

Appendix 5: Food Requirements Scenario

You have 25 Scouts and six leaders. For day two of your residential experience the Scouts will be having an action packed day of activities so you have planned the following:

Breakfast: a hearty breakfast is needed, so you plan to offer a cooked breakfast of sausages, eggs, bacon and beans or porridge.

Lunch: they will need to top up their energy, ready for the afternoon so you are thinking about making a soup and sandwiches to keep them going.

Supper: after such a busy day a warming stew or chilli with rice and potatoes is what you want to offer, with pudding and custard for desert.

You also need to think about snacks and drinks. You have a £200 budget – what will you buy?

Bread	£1 a loaf 18 slices in a loaf
Bacon	£2.99 packet 12 rashers a packet
Baked Beans	48p a tin (415g) or 4 pack for £1.70
Butter/Margarine	£1 for a 250g pack
Cereal	Average of £2 for a 750g pack
Coffee (Instant)	£2 for 100g £3 for 250g
Cheese	£3 for 400g
Gravy	95p 100g carton that makes 10 pints
Milk	£1.25 for 4 pints £2.25 for 8 pints
Minced beef	£2.87 pack 500g pack
Porridge Oats	84p for 1kg pack
Potatoes	£1.50 for 1kg pack
Rice (savoury)	£1.35 for 1 kg
Sausages	– small £2 for pack of 20

Soup	80p for 100g tin £2 for dried soup mix that makes 2 litre of soup £1.50 litre of fresh soup
Stewing meat	£3.49 for 440g
sponge pudding	54p for 300g tin £1.99 for 400g steamed pudding £1.99 for pudding mix make yourself
Sugar	98p for 1kg
Vegetables	Tomatoes - £1.50 per kg Peas – 40p a tin or £1 for 1kg frozen Broccoli - £1.50 per kg Carrots – 90p per kg Mushrooms -£1.99 per kg Cabbage – 50p each (500g)