

## Troop 238 Parent's Guide to Grocery Shopping

So, you've drawn the short straw and will be taking your son to buy groceries for his patrol's next campout. Keep these simple guidelines in mind as you stroll the aisles at your favorite grocery store:

- Let your Scout do the shopping. While it's OK to give him a ride to the store (and a little free advice and coaching), he needs to learn how to choose the food and make the decisions.
- Follow the patrol's meal plan
- Please **DO NOT** purchase bottled water or bottled sports drinks etc. They are expensive and wasteful. If Gatorade or other drinks are on the menu, purchase a powdered version. The troop generally has powdered Gatorade on hand in the scout room. We will not reimburse for bottled sports drinks, soda, or bottled water. Please leave these at home.
- Make sure you know how many people to shop for
- Shop as early as possible, but still maintain freshness
- Plan to spend between \$9 and \$12 per Scout for a weekend campout. That includes a Friday Cracker Barrel (snack), three meals on Saturday, and breakfast on Sunday. For longer or shorter trips, adjust accordingly.
- Don't over-buy items like milk, fruit, and vegetables. While we want our Scouts to eat right - and we strongly encourage them to plan balanced menus - the fact is that we end up giving away a lot of healthy stuff on Sunday upon return.
- Don't buy things we already have. Your son should check supplies with our Quartermaster before going shopping; we usually have items left over from previous campouts that can be reused. **Don't** buy salt, pepper, sugar, pancake syrup, cooking oil. We have basics on hand. If in doubt, bring a Ziploc bag with a small amount of a key ingredient from home, rather than buying something that will eventually go to waste sitting in dry good storage in the scout room.
- Control costs. You can do this by purchasing store brands, avoiding individually packaged items, and picking raw ingredients over prepared foods (also helps to teach food preparation skills in camp).
- Bring perishable items to the drop-off location in a cooler unless it's winter or arrangements have been made to store them in the troop refrigerator in the scout room. Bring nonperishable items in grocery bags.
- Turn in your receipts to the Treasurer when you drop off the food. The sooner we get your receipts, the sooner we can reimburse you.
- **Don't worry.** Since the Boy Scouts of America was founded in 1910, there have been absolutely no recorded cases of Scouts starving to death on a weekend campout!