

**Troop 777 Shopping Planner**

Use a Meal Planner worksheet to plan each meal, then total up all the ingredients and equipment needed and put them on this list to make your food buy.

**Budget!**

Your meals must fall within a budget (A Scout is Thrifty!). Typically, the budget per person is \$2.00 per person per meal for backpacking treks and \$2.25 per meal for lazyman camps (the Trek leader determines this amount). If a snack is planned for the day of departure, plan on \$1.00 per person.

**Tips:**

Avoid individually wrapped meal items – they are 2 to 3 times more expensive that way and they create more trash to carry out.

Shop wisely! Look at prices. Bulk packages will save you money, but don't buy a large amount unless you will use it.

Share common items with another patrol. Share that jar of mustard, mayo, or syrup – don't buy two. Or, bring a small container from home rather than buying more than you will need.

Check the troop pantry for non-perishible items or start your own patrol pantry. This is a good way to make use of bulk purchased items.

Don't forget that cooking fuel (propane, charcoal, firewood, etc.) must be a part of your budget.

**Budget Worksheet:**

# of Meals:	_____
\$ per meal:	\$ _____
Cost per person: X	\$ _____
# of People:	_____
Total Budget: X	\$ _____
Total Spent at Food Buy: \$	_____
Difference from Budget: \$	_____

**Bakery**

✓	Item	Qty	\$
<input type="checkbox"/>	Bread		
<input type="checkbox"/>	Muffins		
<input type="checkbox"/>	Rolls		
<input type="checkbox"/>	Tortillas		
<input type="checkbox"/>			
<input type="checkbox"/>	Cookies		
<input type="checkbox"/>	Crackers		
<input type="checkbox"/>	Chips		

**Drinks (no sodas!!!)**

<input type="checkbox"/>	Powdered Mix		
<input type="checkbox"/>	Fresh Juice		
<input type="checkbox"/>	Cocoa		
<input type="checkbox"/>	Powdered Milk		
<input type="checkbox"/>	<i>Coffee/Tea (adults)</i>		
<input type="checkbox"/>			

**Meats**

<input type="checkbox"/>	Beef		
<input type="checkbox"/>	Chicken		
<input type="checkbox"/>	Bacon		
<input type="checkbox"/>	Ground Beef		
<input type="checkbox"/>	Lunch Meat		
<input type="checkbox"/>			

**Dairy**

<input type="checkbox"/>	Milk		
<input type="checkbox"/>	Eggs		
<input type="checkbox"/>	Butter		
<input type="checkbox"/>	Cheese – Block		
<input type="checkbox"/>	Cheese - Sliced		
<input type="checkbox"/>	Parmesan		
<input type="checkbox"/>			

**Produce**

<input type="checkbox"/>	Apples		
<input type="checkbox"/>	Bananas		
<input type="checkbox"/>	Oranges		
<input type="checkbox"/>			
<input type="checkbox"/>	Lettuce		
<input type="checkbox"/>	Carrots		
<input type="checkbox"/>	Celery		
<input type="checkbox"/>	Tomato		
<input type="checkbox"/>	Potato		
<input type="checkbox"/>	Onion		
<input type="checkbox"/>			

**Basics (check pantry!)**

<input type="checkbox"/>	Mayo		
<input type="checkbox"/>	Mustard		
<input type="checkbox"/>	Salt&Pepper		
<input type="checkbox"/>	Oil		
<input type="checkbox"/>	Peanut Butter		
<input type="checkbox"/>	Jelly		
<input type="checkbox"/>	Rice		
<input type="checkbox"/>	Pasta		
<input type="checkbox"/>	Syrup		
<input type="checkbox"/>			
<input type="checkbox"/>			
<input type="checkbox"/>			

**Other Foods and Snacks**

✓	Item	Qty	\$
<input type="checkbox"/>	Pancake Mix		
<input type="checkbox"/>	Oatmeal		
<input type="checkbox"/>	Hash Browns		
<input type="checkbox"/>			
<input type="checkbox"/>	Pudding		
<input type="checkbox"/>	Ramen or Soup		
<input type="checkbox"/>	Applesauce		
<input type="checkbox"/>	Dried Fruit		
<input type="checkbox"/>			

**Miscellaneous Supplies**

<input type="checkbox"/>	Baggies (sm)		
<input type="checkbox"/>	Baggies (lg)		
<input type="checkbox"/>	Foil		
<input type="checkbox"/>	Plastic Wrap		
<input type="checkbox"/>			
<input type="checkbox"/>	Ice		
<input type="checkbox"/>	Paper Towels		
<input type="checkbox"/>	Toilet Paper		
<input type="checkbox"/>	Trash Bags		
<input type="checkbox"/>	Charcoal & Lighter		
<input type="checkbox"/>	Dish Soap		
<input type="checkbox"/>	Hand Soap		
<input type="checkbox"/>			

**Patrol Box Items**

<input type="checkbox"/>	Frying Pan (lg)		
<input type="checkbox"/>	Frying Pan (sm)		
<input type="checkbox"/>	Pot (lg)		
<input type="checkbox"/>	Pot (sm)		
<input type="checkbox"/>	Lids (sm & lg)		
<input type="checkbox"/>	Griddle		
<input type="checkbox"/>			
<input type="checkbox"/>	Spatula		
<input type="checkbox"/>	Mixing Spoon		
<input type="checkbox"/>	Ladle		
<input type="checkbox"/>	Cutting Knife		
<input type="checkbox"/>	Tongs		
<input type="checkbox"/>	Pot Holder		
<input type="checkbox"/>	Stove (circle: Propane White-Gas )		
<input type="checkbox"/>	Stove Fuel (check stove type first!)		
<input type="checkbox"/>	Matches		
<input type="checkbox"/>			
<input type="checkbox"/>	Dish Towel & Wash Cloth		
<input type="checkbox"/>	Cutting Board		
<input type="checkbox"/>	Scrub Pads		
<input type="checkbox"/>	Measuring Cup		
<input type="checkbox"/>	Measuring Spoons		
<input type="checkbox"/>			
<input type="checkbox"/>	Water Filter		
<input type="checkbox"/>			
<input type="checkbox"/>	<b>Other Items</b>		
<input type="checkbox"/>	Ice Chest		
<input type="checkbox"/>	BBQ or Grill		
<input type="checkbox"/>			
<input type="checkbox"/>	Dutch Oven		
<input type="checkbox"/>	Lantern		
<input type="checkbox"/>	Mantles		
<input type="checkbox"/>	Cooking Tarp		
<input type="checkbox"/>			