

Grubmaster planning tips

1. Make sure that the menu planning form is completely filled out. Did a senior scout review the menu?
2. Does the menu cover all of the meals planned for the weekend?
3. Are the 4 food groups served in each meal?
4. Are the portions correct? Here are some guidelines. Adjust them according to the preferences of your patrol:
 - Cold cuts 2 to 3 slices per sandwich, unless the sandwich is a main meal, when you plan for more. You can ask for a specific number of slices at the deli counter
 - Bread 2 to 4 slices per serving (1 or 2 sandwiches). The average loaf has between 16 and 20 slices.
 - Mayo 1 tablespoon per sandwich. Take some from home in a plastic zip bag or disposable container.
 - Fruit 1 piece of fruit per serving
 - Drink 10 ounces is the amount in a large drinking glass and 12 ounces is a soda can. Remember a gallon is 128 ounces and a half gallon is 64 ounces.
 - Meat/fish $\frac{1}{4}$ to $\frac{1}{2}$ pound per main course serving – about the size of a deck of cards or large bar of soap.
 - Vegetable 1 cup of chopped vegetables per serving – about the size of a baseball; 1 large carrot or 5 to 6 baby carrots
 - Potato 1 medium sized per serving for a young scout, 1 large sized for an older scout
 - Rice $\frac{1}{4}$ cup dry rice will make almost a full cup serving for a young scout when cooked. Use up to $\frac{1}{2}$ cup dry rice for an older scout serving.
 - Pancakes 2 pancakes for a young scout, up to 10 for an older, hungrier scout. Use the "just add water" mixes like Krusteaz to make preparation easy.
 - Eggs 1 per serving for a young scout, 2 for an older scout
 - Sausage 2 to 3 breakfast links per serving
 - Bagel 1 per serving
 - Oatmeal 1 package instant per serving for young scouts; at least 2 packages for older scouts.
 - Cocoa 1 packet instant per serving. A box typically contains 10 packets.
5. Be flexible with your menu to take advantage of weekly store sales. For example, switch to chicken breasts if they're on sale
6. Winter tips
 - Hot food Plan menus that will help keep you warm. E.g., soup is a better choice than tacos.
 - Hot drinks Drink plenty of fluids. Cocoa is great. Try "Russian Tea" mix (2 parts Tang, 1 part instant decaffeinated tea, and some cinnamon).
 - Big portions: You burn up to twice as many calories during the winter. Plan portions that are up to twice as large as normal.

- Snacks: Plan high calorie snacks, e.g., granola bars. High protein snacks like jerky, nuts, and trail mix are great throughout the day. Dried fruits are also very beneficial to your body during strenuous cold weather activities. Bring plenty of raisins, trail mix, and fatty type snacks. Chocolate is even a good snack for winter camping and backpacking trips and it won't melt along the trail!
- Evening energy boost: Plan a chunk of cheese, sausage or an energy bar before going to sleep. This will give your body fuel and keep you warm while you sleep.
- Fresh foods: Some fresh foods become difficult to use if they freeze, e.g., lettuce turns to mush if it freezes and thaws. Plan accordingly.