

The Parent's Guide to Grocery Shopping for Troop 742

So you've drawn the short straw and will be taking your Scout to buy groceries for her 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 okay to give her a ride to the store (and a little free advice), she needs to choose the food and make the decisions.
- Please be early to the church for departure to allow the Scouts to organize the purchased items into their kits.
- Turn in your receipts when you drop off the food. The earlier we receive your receipt, 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.

Free advice you may give while shopping:

- Follow the patrol's plan. At least eight days before the campout, the patrol is supposed to develop a menu and a shopping list for your Scout to use.
- Make sure you know how many people to shop for. Again, eight days before the campout, the patrol should provide you with a firm head count.
- Shop early. Part of the logic behind the eight-days-out policy is that it gives you a weekend and several weeknights on which to shop. You shouldn't have to shop the day of the campout.
- Plan to spend between \$10 and \$15 per Scout for a weekend campout. That includes three meals on Saturday, cracker barrel, and breakfast on Sunday. For longer or shorter trips, adjust accordingly.
- Don't overbuy items like milk, fruit and vegetables.
- Don't buy things we already have. Your Scout should check our supplies before going shopping to see if there are items we can reuse from prior excursions.
- Control costs by purchasing store brands, avoiding individually-packaged items, and picking raw ingredients over prepared foods.

Thank you for your help!
Troop 742