

## 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	\$
	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		