

## Limited Heat Source

**Avoid heating pots of water.** The Origo alcohol stove onboard AVENTURA has about 5000 BTU/Hr cooking power; whereas, a Coleman propane camping stove has about 10000 BTU/Hr. So it will take twice as long to boil water for pasta; expect to take at least 30 minutes to bring 1 gallon of water to a boil. Good advice is to select items that do not require a lot of boiling water. If heating canned veggies, only keep enough juice to cover the bottom of the pot with about ½ inch.

**Limit your meal to two or less heated pots.** There are only two burners available, so if the meal requires three pots to be heated, then you'll have to cook the items sequentially. The frying pan may be too big to permit a second pot to be heated, so take that into account too.

**Avoid foods that take a long time to cook.** For example: eggs cook faster than pancakes; chopped chicken cooks faster than whole chicken breasts; Ramen noodles cook faster than Italian pasta; canned veggies cook faster than fresh, but fresh veggies can be eaten without cooking.

**Make use of marina grills.** Some marinas have grills that their guests can use. Be sure to call ahead to determine if they are available and whether there is fuel. Note that some marinas have charcoal grills, and you have to supply the charcoal.

## Limited Refrigeration

There is no electrical/mechanical refrigeration on a sailboat. The ability to keep food cold is limited to the ice cooler. Many precautions need to be taken to prevent spoilage from over-heating and cross contamination between meats and other items.

Tips for preventing spoilage:

- Minimize the time that the cooler door is open.
- Mustard, ketchup, and most all condiments will keep for over a week; no need to refrigerate.
- Keep meats and dairy in contact with ice.
- Pack a single meal into a single bag; for example each lunch in a single zip-lock bag containing a zip-lock bag for cheese, another for lunch meat, another for lettuce, another for tomato.

Tips for preventing cross contamination:

- Re-package your fresh veggies into zip-lock bags so that one bag is for each meal.
- Re-package your meat into double zip-lock bags to prevent leaking contaminated fluids into the cooler.

Tips for purchasing with respect to limited refrigeration:

- Make meat choices that do not require refrigeration – just like backpacking.
- Foil packages of nearly every type of meat can be found in the grocery store.
- Pre-cook your meat at home before arriving for departure.
- Choose single day package sizes, such as 1 pound variety lunch meat for one lunch. If that is not possible, re-package or choose lunch meat and cheese packages that are tightly re-sealable.

- Fresh eggs keep well in the cooler, but need extra protection to prevent breakage. We have a plastic egg crate onboard. An alternative is cartons of egg product.
- Choose cartons and containers that can be resealed tightly to prevent spills in the cooler. This includes milk and egg product.

## Equipment

**Limit the pots you use.** Most boats will only have 2 pots and 1 frying pan. In addition, the stove's burners are close together, so you can't heat a pot at the same time you are using the frying pan. Your meals need to make use of this limited pantry. Also, to simplify cleanup, try to do everything on one pot. For example, brown the hamburger in the deep frying pan, pour out the grease, then add your other ingredients with water, put on the cover, and cook your stew in the frying pan.

**Have a plan for your work area.** Space in the galley is small, you can't just spread out like you do at home. You can use the top of the cooler, but only if you got everything you need from the cooler before beginning your meal. If you are finished cooking with one pan but need to use the stove for another, plan where you are setting the hot pan. You can save some time and space if you chop the ingredients beforehand (or even at home) and store them in a zip-lock bag until you need them.

## Storage

Resupplying the pantry while cruising is not available everywhere, and it is often a difficult endeavor when there is a store to visit. Usually a grocery store will be miles away from the marina, so transportation is a challenge. Some marinas have bicycles you can borrow to go to the store, but the food is heavy and bulky and makes the ride difficult if not dangerous. The best solution is pack everything you need at the beginning. Be sure to use your menu when breaking out the food to make sure an ingredient is not forgotten.

Tips for food storage:

- Avoid mid-cruise resupply trips. Pack all your food at the beginning of the cruise.
- Remove and discard all boxes. The contents can be placed in labelled zip-lock bags, which will take a lot less space than the box.
- Select food options that take less space; for example tortilla wraps or flat bread instead of loaves of white bread.
- Pack the food in the order of its use. That way you won't have to dig deeply into the pantry for every meal. In other words, pack the last meal first and the first meal last.
- Pack the food by meal and day. Use a large zip-lock bag for each meal. If more than one locker is needed, keep one day's food in one locker and another day in another locker.
- Don't leave any food onboard after the cruise is over. All bread, meat, fruit, veggies, opened items must leave the boat when the crew departs. You can take it home. Food left onboard attracts bugs and rats.
- Mark all zip-lock bags with the day and meal to be eaten, such as SAT-LUNCH.
- Don't buy any jugs of bug juice; always get dry powder and mix as needed.

## Limited Water

Water is often a limited resource onboard the boat. AVENTURA carries about 20 gallons in the bow tank; which must fulfill are our needs including drinking, cooking, and washing. That's enough water for a crew of six for three days, as long as water is not wasted.

Water saving tips:

- Only turn on water pump breaker when water is needed. Turn it off when finished.
- Do not run a water faucet continuously while washing or rinsing.
- Wash fruit and veggies before leaving, store in zip-lock bags.
- Consider washing kitchen equipment with seawater first, then rinse with fresh water.
- Select meals where there is no waste water.

## Nutrition

While sailors are on extended voyages, meals take on a heightened importance. The same goes for shorter cruises. Boaters expend lots of energy resisting the rocking of the boat, pulling hard on lines, and don't forget the loss of electrolytes due to increased sweating. A properly planned menu will contain about 2000 calories per person each day. Normally those calories should be divided into three meals and one snack: Breakfast 350, Lunch 550, Dinner 750, and Late Snack 350. To reduce the effects of sea sickness, avoid greasy food for breakfast and lunch. Try to have a menu that has meat, fruit, veggies, and grains in every meal. Having a menu with variety will be more satisfying and will provide more essential nutrients.

The following calorie counts may be useful for menu planning:

- Cereal & Milk (1 cup cereal, ¾ cup milk): 190 calories
- Omelet (1 large egg, 1/2 oz cheese & 1/2 oz ham): 150 calories
- Pancakes with Syrup (2 medium cakes): 500 calories
- Bagel (1 medium, plain): 250 calories
- Ham & Cheese Sandwich (2 slices bread, 2 slices cheese, 4 slices ham, tbsp. mayo): 450 calories
- Bacon, Mac, and Cheese (1 cup): 400 calories
- Beef Stroganoff Hamburger Helper with Noodles (1 cup): 355 calories
- Chicken Fettuccine Alfredo Chicken Helper (1 cup): 300 calories
- Beef Burrito (1 medium size with tortilla, 2 oz beef, 3 oz refried beans, 2 oz cheese): 630 calories
- Pork Lo Mein (1 cup): 315 calories
- Ramen Noodles (1 pkg): 190 calories
- Tossed Salad (non-starchy veggies, no dressing, 1 cup): 25
- Fresh Fruit: Apple = 95, Orange = 50, Peach = 60, Banana = 100
- Snacks (1 oz pkg): Chips = 160, Pretzels = 100, Mixed Nuts = 170, Trail Mix = 150, Cookies = 150
- Desserts: Pudding (1/2 cup) = 150, Fruit Cup (1 cup) = 160, Brownie (1 oz) = 130
- Drinks: Kool Aid (8 oz) = 60, Tang (8 oz) = 90, Orange Juice (8 oz) = 112, Apple Juice (8 oz) = 120

## Dishwashing Tips

Washing dishes by hand isn't something that happens just on a boat. You've done it before. So what is there to learn?

No, this isn't a step by step "how to wash dishes" article. But you can learn a few things while cruising that don't necessarily make the job any more fun, but will help not make it any worse and/or save water.

**No disposer.** Most boats don't have a garbage disposer. We don't either, it's really important to scrape dishes and pots well before washing them to avoid clogged drains. Scrape not just food bits, but grease as well.

**Crusty pans.** Use non-stick pans as they were just so much easier to clean. But not all pans are non-stick and some people just don't like non-stick. Four ways to get that burnt-on food off without using a ton of water:

- Fill with water and drop in a few denture tablets.
- Spray with vinegar and let sit 15 minutes or so.
- Sprinkle some baking soda in the pan and then fill with boiling water above the stuck-on food. Let sit 15 minutes.
- Scrub with salt. This still takes some elbow grease!
- Put the pan in a trash bag and spray with oven cleaner (fume-free type is preferred) and then seal the bag up for an hour so it doesn't dry out. NOTE: Oven cleaner will eat through nail polish and acrylic nails so wear rubber gloves if you have either.

**Steel wool and Brillo.** If you're in a salt water environment — even if you're using fresh water for dishes — steel wool, Brillo pads and the like have no place on the boat. Not only will they quickly rust and disintegrate, they'll leave tiny particles on your pans that will cause little rust spots to form. Use the plastic scrubby pads instead.

**Pasta and veggie water.** Instead of just discarding the water that pasta or veggies were cooked in, save it and pour it into your dirtiest pans with a little soap after serving up. The pans will soak while you're eating and clean up will be a snap.

**Wash the least soiled things first.** If you start with the least soiled items — generally glasses — first and proceed to dirtier and dirtier, you'll use less water as you probably won't have to change the water. But if you wash greasy items before washing the glassware, you'll probably have to change the water.

**Cold water will clean dishes.** You don't have to use hot water to get dishes clean, but it does make it easier to get grease off. Cold water and scrubbing can do just as good a job.

**You don't need a sink full of water.** You can just put soapy water in a cup or cereal bowl, then use it to wipe plates and other dishes and let them sit in the sink for a few minutes. Just as good results with a LOT less water!

**Rinsing dishes.** Some cruisers suggest using a spray bottle to rinse dishes in order to conserve water. It does use the least water, but a spray bottle takes forever and wears your hand out. I preferred a small plant watering can , a tea kettle, or coffee pot.

**Air drying.** It's okay to be lazy and let your dishes air dry unless you are pressed for space or needed something immediately. Air drying is MUCH more sanitary than drying dishes with a cloth, which can both spread germs from one dish to another, and also breed germs of its own when left damp. Of course, you can't leave dishes out drying if underway and it's at all rough.