## 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 |
| | |