

PARENT'S GUIDE TO GRUBMASTER

So you've drawn the short straw and will be taking your son to buy groceries for his patrol's next campout. He is his patrol's Grubmaster" for the next campout. There are several different ways to obtain food for a campout:

Approach 1: A troop adult leader or parent does the shopping. (This approach does not teach the Scout anything).

Approach 2: A troop parent takes their Scout to the store and purchases the food for their Scout so they don't mess it up. (This approach does not teach the Scout anything and OBSTRUCTS the Scout's involvement in the process).

Approach 3: A troop parent takes their Scout to the store and allows their Scout to shop by themselves without their involvement. (This approach impinges on an adult's schedule, but it puts the Scout in the position to be responsible to: plan where they will shop; maintain control of their budget; and be responsible for making the food purchase decisions).

In our troop, we strongly urge Parents and Scouts to use Approach 3.

Before each patrol develops its menu (a week before each activity or campout), the patrol assigns the shopping to one of the patrol members. Since most Scouts don't drive, that means a parent goes along. Typically, each parent is often worried about their son going hungry that they have him buy three times as much food as the patrol needs. To address this problem, we have developed this handout. Keep these simple guidelines in mind as you stroll the aisles at the grocery store:

- Let your Scout do the shopping. While it's okay to give him a ride to the store (and a little free advice), he needs to choose the food and make the decisions.
- Encourage him to follow his Patrol's Meal Plan. At least eight days before the campout, the patrol is supposed to develop a menu and shopping list for your son to use. Our menu-planner worksheet, which is available at the scout meeting.
- Make sure he knows how many people he is shopping for.
- Have him shop early.
- Don't overbuy fresh items like milk, meat, fruit, or vegetables. While we want our Scouts to eat right-and we strongly encourage them to plan balanced menus, the fact is that we can end up throwing away a lot of healthy stuff on Sunday.
- Control costs. You can do this by purchasing store brands, avoiding individually packaged items, and picking raw ingredients over prepared foods.
- The Scouts typically plan to spend \$15.00 per Scout for a typical weekend campout.
- Perishables should stay in your house refrigerator until the time you bring him to the campout departure location.
- Turn in your receipts when you drop off the food or at the next meeting night. The sooner we get your receipts, the sooner we can reimburse you and close out the event budget.
- Don't worry. Since the Boy Scouts of America was founded in 1910, there have been absolutely no recorded cases of Scouts starving to death on a weekend campout.