

Provisioning for 2 Weeks or 2 Months

- Start from a 2-week Menu
 - Consider passages, long travel days, etc. (VERY simple meals)
 - Consider aging of food (make bread, fresh veggie meals early, canned later)
 - Consider your refrigeration situation & capacity (we had a 2 month freezer)
 - Allow 1-2 nights/week ‘flex’ meals (eating out, catching your meal, etc)
 - Don’t forget the boat cooking environment
 - Keep it Simple, keep it cool
 - One dish meals
 - Packaged foods where available and affordable
 - Mainly US Only
 - Don’t forget snacks and drinks
- Make a shopping list
 - Go down your menu and build a tally list for each ingredient on the menu
 - Organize ingredient list by store area
 - Don’t forget condiments (keep a running list of condiments)
 - Don’t forget onions, garlic, etc.
 - Don’t forget to make another list of special cooking tools that you might not have on the boat

Preparation (continued)

- Use this 2-week shopping list for any number of weeks or people.
- A spreadsheet makes it easy to do it again next year, next month, next trip
 - Just enter the number of weeks and/or people and let it multiply for you
- Several recipe programs available that will help
 - (caveat...takes longer setting up the first time)
- With experience, you can skip a few steps, example:
 - 2 chicken meals, 2 ground beef meals, 1 steak meal, 1 fish meal, 1 eat-out
 - 2 sm jars Ragu per week, 2 onions per week, 4 potatoes per week, 4 canned veggies per week
 - 2 loaves bread per week, etc.

Understand What's Available at Your Destination

- Always available
 - Flour, milk, eggs, chicken, dried beans, rice, toilet paper
 - Salt, sugar
- Usually available
 - Canned vegetables, canned tuna, canned potted meat
 - Coke, local beer, local rum
 - Cheese, powdered milk
 - Onions, garlic, carrots, potatoes
 - Fresh beef (various cuts)
 - Disposable plates, paper towels, usable toilet paper
 - Ladies feminine products
 - Fruit juice of some kind
- Hard to find
 - Good canned meats
 - Your special sauce, special spices
 - Packaged mixes (taco mix, Adolf's meat tenderizer, etc)
 - Your brand of beer, wine
 - Your favorite mixer (Tonic, Diet Coke)
 - Cheap but grease-proof paper plates
 - Good paper towels, good toilet paper, ziplock bags
 - Good cuts of beef, any ham, sausage, pepperoni
 - Lettuce, celery
- Prices can vary drastically from place to place

Something to Drink

- Look at your normal on board usage vs home usage
- 2 beers, 2 cokes, 1 wine, 1 rum per person per day adds up!
- Consider storage space versus the price and availability at your destination
 - (\$35/case in the Bahamas)
- At 2 cans per day for 2 people = 1-1 1/2 cases per week
- Don't ration so tightly that you grimace when you invite someone aboard!
- Be creative in your storage
 - Canned drinks can be walked on or slept on
 - Boxed wine can be removed from the boxes and laid in the bilge
 - Buy bottled booze with good 'stacking factor'
 - One friend stored rum in a (new) 5-gallon gas jug on deck (avoiding taxes)
- Look for concentrates for mixers

Storage Tips

- We tried the 'map your spaces' technique with limited success
 - You have to be too meticulous to make it work
 - Usually not necessary unless you plan to be out more than 2 months
- Allocate a specific type of food to a specific bin, and stick with it
 - Boxed mixes, Canned veggies & fruits, Canned meats
 - Paper products, Condiments, Snack foods
 - Keep a partial list-just for deep storage spaces and unusual items (Our "where is it" list)
- This way, you have one limited-space place to look for any given item.
- Freeze or nuke incoming dry products (flour, etc) to kill bug larvae
- Buy lots of ziplock bags and store everything bagged (store boxes don't keep bugs out)
- Put some things in tupperware vs plastic bags (roaches will eat right thru bags).
- Re-package freezer foods
 - Styrofoam bulky and retards freezer circulation, and causes trash problem later
 - Package in per-meal portions
 - Consider pre-cooking a few items for quick meal prep
 - Label well (include date)—chicken and boneless pork cutlets look identical frozen in a ziplock bag with no label!

Keeping fresh food longer

- Buy foods that keep longer
 - Carrots and cabbage will keep 8 weeks
 - Can be used fresh or cooked
- Wash all veggies in a mild bleach solution, and let air dry
 - Retards bacteria growth
 - Safer in some 3rd world places
- Keep as cool as possible (even with no 'fridge, store in cool place)
- Citrus - Wash in mild bleach solution & let dry, then wrap individually in alum foil
- Potatoes - Wash/dry and leave in mesh bag in cool place
- Go thru stored food periodically and remove rotting items
- Use special storage bags
- If you have a freezer
 - Freeze chopped celery & green pepper for cooking

Other Tips and Techniques

- Advantages of a pressure cooker
 - Good place to make and store 'passage food'
 - Will make even 'island chicken' fall off the bone
 - Also great for ribs, stews, chili, 'bean soup'
 - Cuts cooking time (and therefore gas consumption and heat production)
 - Can also be used to bake bread, cakes, etc.
- Take a few cook books
 - For long term cruisers, cooking and eating are part of the adventure
 - Joy of Cooking or other comprehensive book
 - KISS books by Corinne Kanter ([Amazon Link](#))
 - The Cruising Chef Cookbook (Greenwald)
 - Care and Feeding of Sailing Crew (Pardey)
 - Specialty books (ethnic & local cuisine books)