

DRINKS					
COFFEE				AVERAGE 125G FILTER COFFEE P/P P/W	
TEA				BLACK / GREEN / HERBAL? AVERAGE 4 BAGS PER DAY	
OTHER HOT DRINKS					
JUICE***					
SOFT DRINKS***				NOTE: JUICE/SOFT DRINKS/TEA ETC... ARE ALL PART OF DAILY FLUID INTAKE	
DRIED GOODS					
CEREAL***				TRY PORRIDGE AS A GOOD SLOW RELEASE ENERGY FOOD	
FLOUR					
CORN FLOUR				INSTANT THICKENING OF SAUCES / SUITABLE FOR GLUTEN INTOLERANT CREW	
FLOUR FOR BREAD					
CRACKERS***				IN ROUGH CONDITIONS, A LOT OF CREW MIGHT BE GLAD OF THESE, DON'T SKIMP	
PASTA				TAKE A MIXTURE OF DIFFERENT TYPES AND SPAGHETTI	
RICE				LONG GRAIN FOR SAVORY / SHORT FOR SWEET PUDDINGS	
MASHED POTATO				CHEAP AND DISPOSABLE IF NEVER USED	
PACKET SOUPS				CHEAP AND DISPOSABLE IF NEVER USED	
PACKET SAUCES				CONSIDER USING UHT CREAM INSTEAD	
DRIED MILK				MAKE UP AMOUNT NEEDED FOR ONE DAY AT A TIME	
DRIED FRUIT***				GREAT FOR BREADS, SALADS, CURRIES AND SNACKS	
LONG LIFE PITTA/ POCKETS***					
PART BAKED BREAD					
DRIED BEANS				CONSIDER USING JARS TO SAVE WATER AND GAS - DRIED BEANS CAN BE SPROUTED	
DRIED LENTILS				CONSIDER USING JARS TO SAVE WATER AND GAS	
SUGAR/SWEETENERS***					
DRIED COCONUT MILK				CONSIDER USING TINS OR JARS	

MEATS				
CHICKEN			UNLESS DEEP FROZEN EAT FIRST	
BEEF / MINCE				
BACON			TRY USING SMOKED – KEEPS BETTER	
HAM***				
CURED SAUSAGE & MEATS***			CHECK DATES AND FRESHNESS	
STORE CUPBOARD				
OIL				
SALT & PEPPER				
HERBS & SPICES *			CHECK DATES AND FRESHNESS	
BAKING SUNDRIES				
STOCK CUBES				
TOMATO SAUCE				
BBQ SAUCE				
HP / STEAK SAUCE				
LEMON JUICE				
CHILLI SAUCE				
OTHER SAUCE				
VINEGAR				
MUSTARD				
TREATS				
CHOCOLATE***				
SWEETS***				
SNACKS				
CRISPS***				

NUTS***					CHECK FOR CREW ALLERGIES	
VEGETABLES**					FOR MORE INFORMATION ON	
POTATO					TRY A MIX OF SMALL NEW AND LARGE OLDER – STORE WITH AN APPLE TO PREVENT 'BUDDING'	
CARROTS***						
CABBAGE***					BUY HARDEST POSSIBLE	
ONIONS***					STORE SEPARATELY	
GARLIC***					STORE WITH ONIONS IF SHORT ON SPACE	
SALAD OPTIONS/LETTUCE/CUCUMBE R/AVOCADO ETC***					IF RUNNING A FRIDGE, SALAD ITEMS FOR APPROX 1 WEEK CAN BE STORED. DO NOT WASH LETTUCE BEFORE STORING IN A FRIDGE	
RED/GREEN PEPPERS***					ADDS COLOR TO SOMETIMES BLAND LOOKING MEALS	
TOMATOES***					BUY GREEN, TRIAGE DAILY DO NOT STORE WITH BANANA	
ZUCCHINI***					SLICED THINLY MAKES GOOD ALTERNATIVE TO CUCUMBER – LASTS WELL	
FRUIT**						
LIMES / LEMONS***						
APPLES***						
ORANGES***					GO FOR EASY PEEL	
BANANAS***					FOR MORE INFORMATION REGARDING	
PEARS***					TRIAGE DAILY	
GINGER					FOR EVERYTHING FROM CURRIES TO SEASICKNESS	

OTHER PERISHABLES					
BREAD***				SOME PACKET BREAD WILL LAST FOR AT LEAST 8 WEEKS – CHECK THE PACKAGING	
CAKES***				MOST CAKES BOUGHT OFF THE SHELF WILL HAVE A LONG SHELF LIFE DUE TO HIGH SUGAR CONTENT	
WRAPS***				FRIED WRAPS MAKE GREAT ADDITIONS TO CURRIES – GREAT VERSATILE STARCH	
PIZZA BASE				TRY BUYING LONG LIFE	
SUNDRY ITEMS					
FOIL/CLING FILM					
ZIP LOCK BAGS					
LIDDED CONTAINERS					
IMPLEMENTS				TIN OPENER ETC...	
TOILETRIES					

* IS SUBJECT TO INDIVIDUAL TASTES AND CONSUMPTION - CHECK WITH CREW MEMBERS
 ** CHECK STOWAGE NOTES
 *** ITEMS THAT CAN BE EATEN COLD - EITHER TO SAVE GAS OR IN AN EMERGENCY SITUATION



Fruit & Vegetable Storage Time Chart

PRODUCT	WARM STORAGE	COLD STORAGE	REMARKS
Vegetables	This list will give you a good starting point for other similar products.		
Potatoes & Sweet Potatoes	3 Months +	n/a	
Cabbage	3 months +	n/a	Do not cut cabbage, peel off the leaves
Onions	4 Months +	n/a	Do not store with other products
Garlic	4 Months +	n/a	Do not store with other products
Beets	2 Months	n/a	Even when soft will boil/steam ok
Carrots	2 Months	n/a	If limp and or black, simply peel as normal and cook
Cauliflower	2 months	n/a	cut away any black bits on florets, cook as normal
Lettuce	3 Days	1 Week	Do not place in bag or box out of fridge
Corn on the cob	1-2 Weeks	n/a	'Old' corn will become dry and tough, also losing color
Peppers	1 Month +	n/a	Still cook well when skin is crinkled
Zucchini	1 Month	n/a	Try to ensure that the skin does not get nicked or bruised
Cucumber	1 week	1 week	Use Zucchini as a substitute
Tomatoes	2 months	n/a	Chilling tomatoes destroys their natural sugars. Buy green.
Spinach	1 Week	1-2 Weeks	Spinach does not keep well
Pumpkin/Marrow	3 Months		Buy small enough for single use
Fruits			
Apples	6 Months	n/a	Wrap in newspaper, keep dry and out of light
Pears	6 Months	n/a	As above, buy unripe
Bananas	2-4 Weeks	n/a	Keep bananas away from everything else
Grapes	1-2 Weeks	1-3 Weeks	Grapes might get wrinkled
Figs	1 Month	n/a	Buy unripe, wrap individually
Papaya/Guava & Mango	1-2 Weeks	1 Week	buy unripe, protect from accidental damage
Lemons & Limes	3 Months	n/a	Thin skinned varieties normally last longer
Kiwi	1-2 Weeks	1-2 Weeks	Not great seafarers!
Melon	2 Weeks	1 Week	Once cut refrigerate
Oranges	3 Months	n/a	Thin skinned varieties normally last longer
Peaches & Nectarines	2 Months	n/a	Bruise easily, store with care
Pineapples	2 Months	1 Week	If cut refrigerate

Other products

Ginger	6 Months	6 Months	Buy young succulent roots
Eggs	3-5 Weeks	3-5 Weeks	Buy un-refrigerated, turn once a week
Butter (tinned)	1-2 Weeks	6 Months+	*Buy tinned butter. Keep covered once opened
