**A Parent’s Guide to Grocery Shopping**  
  
Troop 313 strives to be ‘Scout Lead’. While on campouts, the Scouts camp by Patrols. Each Patrol does their own shopping for the campout. Often, two or more Scouts from the Patrol will meet and do the shopping together. Most patrols meet on Wednesday or Thursday evening to shop. You should not shop the day of the campout.  
  
With busy schedules, we certainly understand if just one Scout does the shopping and food prep. If the scouts go shopping together, in order to comply with the BSA regulations we ask that another adult, over the age of 21, also attend the grocery shopping with you. This ideally would be a parent of the other scout who is also grocery shopping.  
  
The Patrol has already developed a menu and shopping list to use.  
  
The parent's job is to help the Scout follow the Patrol’s plan for their menu. If this menu is missing, your Scout will need to contact his Patrol Leader to resolve the issue.  
  
Let the Scouts do the shopping. While it is okay to give the Scout shoppers a little advice and direction, they need to choose the food and make the decisions themselves. Help them not to overbuy items -especially perishable items like milk, fruits, and vegetables. Help control costs. Scouts can do this by buying store brands, avoiding individually packaged items, and picking raw ingredients over prepared foods.  
  
A Scout parent will be required to pay for the groceries. After the camping trip, please turn in the receipt and patrol meal plan to the Troop Treasurer. The Troop Treasurer will reimburse you for the cost by writing you a check. **Please note- The food budget is $12 per scout.** (ex. If you are shopping for 10 scouts, the maximum reimbursement is $120.)  
  
After shopping, the Scouts will need to take the food home until the campout. Scouts will need to take their Patrol’s cooler/ice chest home with them. On the day of the campout, the Scouts will need to pack the food in their Patrol’s cooler/ice chests with ice and bring it to be transported in the Troop Trailer.  
 **Helpful Hints...**  
  
1. Teach your Scout how to Shop - how to compare prices of name brand vs. store brand. How to substitute if the store is out of something.  
PS... pre-cooked sausage and bacon heat up a lot easier than raw for breakfast, and have a lot less mess for clean-up.  
  
2. PREP PREP PREP.  
Anything that needs to be chopped, diced, sliced, rinsed, etc is always better to be done at home then at a camp site. DO NOT DO THIS FOR YOUR SCOUT!  
But, use this time to teach him how to prep food.  
Eggs can be pre-cracked and put into a Nalgene or mason jar if they are having scrambled eggs.  
  
3. Budget - $12 per scout in the patrol.  
  
4. Shop Wednesday, Prep Thursday.  
  
5. Freeze a few 2 Liter bottles of water - cheaper, easier, and stays colder longer than ice cubes.