

## 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)