

Size of Servings Chart

The “amount for one serving” is an approximate guideline for use when planning menus. For example, when your patrol is planning a spaghetti dinner, you will need about 3 ounces of pasta per Scout. If there are eight Scouts in your patrol, then:

$$8 \text{ Scouts} \times 3 \text{ ounces} = 24 \text{ ounces of spaghetti}$$

Check the weights on packages of spaghetti and put together the amount you'll want to take to your camp.

Grains (Bread, Flour, and Pasta)	Amount for one serving
Bread	2 to 4 slices
Brown rice	1/2 cup uncooked
Cold cereals	2 ounces
Cookies	2 ounces
Hot cereals (oatmeal)	2 ounces
Instant rice	1 1/2 ounces
Macaroni	3 ounces
Noodles	3 ounces
Pancake mix	3 ounces
Pudding mix	1 1/2 ounces
Ramen-style noodles	1 packet (3 ounces)
Spaghetti	3 ounces
White rice	1/2 cup uncooked
Vegetables and Fruits	Amount for one serving
Apples	1
Cabbage, fresh	1/4 head
Carrots, fresh	1
Corn, fresh	1 ear
Fruit, canned	5 to 6 ounces
Fruit, dried	2 ounces
Fruit, fresh	1 to 2 pieces
Juice	1 cup
Onions, fresh	1 medium
Oranges	1
Potatoes, dehydrated	2 ounces

Potatoes, fresh	2 medium
Soup mix	1 individual packet
Soup, condensed	1 to 2 servings per 15-ounce can
Tomatoes	1
Vegetables, canned	4 ounces
Vegetables, dehydrated	1/2 ounce
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Milk and Cheese	Amount for one serving
Cheese	2 ounces
Cocoa, instant	1 individual packet
Milk, fresh	1 pint (2 cups)
Milk, powdered	2 ounces
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Meats, Poultry, Fish, Beans, Eggs, Nuts	Amount for one serving
Bacon	2 ounces (3 to 4 slices)
Beef, canned	3 ounces
Chicken, canned	3 ounces
Chicken, fresh	12 ounces
Eggs, dried	1/2 ounce
Eggs, fresh	2
Fish, canned	3 ounces
Ham, precooked	3 ounces
Hamburger	4 ounces (1 patty)
Hot dogs	4 ounces (2 hot dogs)
Nuts	2 ounces
Pork chops	4 ounces
Steak	6 to 8 ounces
Stew meat	4 ounces

Drink plenty of water each day, in cold weather as well as warm. Bring your water from home or get it from public supplies. Water taken from springs, lakes, or streams must be treated before you drink it by boiling it, adding water-treatment tablets, or using a filter.

