



Supermarket

Operations Manual

The supermarkets will have the capacity to provide food supplies for about 15,000 Scouts.

Participants will be able to do their shopping in one of two supermarkets - one will be located in the North area (next to the Venture Scouts' camp) and the other in the South area (next to the Scouts' camp). Both supermarkets will have the same products in stock, both will be

large tents, in which products will be organized by category in different aisles, and will have enough room for participants to move easily. Frozen or refrigerated goods will be kept in a specific area within the supermarket. For participants with food allergies/intolerances (clinically proven and previously indicated) it will be possible to get alternative goods.

Entrance to the supermarket will be identified and Exit will be done in a different area, to make circulating inside the supermarket easier.

There will be six payment terminals at the exit.

Access to the supermarkets will be as followed:

North supermarket: Venture Scouts and half of the Rovers (information given during check in)

South supermarket: Scouts and half of the Rovers (information given during check in)

In order to reduce queuing, entrance in the supermarkets will be done according to priority time frames, dividing each section camp into 4 groups. Each patrol/company/group will have two colored ribbons/ bracelets, and that color will define the priority time frame to enter the supermarket.

Grocery shopping should be done by one or two people and you should take in consideration the supermarket opening and closing hours and the priority associated with each color.

Priority will change during Acanac, according to the schedules of the activities planned for each subcamp.



Example:

06:00 - 06:30 Green

06:30 - 07:00 Orange

07:00 - 07:30 Yellow

07:30 - 08:00 Pink

- Subcamp A - Green
- Subcamp B - Orange
- Subcamp C - Yellow
- Subcamp D - Pink

Payment

Each item will be associated with a value. The only accepted form of payment is the supermarket card. This card will be given during check in and it includes an amount to spend on food for the patrol/ company/ group. The total amount available on the card depends on the number of elements each patrol/company/group has. The reference number defined for Acanac 2022 is €30/ person. If a scout group has more than one patrol/company/group, the €30 attributed to the leader will be included in one of the patrols/companies/groups card.

At the end of the purchase, information regarding the remaining amount on that card will be given and the receipt of the purchase will be sent via e-mail to the leader.

Opening and closing hours

Morning

Opening 06:00 | Closing 08:00

Afternoon

Opening 11:30 | Closing 13:30

Evening

Opening 16:30 | Closing 20:30

Meal management and buying items

A set of items (appendix A) will be available each day, from which different recipes can be prepared. These items include proteins, fruit, vegetables and vegetarian options. In smaller amounts, some optional items, like canned or smoked food, will also be available, in case you decide to cook something different.

Early preparation

In Acanac, like in other big activities, it is important that patrols/companies/groups bring some items. We suggest:





- 25 L cooler
- Dishwashing detergent/ soap
- Dishwashing scrubs
- Matches/ lighter
- Safety gear
- Individual tupperware

Starter pack

When they first go to the supermarket, each patrol/ company/ group will have access to a grocery starter pack to equip the kitchen:

- 2 shopping bags
- 1 L olive oil
- 1 unit vinegar
- 1 kg salt
- 1 unit pepper
- 1 unit garlic
- 1 unit bay leaf
- 1 unit oregano
- 1 kg onions
- 1 kg carrots
- 1 unit strawberry jam
- 1 unit marmalade
- 1 unit chocolate powder
- 1 unit recycling bags
- 6 units toilet paper

Buying this starter pack is not mandatory and all items will also be sold separately. Each starter pack will have an associated value, which will be deducted from the supermarket card.

Food allergies/ intolerances

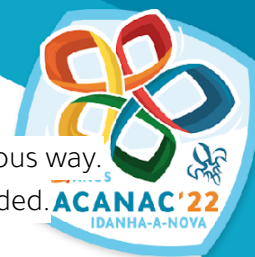
If there are elements with diet restrictions, this condition will be marked with a gray sticker on the supermarket card. Supermarkets will sell alternative items, in order to meet these restrictions, but only those with the above-mentioned sticker will have access to them.

The patrol/ company/ group is responsible for buying food that meets their elements' needs

Product availability

The amount available for some of the food products will be associated in the list of available daily foods, presented in the appendix.

There may be situations in which some products are out of stock. In these cases, every effort will be made in order to quickly restock the missing items.



The person in charge of buying the groceries should do it in a sober and conscious way. This way, in addition to minimizing waste, potential hoarding situations are avoided. If the desired items are not in stock, an alternative meal should be cooked.

Nutritional Game

By shopping, patrols/ companies/ groups will be automatically participating in a game. This game encourages them to buy healthy food, thus promoting a balanced diet. Each item will be associated with a score, worth more or less depending on the ingredients. Whoever has the most points will win the game. The nutritional table of each item will be available on the Acanac App and products will be marked in the supermarket. We'll have prizes for the top 3 in each section and these prizes will be announced in due course.



SUPERMARKET FAQ

Who has access to the supermarkets?

At the announced time, only Scouts, Venture Scouts and Rovers in the respective supermarket assigned to them. Leaders of the cub packs or STAFF members only outside those hours, in a schedule to be indicated in due course.

May I pay with cash at the supermarket?

No. Payment is made only through the supermarket's shopping card.

How many elements of each patrol/team/group have access to the supermarket?

Only 2 elements per purchase, at least one of which must carry the access bracelet to the supermarket.

I have elements in my patrol/team/group with food restrictions. Are there ingredients/products suitable for them?

Yes. In the supermarket there will be products to meet the various food restrictions. Your patrol/company/group's card is marked so that you have access to specific products that will be available in a designated area. It is the responsibility of the scouts/venture scouts/rovers to purchase suitable products for their elements.

How do we inform the organization about the food restrictions of the elements?

All the information regarding food restrictions was to be documented in the registration form sent previously.

Can I make individual purchases or just for the patrol/team/group?

The budget made available on cards is entirely managed by the patrols/companies/groups. If there is money available and the patrol/company/group is in agreement, the balance can be used, but remember that the concept of supermarkets is to distribute the products for group meals/reinforcements.

How is entrance priority managed in supermarkets?

Each patrol/company/group will receive two bracelets of the same fluorescent color at the check-in. You should give on to the person responsible for the cooking and the other to another element of your choice, which could be your alternative way into the supermarket. Then you just need to check the priority timetable to get into the supermarket at that time.

The priority timetable for my sub-camp has not arrived yet. Can I enter the supermarket?





Yes, if there is no queue at the time which currently has priority. If there is, you should go enjoy ACANAC and come back on your designated priority schedule.

The priority timetable for my sub-camp has passed. Can I go into the supermarket?

Yes, you get in the queue for the priority time waiting to get in.

Is the priority of access to the supermarket always the same?

No. The priority changes and on the days where there are sections leaving CNAE it will be related to those departures. Scouts leaving the camp earlier will have the first priority.

I have lost my supermarket card. What can I do?

You should head to the Registry Office to sort out that situation. Without a card shopping at the supermarket will not be possible.

Must we follow the recipes suggested for each meal?

No. The recipes suggested are precisely that - a suggestion. As resources are not unlimited, at each meal there will be a greater quantity available of ingredients that make up the suggested meals. As an alternative, you may purchase other products and create your own menu. You must consider that the alternatives will mostly consist of non-perishable products.

Is it possible to charge the card with additional value?

Yes. In a place to be indicated later you can add balance to the card.



Efficient purchasing in 10 steps

ACANAC is to be experienced in the best way possible. We want the supermarket shopping experience to be educational, exciting and efficient.

For that, you should remember these 10 steps:

- 1 Plan your menu for each meal in advance
- 2 Make a list in advance of the products to be bought and consider the leftovers from the previous day
- 3 Always bring your card and your shopping bags
- 4 Check the priority timetables for entering the supermarket
- 5 Find out if there are any food restrictions to the menu you have planned
- 6 Respect the supermarket walking circuit
- 7 Always buy fruit and vegetables
- 8 Check whether there are products that you can buy by sharing with neighboring teams
- 9 Avoid going shopping while hungry
- 10 Try to take only ten (10) minutes on your shopping to ensure that everyone has the opportunity to do so

Menu (suggestions)

Monday, 1st of August - day 1

Dinner

Turkey stew with fusilli and veggies

Ingredients (7 people):

900 gr turkey steaks

1 onion

3 garlic cloves

3 tbs olive oil + a bit for the pasta

1 bay leaf

cumin

salt

parsley

veggies of your preference

700 gr fusilli

Preparation

1 - Cut the steaks into strips and put them aside; peel the onion and the garlic and thinly slice them.

2 - In a pan, heat the olive oil and add the onion, the garlic, the turkey strips, the bay leaf, cumin and a sprig of parsley. Let it cook for 1 minute.

3 - Add 200 ml of water and let it simmer until the sauce has thickened.

4 - Boil the fusilli pasta in water seasoned with salt and drizzle of olive oil. Once cooked, serve it with the meat.

5 - Do not forget to add vegetables of your choice, as a salad or boiled vegetables.

→ vegetarian alternative: tofu stew with fusilli and veggies

Tuesday, 2nd of August - day 2

Lunch

Chorizo omelet with salad

Ingredients (7 people):

12 eggs

1 chorizo

200 gr of spinach or watercress

4 tbs olive oil



2 sprigs of parsley
salt and pepper
tomato and lettuce

Preparation

1 - Beat the eggs in a bowl and season it with salt and pepper, add the parsley and mix everything. Thinly slice the chorizo.
2 - In a frying pan, heat olive oil and add the chorizo. Let it cook until it begins to crisp. Add the eggs and the greens on top of them, lower the heat and let it cook, without stirring, until the eggs are almost completely cooked.
3 - With a spatula, fold the omelet in half and let it cook for another 2-3 minutes, turn it over, cook it for another 1-2 minutes and remove from the heat. Serve with a side of salad.

→ vegetarian alternative: mushroom and veggie omelet

Tuesday, 2nd of August - day 2

Dinner

Codfish/ Pallock "Brás" style

Ingredients (7 people):

1 kg of shredded cod or pallock

800 gr of potato sticks

7 eggs

3 onions

2 garlic cloves

½ package of cream

150 gr olives

1 chopped sprig of parsley

1 bay leaf

50 ml olive oil

salt and pepper

Preparation

1 - Peel and slice the onions and garlic. In a pot heat the olive oil, add the onion, the garlic and the bay leaf and let it brown.
2 - Add the fish and let it cook in a low heat, stirring constantly, until it's almost cooked. Add $\frac{1}{3}$ of the potato sticks and mix everything.
3 - In a separate bowl, beat the eggs and the cream, season with salt and pepper and pour it over the fish and potato mix, stirring well. Add the other $\frac{2}{3}$ of the potato sticks and serve decorated with olives and chopped parsley





→ vegetarian alternative: leek and veggies “Brás” style

Wednesday, 3rd of August - day 3

Lunch

Hamburger with fried onion, fries and salad

Ingredients (7 people):

12-14 hamburgers

sliced fries to taste

hamburger buns

3 onions

3 tbs olive oil

salt and pepper

4 tomatoes

lettuce

Preparation

1 - Peel and slice the onions and garlic. In a pot heat the olive oil, add the onion and let it brown. Reserve.

2 - In a frying pan grill the hamburgers and add salt and pepper to taste.

3 - Wash and slice the tomatoes.

4 - Wash the lettuce.

5 - Put everything together.

→ vegetarian alternative: veggie burger with fried onion, fries and salad

Wednesday, 3rd of August - day 3

Dinner

Poached eggs with peas and rice

Ingredients (7 people):

850 gr of peas (a can)

1 chorizo

bacon strips

1 onion

3 garlic cloves

1 can of chopped/ crushed tomato

7 eggs

1 bay leaf

3 tbs olive oil



salt and pepper

1 + ½ cups of rice (1 cup ~ 200 ml)

1 tbs butter

Preparation

1 - Wash, peel and chop the onion and garlic. Place it in a pot with the bay leaf and the olive oil and heat it, stirring every now and then until it softens.

2 - Slice the chorizo and add it to the pot, along with the bacon, the tomato and 3 cups of water. When it starts boiling let it cook for 15 minutes.

3 - Adjust the seasoning and add the peas. Add more water if necessary and let it cook without a lid until all ingredients are soft. Add the eggs, pouring them softly, let them cook and remove from the heat.

4 - At the same time, heat 3 cups of water in a different pot. When it boils, add the rice, salt and the butter and cover it. Let it boil and lower the heat. When the water evaporates, the rice is ready.

→ vegetarian alternative: poached eggs with peas, smoked seitan and rice

Thursday, 4th of August - day 4

Lunch

Chicken wraps with cheese, lettuce and tomato

Ingredients (7 people):

700 gr chicken breast

2 garlic cloves

1 bay leaf

lemon juice

2 tbs olive oil

2 packs of wraps (or more)

sliced cheese

4 tomatoes

lettuce

Preparation

1 - Cut the chicken in small strips. Season with salt, pepper and some lemon juice. Reserve.

2 - In a frying pan, add the olive oil and the unpeeled crushed garlic. Add the bay leaf.

3 - When the oil is hot, add the chicken and let it fry, stirring occasionally. When it's cooked, remove from the heat.

4 - Wash and slice the tomatoes.



5 - Wash the lettuce.

6 - Put everything together.

→ vegetarian alternative: spinach wraps with cheese, tomato and lettuce

Thursday, 4th of August - day 4

Dinner

Hake medallions with tomato, rice and salad

Ingredients (7 people):

1200 gr of hake medallions

80 gr butter

2 cans of tomato

3 onions

6 garlic cloves

10 ml lemon juice

salt and pepper

salad of your liking

1 + ½ cups of rice

1 tbs butter

Preparation

1 - Thaw the medallions, season them with lemon juice, salt and pepper.

2 - Wash and coarsely chop the onion and the garlic. Put them in a pot, add the olive oil and let it braise, stirring every now and then. Add the tomato, season with salt and pepper and cook for 15 minutes.

3 - Add the medallions and boil for 15 minutes. If necessary, add some water, let it boil a bit more and adjust the seasoning.

4 - At the same time, heat 3 cups of water in a different pot. When it boils, add the rice, salt and the butter and cover it. Let it boil and lower the heat. When the water evaporates, the rice is ready.

→ vegetarian alternative: red lentils with tomato, rice and salad

Friday, 5th of August - day 5

Lunch

Russian salad with seafood, eggs and tuna



**Corpo Nacional
de Escutas**



Ingredients (7 people):

- 2 packs of frozen "jardineira" (veggies mix)
- 1 pack seafood
- 3 cans of tuna
- 4 eggs
- 1 jar of mayonnaise

Preparation

- 1 - In a pot, boil some water with salt and add the frozen jardineira. Cook it according to the package instructions and boil the eggs using the same water.
- 2 - When all is ready, drain the jardineira, peel and slice the eggs and let everything cool.
- 3 - Open and drain the cans of tuna.
- 4 - Shred the seafood.
- 5 - Mix everything in a big bowl and add mayonnaise.

→ vegetarian alternative: russian salad with egg and kidney beans

Friday, 5th of August - day 5

Dinner

Ribs with onion, spaghetti and salad

Ingredients (7 people):

- 1400 gr pork chops
- 4 big onions
- 6 garlic cloves
- juice of 3 lemons
- 8 tbs olive oil + a bit for the pasta
- 2 tbs vinegar
- 1 tbs paprika
- 2 bay leaves
- salt and chili
- salad of your liking
- 750 gr spaghetti

Preparation

- 1 - Season the pork chops with the finely chopped garlic, the paprika, the lemon juice, the bay leaves, salt and chili. Let it marinate for 20 minutes.
- 2 - Heat a frying pan with the olive oil and add the drained chops, frying on both sides. Reserve.



- 3 - Peel the onions, cut them in a crescent shape and add them to the same frying pan. Saute, stirring occasionally, until it's soft.
- 4 - Add the marinade and let it simmer until thickened. Add the vinegar and the chops and mix everything.
- 5 - Boil the spaghetti in water with salt and olive oil. After it's boiled, drain it.
- 6 - Add some vegetables to the meal, either boiled or as a salad.

→ vegetarian alternative: seitan with onion, spaghetti and salad

Saturday, 5th of August - day 6

Lunch

Meat, pasta and peas

Ingredients (7 people):

500 gr pasta (macarrão)

1 kg chicken breasts

2 cans of sausage (8 units)

2 cans chopped tomatoes

2 onions

6 garlic cloves

8 tbs olive oil + some for the pasta

oregano

salt and pepper

1 can of peas

Preparation

1 - Cut the chicken into small cubes, season with salt and pepper and reserve.

2 - Peel and chop the garlic, add the olive oil and the diced chicken. Add the sausages, sliced. Fry everything in a frying pan, stirring. Make sure the chicken is cooked and remove it from the pan, along with the sausages, leaving the sauce.

3 - Peel and chop the onions and add them to the frying pan with the sauce, along with the tomato and some oregano. Season with salt and pepper and let it stew. Add water if necessary and adjust the seasoning.

4 - Boil the spaghetti in water with salt and olive oil. After it's boiled, drain it.

5 - Mix the pasta with the chicken, the sausages and the cooked peas. Drizzle with the tomato sauce.

→ vegetarian alternative: soy, pasta and peas