

PROVISIONING

Or, care and feeding of your crew



Preliminary Planning

Survey crew preferences:

- * Vegetarian?
- * Health issues?
- * Allergies?

Planning

- * Facilities available
 - * Stove?
 - * Refrigerator?
 - * Freezer?
 - * Storage?
- (and the freezer *is* working, right?)



Turicum's galley

Menu

- * Master provisions list
 - * Include non-food items & staples
- * Dinner menus for each day
- * Breakfasts & lunches usually simple; same each day

T80		=SUM(D80:S80)																
Meals Vic Maui 06.xls [Compatibility Mode]																		
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	
1	R=Refrigerator																	
2	S= Starboard Pilot berth																	
3	F=Freezer																	
4	H=Net Hammock																	
5	DL=Dry Locker																	
6	DC=Dish Cupboard																	
7	P=Port Pilot berth																	
8		What	Where	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	
9	Breakfast	Oatmeal - packs			20	20	20		20	20	20		20	20		20	20	
10		Oatmeal - Quaker Oats																
11		Apples - Assorted																
12		Bananas																
13		Oranges																
14		Hard nectarines																
15		Kiwi Fruit																
16		Pancake mix						0.5				0.5			0.5			
17		English Muffins				8					8							
18		Vector Cereal			4	4	4		4	4	4		4	4		4		
19		Canned Fruit large						1				1			1			
20		Carton of Eggs							2				2					
21		Keilbasa sausage ring							1				1					
22		Apple Turnovers			1		1		1		1		1		1		1	
23	Lunch																	
24		Deli Sandwiches (premade)		8														
25		Noodles			7	7	7	7	7	7	7	7	7	7	7	7	7	
26		Buns			8	8	8		8			8	8				8	
27		Pumpnickel bread						1			1							
28		WASA Bread						1		1		1		1		1		
29		Bretons						1			1			1			1	
30		Stoned Wheat thins						1			1			1			1	
31		Deli Ham (8 person qty)					1						1				1	

Early days

- * *Mal de mer?*
- * Canned “comfort food” - crew favourites
- * Reduces effort & waste

Food Preparation

- * Meals pre-prepared, vacuum packed and frozen
 - * M&M Meats
 - * Home-made
- * Half-Way-To-Maui Meal
- * Midnight Treats, or Sunshine in a Bag

Homeward Bound

- * Safeway in Lahaina; Costco in Kahului
- * Preferences of return crew; mix of home-made pre-prepared and commercially prepared and frozen as well as packaged/canned foods

Other considerations

- * Stowage
- * Food safety and hygiene
- * Garbage
- * H₂O

Stowage



Dry locker



Pilot berth storage

Timeline

- * 3-6 months: (anytime now) establish menus & master list; crew responsibilities
- * 1 month: Start shopping for the non-perishables; fine-tune menu and quantities; goodie bag stuffing
- * Last 2-3 weeks: Cook & freeze pre-prepared meals
- * Last 2 days in Victoria: fresh food shop; any last-minute items

And yes, it's all worth it !

