

**Campout Meal Planning Worksheet**

Patrol: \_\_\_\_\_

Campout: \_\_\_\_\_

Date: \_\_\_\_\_

Day	Meal	Meal Items	Food Group	Cook?	Items / Quantity Needed to Purchase
<b>Saturday</b>					
	<b>Breakfast</b>				
	<b>Lunch</b>				
	<b>Dinner</b>				
<b>Sunday</b>					
	<b>Breakfast</b>				

Will you need a Dutch Oven? \_\_\_\_\_ If so, how many and for which meals? \_\_\_\_\_

I need to buy food for \_\_\_\_\_ people (Patrol Members plus Adult Guests). My budget is \$12.00 times the number of people, which is \$\_\_\_\_\_.

**Food Groups**

Group	Items	Servings / Day
1	Breads, Cereals, Rice and Pasta Group	6-11
2	Fruit Group	2-4
3	Vegetable Group	3-5
4	Milk, Yogurt and Cheese Group	2-3
5	Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group	2-3
6	Fats, Oils and Sweets (Use sparingly)	Sparingly
*	Special Item (if budget allows)	Sparingly

**Food Group Summary By Meal**

Sat Breakfast	Sat Lunch	Sat Dinner	Sun Breakfast

**Items to Remember:**

***"Good Steward of Creation" / Tread Lightly should have a strong impact on all meal planning***

- 1) All patrol members should be using mess kits, with their own eating utensils.
- 2) No paper or plastic goods should be purchased. Paper towels are already included in each patrol box.
- 3) Avoid pre-packaged food / drinks. They are more expensive and cause extra trash.
- 4) Purchasing in bulk or purchasing store brands will help your dollars go further.
- 5) Keep your receipts. The troop treasurer will reimburse your expenses up to your budget.
- 6) Use the Troop Expense Report form (on the Troop website) to submit items for reimbursement.