

Appendix 5: Food Requirements

'An army,' it is said, 'marches on its stomach.' If this is true for an army, it is even more true for a bunch of healthy young Scouts and particularly so if they are at camp or on an expedition and thus out in the open air, burning up even more energy than they normally do.

Undoubtedly, practice makes perfect and after several years' camps, most leaders can be expected to get it right - but that's not good enough because in the meantime, people will either be hungry (and in this condition, cold and misery are never far behind) or you will be buying too much food and wasting both it and the money that it cost.

The following list of foods and their quantities are the result of many years of experience and should, hopefully, short-circuit the above conundrum.

Bread	Allow 1 loaf per day for six persons
Bacon	2 rashers per head per meal
Baked Beans	60g (2oz) per head
Butter/Margarine	60g (2oz) per head per day
Cereal	15-18 servings per 750g box
Coffee	(Instant) 60g (2oz) per gallon (18 cups)
Cheese	8-10 salad servings per 500g (16oz)
Gravy	8 servings from 1 pint
Milk	1 pt. per head per day
Minced beef	150-180g (5-6oz), raw, per portion
Porridge Oats	45g (1 ½oz), dry, per portion
Potatoes	250g (8oz), unpeeled, per portion
Rice (savoury)	45-60g (1- 2oz), uncooked, per portion
Sausages	– small 4 per head (as part of breakfast)
Soup	1 pt. per head
Stewing meat	150-180g (5-6oz), raw, per portion
Sponge pudding	3 to 4 servings from a 500g (1lb) pudding (and pro rata)
Sugar	60g (2oz) per head per day
Vegetables	120-180g (4-6oz) per portion