will be feeding your patrol at the campout. It also means that you can complete certain advancement requirements for the First Class rank or the Cooking Merit Badge (see below). Here's what you need to do.

Step 1: Prepare a Menu

At the meeting immediately preceding the campout, lead your patrol in planning a menu for the campout. Some important things to consider when planning include:

- **The dietary restrictions of campout attendees.** It's ok to tweak a recipe to have a vegetarian version and a non-vegetarian version, but try not to create completely separate menus if you can avoid it.
- **The cooking and food storage methods available to you.** You're on a campout, so don't think you can prepare a souffle that requires a carefully calibrated oven. Be adventurous, but also be realistic.
- **The budget.** You should stay within budget, so plan reasonably.
- **The requirements of eating healthy.** Each meal should be balanced and nutritious.

Step 2: Prepare the Grubmaster's Report

At the meeting, fill out the top half of the Grubmaster's Report. This should include the budget, a list of dietary restrictions, the menu, and the number of scouts attending. Review the Grubmaster's Report with the ASPL of outings or SPL before you leave the meeting.

Step 3: Review the Menu and Prepare for Shopping

After the meeting, review the menu and make any necessary changes that were overlooked at the meeting. As much as possible, try to adhere to the choices made by the patrol. The following are examples changes that may or may not be made:

Examples of changes you can make

- If the patrol chose filet mignon and lobster for dinner, but there's not enough money in the budget for those items (duh), you may change the menu to fit the budget.
- If you need to adapt the menu to meet the nutritional guidance of myplate.gov you may do so.
- If you need to change the menu to address your patrol's dietary requirements, you may do so.
- In order to fulfill the requirements for First Class or the Cooking Merit Badge, you must follow certain requirements for the types of meals, nutrition, etc. You may make adjustments to your meal plan in order to meet the requirements if necessary.

Examples of changes you cannot make

- If the patrol chose pears as part of the lunch menu, but you prefer peaches, get the pears.
- If the patrol chose a side item that you don't think will pair well with the entrée, go with your patrol's choice despite your feelings.
- If you don't know how to prepare a particular dish chosen by your patrol, stick with you patrol's choice and rely on other patrol members to help prepare it.

Make a shopping list that takes into account (a) the ingredients you will need to prepare the dishes your patrol selected, (b) the number of servings you will need to feed your entire patrol, (c) any condiments/spices/etc. you may need, and (d) the cooking equipment that you will have at your disposal on the campout. Ask a parent or guardian if you need help finding appropriate recipes.

Before going shopping, review your shopping list with a parent or guardian. Your parent or guardian can make suggestions, but you should be the one doing the planning.

Step 4: Go Shopping

Late in the week before the campout go shopping for your food and supplies. You should probably wait until Thursday (if possible) so that the food is as fresh as possible for the campout.

When you're at the store you (not your parents) should be doing the shopping. A parent can help you find items, but you're in charge. Do price comparisons and keep a log of your selections and prices as you go so you can make sure you stay within your budget.

Before the end of your shopping trip, check everything over and make sure there is enough food for everyone during the campout. Scouts get very hungry when they're outdoors all day.

Don't forget ice for the cooler.

Save your receipts!

Step 5: Pack your Food and Get Ready to Go

Pack the food into the patrol cooler and storage bin. It may be helpful to pre-portion some ingredients in Ziploc bags and/or break down some bulky packaging. Ask a parent or guardian for guidance if needed, but you should be doing this work.

Review USDA's [Food Safety While Hiking, Camping & Boating](https://s3.wp.wsu.edu/uploads/sites/2071/2013/12/Recreation_Food_Safety.pdf) (https://s3.wp.wsu.edu/uploads/sites/2071/2013/12/Recreation_Food_Safety.pdf) and be sure that you are ready to practice the Leave No Trace principles.

Make a KP Duty Roster. Make sure that everyone gets an equal share of cooking and cleanup duties. Put yourself down to cook and clean up for at least one of the meals. (If you're pursuing First Class, you will need to be a cook at three meals. Review the requirements.) Send the Duty Roster to your patrol leader.

Step 6: Go Camping

Supervise the cooking/cleanup for every meal (even if you're not cooking/cleaning). Ensure that either you or someone else says grace before each meal. Keep your patrol cooking area well ordered.

Step 7: Post-Campout

Distribute any leftover food among the patrol members if possible. Save any leftover non-perishable supplies (spices, oil, and other pantry staples) in the patrol box. Make a list of all leftover non-perishable supplies on the bottom of the Grubmaster Report.

Complete the other sections of the Grubmaster Report and submit to your patrol leader (make a copy for yourself if you completed a requirement for First Class or the Cooking Merit Badge). Complete a reimbursement request, attach your receipts, and turn it in to the treasurer for reimbursement.

Rank/Merit Badge Requirements

The First Class rank and the Cooking Merit Badge both include requirements to plan and prepare meals while on a campout. Read the requirements in full before attempting to complete them and ask an ASM or your merit badge counselor if you have any questions. The requirement lists below are summaries only and are current as of August 2021. Note that requirements do change, so you should consult the official scout publications.

The meals you prepare for First Class cannot be used to fulfill the requirements for the Cooking Merit Badge.

For each of these requirements, you will need to discuss your experience with an ASM or your merit badge counselor so they can sign off on the requirement. Keep a copy of your Grubmaster Report for your reference and take notes as you go based on the requirements in the official scout publications.

First Class #2	Cooking Merit Badge #5	Cooking Merit Badge #6
<ul style="list-style-type: none"> a. Plan a menu that includes at least one breakfast, one lunch, and one dinner. Two meals must require cooking. Tell how the menu meets MyPlate.gov guidelines and nutritional needs for the planned event. b. Make a budget and shopping list to feed at least three people. Buy the ingredients. c. Make a list of cooking equipment that will be needed. d. Practice safe food handling. e. While on a campout, serve as cook and supervise your patrol in cooking/cleanup. 	<ul style="list-style-type: none"> a. Plan a menu including 5 meals for campout using MyPlate.gov. Must include at least one breakfast, one lunch, and one dinner. Must also include one snack OR one dessert. List equipment you'll need. b. Create a shopping list with food quantities and costs. c. Share/discuss plan with counselor. d. While outdoors, >>prepare/serve at least 2 meals using a stove or a fire – use a different cooking method for each meal (see MB req. 3) >>prepare/serve a third meal using a dutch oven, foil pack, or kabob. e. Prepare/serve your snack/dessert f. Have those you served evaluate the meals on presentation and taste. Review with your counselor. g. Discuss with counselor how you cleaned up. h. Discuss with counselor how you followed the Outdoor Code 	<ul style="list-style-type: none"> a. Plan a menu for backpacking using MyPlate.gov. Must include one breakfast, one lunch, one dinner, and one snack. Menu should be for 3-5 people and supplies must not require refrigeration. List equipment you'll need. b. Create a shopping list with food quantities and costs. c. Share/discuss plan with counselor. d. While on the trail, prepare/serve at least 2 meals and a snack. At least 1 meal must be cooked over a fire or backpacking stove. e. Have those you served evaluate the meals on presentation and taste. Review with your counselor. f. Discuss with your counselor how you followed the Outdoor Code, how you cleaned up, etc.