

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

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 !

