

Cooking with Troop 1028

Scouting recognizes the necessity of cooking skills by requiring them for Tenderfoot, Second Class, First Class and Eagle ranks. With so many scouts at all levels of ability working on cooking skills, Troop 1028 has developed policies to meet the demands of scouts wanting to serve as patrol cooks and procedures for budgets, approvals, prerequisites and reimbursements.

With cooking required for Tenderfoot, Second Class and First Class rank advancement and the Eagle required Camping and Cooking merit badges, Troop 1028 has a huge demand for patrol cooks. As of February 9, 2014, there are 12 Life Scouts heading towards Eagle rank and 8 need to complete the cooking merit badge. In addition to the Life scouts, there are 10 scouts on their heels who need cooking skills for rank advancement.

Roadblock ahead!



How do we fairly meet the demand and alleviate the bottleneck ahead? In May 2013, the Troop 1028 Committee made a policy decision that scouts who are further along the road to advancement will serve as patrol **cook** on a camp out (F4e) using this criteria:

Rank > Activity Req > Swim test/demo swimming ability

Rank

To work on First Class **cooking** requirements, you must have completed the **cooking** requirements for Tenderfoot and Second Class. **Cooking** is a skill that builds on previous experience, so the scout with the highest rank and experience is first in line. However, a Tenderfoot scout may be able to serve as a patrol **cook** for the First Class **cooking** requirements as long as he has met the **cooking** requirements for Second Class and there isn't a higher ranking scout in the cue.

Activity Requirement

Scouts must be experienced camping with the troop before they can successfully tackle serving as a **cook**. This means they have met the activity requirement or will with their "**cooking**" camp out for their next rank:

Second Class requirement 3a

Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.

First Class requirement 3

Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.

Scouts who do not have the experience camping with the troop are not prepared to **cook** for them and have a 75% failure rate with the **cooking** requirement. With camping experience, it is a 75% pass rate.

Swim test

So what does swimming have to do with **cooking**? If a scout has not passed the swim test for First Class or has not demonstrated "ability to swim" for Second Class, they cannot progress to the next rank. Priority is given to the scout who is further on the road to advancement (i.e. has completed swim test/ability).

COOKING REQUIREMENTS for Rank Advancement

Before a scout may serve as a cook on a camp out for rank advancement, they must meet at least twice with the Cooking Adviser to review their plans and complete their prerequisites (Second Class see 3g and First Class must complete 4abcd). All cooks meet together with the Cooking Adviser after a camp out for a Cooking Roses & Thorns session. **If a scout cannot meet with the Cooking Adviser before the camp out then the cooking assignment goes to the next in line.**

TENDERFOOT

3. On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.

PREREQUISITES: Scout rank

SECOND CLASS

3g. On one campout, plan and cook one hot breakfast or lunch, selecting foods from the MyPlate food guide or the current USDA nutrition model. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

PREREQUISITES: Tenderfoot rank, S3a, S3d, S3e, S3f

FIRST CLASS

4e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.

PREREQUISITES: Second Class rank, F4a, F4b, F4c, F4d

COOKING MERIT BADGE

Note: *The meals prepared for Cooking merit badge requirements 5, 6, and 7 will count only toward fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement may not count toward the Cooking merit badge. You must not repeat any menus for meals actually prepared or cooked in requirements 5, 6, and 7.*

6. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for your patrol (or a similar size group of up to eight youth, including you) for a camping trip. Include five meals AND at least one snack OR one dessert. List the equipment and utensils needed to prepare and serve these meals.

PREREQUISITES: First Class rank, Cooking merit badge requirements 1, 2, 3, 4, 5, Camping merit badge requirement 8.

The Cooking merit badge also requires cooking on a backpacking trip. Priority should be given to senior scouts working on the Cooking merit badge.

7. Using the MyPlate food guide or the current USDA nutrition model, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals.

CAMPING MERIT BADGE

8. Do the following:
 - a. Explain the safety procedures for
 1. Using a propane or butane/propane stove
 2. Using a liquid fuel stove
 3. Proper storage of extra fuel
 - b. Discuss the advantages and disadvantages of different types of lightweight cooking stoves.
 - c. Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
 - d. Cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove

PREREQUISITES: T1, T2, T3, S3abcdefg, F3, F4abcde, Camping merit badge req 1,2,3, 4, 5, 6, 7

TROOP PROCEDURES

Menu and Cooking Approval

Scouts working on menus for rank advancement must have their prerequisites checked and menus approved by the Cooking Adviser or the Adviser's designee. It's important that the scouts follow the MyPlate Guidelines and plan for balanced meals that don't just meet the guidelines on paper but are enjoyed by the scouts. The acting Patrol Mentor and/or Scoutmaster certifies the cooking requirements completed on the camp out. It is strongly recommended that scouts practice cooking their meals at home in a controlled setting before attempting it "in the wild." Scouts who do not follow safe food handling practices will not pass the cooking requirement. After the camp out, all cooks meet with the Cooking Adviser for a Roses & Thorns sessions. Recipes and/or reviews will be included in the ***Troop 1028 Cooks!*** collection of recipes.

Budget

A scout is thrifty. Guidelines for camping meals are \$2 to \$3 per person for breakfasts, \$2 to \$3 per person for lunch, \$4 per person for dinners, \$1 per person for cracker barrel snacks. Backpacking meals may be on the higher end of the range to keep pack weights down. Scouts may not make substantive changes to their pre-approved menus without their patrol mentor or merit badge counselor's authorization (i.e. do not cut protein from your menu to free up money in your budget to buy M&Ms for trailmix). The budget needs to include necessary supplies for cooking fuel and clean-up. The scout must coordinate supply lists with the patrol quartermaster and personally check the patrol box with the quartermaster before the event.

Reimbursements

Scouts must submit their receipts to the Cooking Adviser no later than the week following the camp out. Along with the receipts, include the calculated cost per scout per meal. After the Cooking Adviser reviews your receipts, they will be forwarded to the activity point of contact who will compile all event costs for reimbursement from the treasurer.