



QUARtermASTERING

THE QUARtermASTER'S JOB

Attend to the following :

1. Prepare the camp menu;
2. Prepare the Quartermaster's (QM) budget;
3. Work out the shopping list;
4. Oversee the setting up of the store tent, the kitchen shelter and everything that goes under the shelter, eg: kitchen gadgets, fireplace and woodpile;
5. Ensure that the kitchen is always clean, that food is prepared hygienically and that meals are served on time;
6. Ensure that there are enough rubbish bins for disposal of dry refuse, that at least one grease trap or pit is available for drainage and the correct disposal of the wet refuse.

MENU PLANNING

Consider the following when planning the menu:

1. work within the specified budget;
2. bear in mind the background of campers, eg: whether there are Muslims or vegetarians or campers with special diet;
3. the number of campers you are bringing and their age-group;
4. meals should be easy to prepare, yet well-balanced;
5. there should be variety in the dishes served;
6. there should be sufficient food with extras for second helping;
7. meals must be served on time;
8. the QM must be aware of the presence of guests at camp, especially at mealtimes.
9. be especially clear about the meals for the first and the last day or any other special day programme eg: a day excursion or a hike;
10. there should be sufficient pots and fire places and the necessary cooking utensils;
11. be aware of the absence of a refrigerator;

SHOPPING

Shopping for fresh provisions and the ordering of dry stores should be done wisely to prevent wastage.

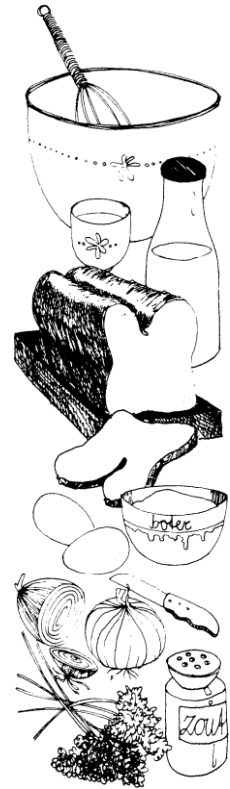
For a camp where large numbers are involved, it is advisable to seek shops that are willing to supply and deliver the provisions to the campsite. Very often, shops that are reluctant to make delivery would be quite willing to do so for bulk orders.

For large orders, it is wise to give the shops ample warning (eg: orders for bread and ice). Make advance indication of the following days' requirements, especially of vegetables and other perishable foods.

Look out for bargain offers of non-perishable goods and stock them up before going to camp.

Do bear in mind the following factors:

1. that the prices of fish and vegetables fluctuate on a daily basis;
2. fish should be chosen in place of prawns, as prawns are expensive, takes a longer time to clean and may cause allergic reactions in some campers;
3. that cuttlefish or fishcakes are good and cheaper substitutes for prawns;
4. that green leafy vegetables can be expensive at times and cannot be kept fresh in camp conditions. Hence, cabbage and other hardier or root vegetables should be used;
5. that the kind of fish chosen should not be too bony;
6. that pork tends to complicate matters, especially in the use of kitchen utensils where Muslims campers are concerned. Also, pork is not allowed in some campsites;
7. that expensive food eg: dried mushrooms, kiwi fruit, etc. should be avoided during camp;
8. that if needed, halal chicken should be used, and that it would be wiser to buy chicken parts instead of the whole chicken;
9. that fruits, an absolute necessary in camp, should be the cheap and easy to serve type like bananas, apples, pears and oranges.





THE KITCHEN SHELTER

The essential feature of a kitchen shelter is that it should shelter the cook as well as the fireplace.

It should also be roomy enough to enable her to stand while preparing food and cooking under it.

There should be sufficient space under the kitchen shelter for a kitchen dresser, a portable ice cooler or chest, the wood pile and any other kitchen gadget that may have to be set up.

It should always be kept clean and neat.

The kitchen shelter should be in a shady area.

The ground where the kitchen shelter is should be checked regularly to prevent the kitchen shelter from collapsing while food is being prepared.

It is absolutely essential that the ground where the shelter is pitched is not damaged during cooking.

There should always be a bucket of water or sand placed near the fireplace as a safety measure.

WOODPILE

Keep the wood supply, broken into handy lengths and graded according to size, in an easily accessible woodpile.

The woodpile should be placed on a raised platform (a gadget could be made for this), so that it will remain dry even during incumbent weather.

The woodpile must be kept covered (normally with an old piece of groundsheet) in the evenings and during wet weather.

STORAGE OF FOOD

All stores must be kept properly and neatly at camp.

1. Dry stores must be put in boxes/larders on raised platforms of 4 pegs, away from the tent walls.
2. All stores must be clearly labelled;
3. Separate foodstuffs from non-food like detergent, tent bags, brooms, axes, etc.




The correct method of storing the following foods:

1. **beef/mutton/chicken** - should be packed and tied in plastic food bags and placed in a portable ice/cooler box or an airtight container covered with ice;
2. **fish** - should be washed and rubbed with a little salt and stored the same way as meat;
3. **leafy vegetables** - should be wrapped in damp newspapers and then placed in the larder which should be in the coolest place in the kitchen area;
4. **milk** - should be poured into a container, preferably a plastic container with a cover and placed in a dish of water;
5. **butter** - should be kept in a butter dish/ a plastic container with a cover and placed in the larder;
6. **bread** - should be kept in their wrappers in a box or a carton and then placed in an airy part of the store tent;
7. **onions/chilies** - should be placed in the larder, and if they are kept in plastic bags, the bags should be left unsealed;
8. **dried prawns/ikan bilis** - should be kept in an airtight bottle or plastic container.

It is always good to bring plenty of empty ice cream tubs and bottles to camp, as they are useful for the storage of food especially leftovers.

THE KITCHEN AREA

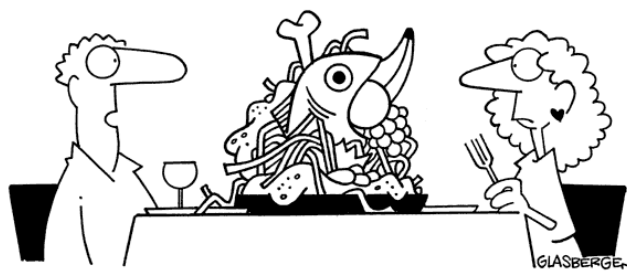
1. Cleanliness in the kitchen area is crucial in camp. This means that those involved in the preparation of food must practise the highest standards of personal hygiene.
2. Ensure that hands are clean before handling food.
3. Aprons should be worn by all those involved in the preparation of food.
4. Ensure that there are enough kitchen linen (dish cloths, tea towels and pot holders) to last for the whole duration of the camp.
5. Water must be easily available for the cleaning and washing of food.
6. All uncooked food e.g. vegetables and fruits which are to be eaten raw, should be washed thoroughly. These should be kept clean and dry.
7. For hygiene reason, fish and meat must be rubbed with salt and washed thoroughly, before being cooked.
8. The fire area must be cleaned daily. Embers from the dying fire should be cooled and then removed and disposed of regularly.
9. Wash areas must be a little away from the kitchen area, where there is good drainage for waste water to flow.

- 
10. Cooked food must never be left directly on the ground. Pots should either be placed on pot stands or table tops (have sufficient of these made during gadget-making time).
 11. All cooking utensils must be properly washed and aired on kitchen tables or raised platforms.
 12. Coat your cooking pots and kettles with detergent like Jif or Vim to prevent the pot/kettle bottoms from burning.
 13. Cutting board should be properly cleaned and dried after use.
 14. Ensure that the right utensils are used for the right jobs, eg: pot covers should not be used as fans for the fire, or as cutting boards.
 15. Wastes in the kitchen should be cleared daily.

COOKING AND SERVING MEALS

1. The QM will supervise the cooking of meals by the patrol on cook's duty for the day.
2. The QM will have to acquire the gentle art of knowing when to step in and advise and when to let the girls have the valuable lesson of learning from their mistakes.
3. The QM should always ensure that food must be hygienically prepared and that meals must be served on time.
4. Ensure that meals are properly served and that grace is said or sung before meals.
5. Meals should always be eaten together in a meal ring. Never allow meals to be eaten in a disorderly fashion, eg: standing or squatting in groups - barbecue party style.
6. When the meal is ready to be served, the QM should blow the whistle for all to gather for the meal..
7. It is wise to serve food army style (ie campers form a queue, to be served by the orderlies. They then move in a single file to the meal ring and wait till everyone has been served.
8. Grace should be sung in unison, with a camper (usually a member of the patrol on "orderly duty") "doing the honours".
9. Ensure that nobody walks across the meal ring during mealtimes.
10. Ensure that all guests at mealtime are catered for. Second helpings should only be served after everyone has been given a first serving of food.
11. Ensure that there are no wastage of food during mealtimes.

Copyright 2002 by Randy Glasbergen.
www.glasbergen.com

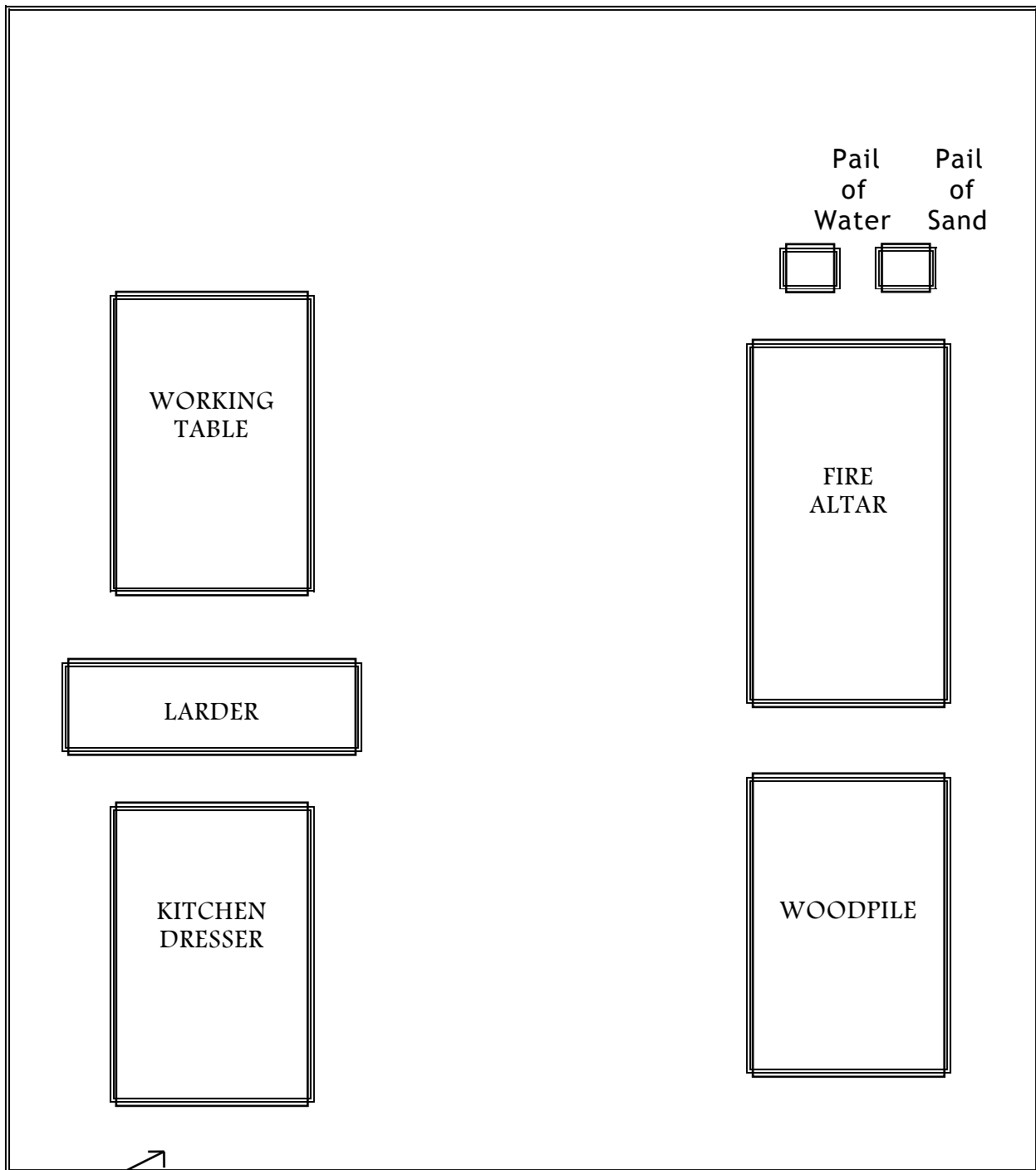


**“Whenever I cook something, it never looks
as good as the picture in the magazine.”**

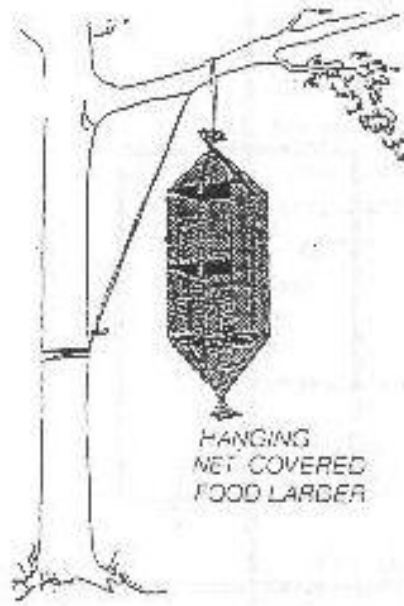
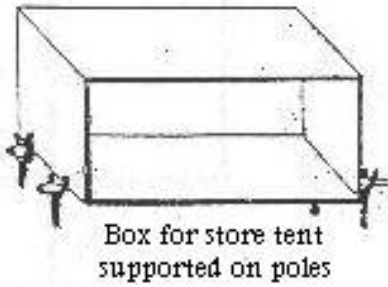
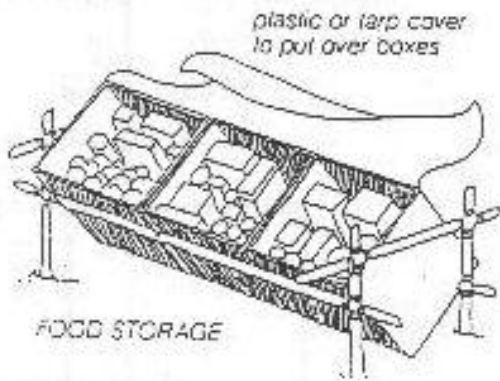
STORE TENT LAYOUT

Kerosene lamps & bottles of kerosene			Perishables like fruits, vegetables etc
Pegs, wooden & metal mallets, tent & pole bags.			Dry products - onions, shallots, ginger, potatoes etc
Newspapers			Bread, hot dog buns
Toilet rolls, Jiff, brushes, insecticide etc	Stationeries, plastic bags, equipment for games etc	Aluminium foils, gladwrap	Bottle & tin products

KITCHEN SHELTER LAYOUT



FOOD STORAGE IN CAMP



SAMPLE CAMP MENU

DAY MEAL	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
BREAKFAST		Bread Margarine/jam Omelette & onions Milo	Bread Margarine/jam Sardines & cucumber Milo	Bread Margarine/jam Boiled eggs Milo
ELEVENSES	Curry puff Plain water	Custard buns Plain water	Cakes Plain water	Biscuits Plain water
LUNCH	Packed lunch Apples Cordial	Rice Dark sauce chicken Fried spinach Papaya Cordial	Fried beehoon Watermelon Cordial	Chicken hot dogs Apples Cordial
TEA	Cakes Plain water	Biscuits Barley	Green bean soup Popiah	
DINNER	Rice Sweet & sour fish Siew pai chai Bananas Cordial	Outdoor cooking: one whole chicken Potato mix Pear Fish Cordial	Rice Chicken curry Fried cabbage Oranges Cordial	
SUPPER	Biscuits Milo	Biscuits Milo	Biscuits Milo	

SAMPLE OF QUARTERMASTER'S BUDGET

ITEM	AMOUNT	UNIT PRICE	PRICE
<u>Vegetables</u>			
1. Siew Pai Cai	3 kg	\$2.50	\$7.50
2. Cai Sim	1 kg	\$2.00	\$2.00
3. Cabbage (2 heads)	3.3 kg	\$1.00	\$3.30
4. Carrots	2 kg	\$1.80	\$3.60
5. Cucumber	2.4 kg	\$1.00	\$2.40
6. Tomato	1 kg	\$1.50	\$1.50
7. Chilli	1 pkt	\$1.00	\$1.00
8. Lime (small)	1 pkt		\$1.00
9. Lime (big)	1 pkt		\$1.00
10. Onions (big)	1 kg	\$1.20	\$1.20
11. Pandan Leaves	1 plt		\$0.30
12. Potatoes	6 kg	\$1.20	\$7.20
			\$32.00
<u>Meat</u>			
1. Fish cake (9 pcs)	3 pkt	\$1.00	\$3.00
2. Fish fillet (Red S'per)	3.4 kg	\$7.50	\$25.50
3. Ikan Selar (15 pcs)	1.75 kg	\$7.00	\$12.25
4. Whole chicken	5	\$6.00	\$30.00
5. Chicken wings	2 pkt	\$8.00	\$16.00
6. Chicken franks	6 pkt	\$1.40	\$8.40
			\$95.15
<u>Fruits</u>			
1. Bananas	6 cb		\$13.00
2. Papaya	2		\$4.50
3. Oranges	30	} \$1.00 for	\$10.00
4. Apples	60	} 3	\$20.00
5. Pear	30	\$0.40	\$12.00
6. Watermelon	2		\$5.50
			\$65.00

ITEM	AMOUNT	UNIT PRICE	PRICE
<u>Canned/Bottled Products</u>			
1. Sardine	8 tn	\$1.80	\$14.40
2. Cordial	8 bt	\$1.70	\$13.60
3. Jam	2 bt	\$4.00	\$8.00
4. Milo	1 tn	\$9.50	\$9.50
5. Chilli sauce	2 bt	\$1.30	\$2.60
6. Tomato sauce	3 bt	\$0.90	\$2.70
7. Button mushroom	1 tn	\$1.40	\$1.40
8. Green peas	3 tn	\$1.00	\$3.00
9. Cooking oil	3 bt	\$3.30	\$9.90
10. Condense milk	7 tn	\$0.90	\$6.30
			\$71.40
<u>Dairy Products</u>			
1. Bread	14 lv	\$1.00	\$14.00
2. Margarine	2 tn	\$4.00	\$8.00
3. Hot Dog Bread	6 lv	\$1.20	\$7.20
4. Eggs	60 pc	\$1.30	\$7.80
			\$37.00
<u>Dry Products</u>			
1. Rice	5 kg	\$4.00	\$4.00
2. Biscuits	5 kg	\$2.00	\$10.00
3. Barley	2 pkt	\$1.00	\$2.00
4. Mee Hoon	5 pkt	\$1.00	\$5.00
5. Sugar	4 kg	\$0.90	\$3.60
			\$24.00
<u>Condiments</u>			
1. Salt	2 pkt	\$0.30	\$0.60
2. Chicken stock	1 bt	\$3.00	\$3.00
3. Oyster sauce	1 bt	\$2.00	\$2.00
4. Dark sauce	1 bt	\$2.00	\$2.00
5. Dried prawns	300 g	\$4.00	\$1.20
6. Pepper	1 bt	\$2.00	\$2.00
7. Sesame oil	1 bt	\$2.00	\$2.00
8. Light sauce	1 bt	\$2.00	\$2.00
			\$14.80

ITEM	AMOUNT	UNIT PRICE	PRICE
<u>Ordered Food</u>			
1. Donuts	30 pc	\$0.40	\$12.00
2. Popiah	4 bx	\$4.00	\$16.00
3. Custard Buns	30 pc	\$0.40	\$12.00
4. Curry Puffs	30 pc	\$0.30	\$9.00
5. Cakes	4 boxes	\$2.40	\$9.60
6. Packed Lunch	30 pkt	\$2.00	\$60.00
			\$118.60
<u>Others</u>			
1. Jiff	3 bt	\$2.50	\$7.50
2. Firestarter	1 bx	\$1.00	\$1.00
3. Firewood	\$20.00	\$20.00	\$20.00
4. Matches	5 bx	\$0.10	\$0.50
5. Gladwrap	1 bx	\$1.50	\$1.50
6. Dishwashing liquid	3 bt	\$1.50	\$4.50
7. Wire mesh	2	\$0.90	\$1.80
8. Sponge	5	\$0.20	\$1.00
9. Aluminium foil	3 bx	\$3.00	\$9.00
10. Foil plates	24	\$1.50	\$36.00
11. Toothpicks	1 bx	\$0.90	\$0.90
			\$83.70
GRAND TOTAL			\$541.65
:			





GRACES

1. ADDAMS' FAMILY GRACE

Da da da da (Snap Snap) [2x]
Da da da da [3x] (Snap Snap)

We thank you lord for giving
The food we need for living
Because we really need it
And we love to eat it [Repeat #]

2. THANK YOU FOR THE WORLD SO SWEET

Thank you for the world so sweet ho, hum
Thank you for the food we eat yum, yum
Thank you for the birds that sing-a-ling-a-ling
Thank you God for everything
Let's eat

3. GOD IS GREAT

God is great
God is good
And we thank Him for our food
We gonna thank Him morning, noon and night
We gonna thank you God
Groovy alright
Hm-mm [2 Claps] (3x)

4. SUPERMAN GRACE

Thank you God for giving us food [2x]
For the food that we eat
And the people we meet
Thank you God for giving us food

5. FOR HEALTH AND STRENGTH

For health and strength and daily food
We give you thanks, O Lord

6. **SANGAM GRACE**

Bless this house
Bless this food
Help us use it
For thy good

7. **HARK TO THE CHIMES**

Hark to the chimes
Come bow your head
We thank thee God
For this good bread

8. **MORNING IS HERE**

Morning is here
The board is spread
Thanks be to God
Who gives us bread

9. Chew [3x] your food
Gently through your meal
The more you chew
The less you eat
The better you will feel

10. **JOHNNY APPLESEED**

The Lord is good to me
And so I thank the Lord
For giving me things I need
The sun and the rain and the appleseed
The Lord is good to me



