

The 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 okay to give him a ride to the store (and a little free advice), he needs to choose the food and make the decisions.
- Follow the patrol's plan. At the meeting before the campout, the patrol will have come up with a plan and received the approval.
- Make sure you know how many people to shop for. Again, the Monday before the campout, the patrol should have a firm headcount.
- Feel free to use HEB online shopping. Just have your scout do the work.
- Plan to spend between \$12 and \$18 per Scout for a weekend campout. That includes three meals on Saturday, and breakfast on Sunday. For longer or shorter trips, adjust accordingly.
- Don't overbuy 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 throwing away a lot of healthy stuff on Sunday.
- Control costs. You can do this by purchasing store brands, avoiding individually packaged items, and picking raw ingredients over prepared foods. We do not allow for scouts to purchase individually wrapped chips, snacks or drinks. They create excess trash and cost.
- Fill out your Grubmaster Expense Report and turn it into the Treasurer with attached receipts after getting a leader's approval. This is how you will be reimbursed from the other Scouts for their share of the groceries. The treasurer is available at most meetings.
- 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.