Troop 777 Shopping Planner

Use a Meal Planner worksheet to plan each meal, then total up all the ingredients and equipmenet 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 yourbudget.

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	$
	Bread		
	Muffins		
	Rolls		
	Tortillas		
	Cookies		
	Crackers		
	Chips		

Drinks (no sodas!!!)

	Powdered Mix		
	Fresh Juice		
	Cocoa		
	Powdered Milk		
	Coffee/Tea (adults)		

Meats

	Beef		
	Chicken		
	Bacon		
	Ground Beef		
	Lunch Meat		

Dairy

	Milk		
	Eggs		
	Butter		
	Chesse – Block		
	Cheese - Sliced		
	Parmesan		

Produce

	Apples		
	Bananas		
	Oranges		
	Lettuce		
	Carrots		
	Celery		
	Tomato		
	Potato		
	Onion		

Basics (check pantry!)

	Mayo		
	Mustard		
	Salt&Pepper		
	Oil		
	Peanut Butter		
	Jelly		
	Rice		
	Pasta		
	Syrup		

Other Foods and Snacks

✓	Item	Qty	$
	Pancake Mix		
	Oatmeal		
	Hash Browns		
	Pudding		
	Ramen or Soup		
	Applesauce		
	Dried Fruit		

Miscellaneous Supplies

	Baggies (sm)		
	Baggies (lg)		
	Foil		
	Plastic Wrap		
	Ice		
	Paper Towels		
	Toilet Paper		
	Trash Bags		
	Charcoal & Lighter		
	Dish Soap		
	Hand Soap		

Patrol Box Items

	Frying Pan (lg)
	Frying Pan (sm)
	Pot (lg)
	Pot (sm)
	Lids (sm & lg)
	Griddle
	Spatula
	Mixing Spoon
	Ladle
	Cutting Knife
	Tongs
	Pot Holder
	Stove (circle: Propane White-Gas)
	Stove Fuel (check stove type first!)
	Matches
	Dish Towel & Wash Cloth
	Cutting Board
	Scrub Pads
	Measuring Cup
	Measuring Spoons
	Water Filter

Other Items

	Ice Chest
	BBQ or Grill
	Dutch Oven
	Lantern
	Mantles
	Cooking Tarp