## **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 nonperishible 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	r: \$
Difference from Budget	: \$

_	kery Item	Qty	\$
	Bread	7.5	Ψ,
	Muffins		+
	Rolls		+
	Tortillas		
	Torumas		+
	Cookies		+
	Crackers		
	Chips		
	Cinps		+
Dr	inks (no sodas!!!)		_
	Powdered Mix		
	Fresh Juice		
	Cocoa		
	Powdered Milk		-
	Coffee/Tea (adults)		
	Cojjec/1ea (adams)		+
	<del> </del>		+
M	eats		_
.,,,	Beef		Т
	Chicken		+
	Bacon		+
	Ground Beef	_	+
	Lunch Meat		+
	Lunchivieat		+
_			+
Da	ļ		
Da	iry		_
	Milk		+
	Eggs Butter	_	+
			-
	Chesse – Block Cheese - Sliced		+
			+
	Parmesan	_	-
	-		-
_			
Pre	oduce		_
	Apples	_	+
	Bananas	-	+
	Oranges		+
	1-		-
	Lettuce		$\vdash$
	Carrots		$\vdash$
	Celery		-
	Tomato		-
	Potato		-
	Onion		1
Ba	sics (check pantry!)		
	Mayo		
	Mustard		
	Salt&Pepper		
	Oil		
	Peanut Butter		T
	Jelly		T
	Rice		
	Posto		+

Syrup

/	Item	Qty	1
	Pancake Mix	1	T
	Oatmeal		
	Hash Browns		Г
	Pudding		
	Ramen or Soup		
	Applesauce		
	Dried Fruit	-	
_		-	-
		1	-
1 i	iscellaneous Supplies		
-	Baggies (sm)	T	Т
	Baggies (lg)		T
	Foil		1
	Plastic Wrap		
	1		T
	Ice		
	Paper Towels		
	Toilet Paper		
	Trash Bags		
	Charcoal & Lighter		
	Dish Soap		
	Hand Soap		
_			
a	trol Box Items		
_	Frying Pan (1g)		
	Frying Pan (sm)		
-	Pot (lg)		
_	Pot (sm) Lids (sm & lg)		
	Griddle		
_	Griddie		
-	Spatula		_
	Mixing Spoon		
	Ladle		
	Cutting Knife		
	Tongs		
	Pot Holder		
	Stove (circle: Propane V	Vhite-Ga	as `
	Stove Fuel (check stove typ		
	Matches		
	Dish Towel & Wash Cloth		
	Cutting Board		
	Scrub Pads		
	Measuring Cup		
	Measuring Spoons		
_	Water Filter		_
π	her Items Ice Chest		
_			
_	BBQ or Grill		
_	Dutch Oven		
	Lantern		

Lantern Mantles Cooking Tarp