

Meal Shopping List and Cost

Instructions: The Leader will give you your budget to feed a meal to your family while camping. Use the Cub Scout cook book and pick the main dish and side dish for your meal of choice. Write the name of the dish and the ingrediants needed to make the meal. Use the prices of the ingrediants below to make sure you pick a meal you can make within your budget.

Food	Price	
american cheese slices	3.85	16 slices
barbecue sauce	3.49	18 onces
Bisquick baking mix	2.3	20 onces
bread rolls	2.99	12 rolls
Butter	1.95	1 pound
carrots	1.69	16 onces
cashews	7.98	18 onces
chicken breast	1.59	per piece
chicken legs	0.49	per piece
cooking spray	2.68	14 once can
Corn Chips	2.68	9 onces
corn flakes	3.13	33 once box
Corn on the cob	0.83	per cob
Coucous	1.95	3 servings
cream of mushroom soup	0.99	6 onces can
crescent rolls	1.98	8 rolls
deli sliced meat	4.5	per pound
eggs	2.57	dozen
garlic powder	0.99	per cantainer
Green Peppers	1.99	per pepper
ground beef	1.06	per serving/person
ground ginger	0.99	per shaker
Italian dressing mix	1.98	per packet
ketchup	2.29	20 onces bottle

Food	Price	
Lettuce	1.51	per head
milk	3.86	gallon
Mushrooms	5.51	6 onces
mustard	1.49	8 onces
olive oil	4.64	8 onces
Onion soup mix	1.56	3 packets
onions	0.27	per onion
paprika	0.99	shaker
parsley	3.2	small bunch
pepper	0.99	per shaker
Pepperoni	2.63	6 onces
Pizza crust	3.98	1 lg crust
powdered shortening	4.12	48 onces
Red Potatoes	0.36	per serving/person
salsa	2.08	16 onces
salt	0.99	per shaker
seasoned stuffing	2.51	12 onces
shredded cheese	4.39	8 onces
sour cream	1.59	8 onces
speghetti sauce	2.08	24 onces
summer squash	0.49	per squash
taco seasoning mix	1.02	per package
tomato	0.69	per tomatoe
zucchini	0.53	per zucchini

The Side Dish: _____

The Main Dish: _____

Ingrediants:	Cost:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total Cost: _____

Ingrediants:	Cost:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total Cost: _____