



# Transpac Race 2015

Provisioning for offshore races.

BSC

BAJA SESSIONS CATERING

# Romeo with Baja Sessions Catering

- “ BSC is a full service Catering & Provisioning Co. We provide provisioning services to all manner of sailing and motor vessels. Romeo has been sailing competitively since 1984 with multiple Transpac races under his belt.
- “ The goal of provisioning for any race is to provide hot and cold, easy to serve, nutrient dense food. No matter where we go or what we do we all have one thing in common...

“Everybody has to eat!”.

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# Important things to consider:

- “ Nutrient Density – Getting the most “Bang” for your buck!
- “ Weight – Food, Storage, Water (Water Makers), Fuel, Equip.
- “ Ease of Storage and Use – Shelf Stability, Accessibility, Equipment Needed, Preparation of Meals
- “ Heating – Boiling, Ovens, Stove Tops, Camp Stoves
- “ Serving – Multi Use Plates and Utensils, Serving Utensils
- “ Time(ing) – Pre-Race Prep, Preparing Food Underway, Watch Rotations (Who does what and when)
- “ Cost – What is your time worth and do you enjoy preparing meals?

# Eating the Right Foods:

- “ Keeps you fueled up
- “ Keeps your mind sharp
- “ Helps you sleep
- “ Very important for crew moral

The logo for BSC (Baja Sessions Catering) features a stylized sun or wave graphic composed of three overlapping, curved bands in shades of orange and yellow. To the right of this graphic, the letters 'BSC' are displayed in a large, bold, grey sans-serif font.

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# Good Food in good Proportions:

- “ The 60%(Carbs), 20%(Protein), 20%(Fats) rule is best to maintain muscle tone, cardio health, and sustained energy levels.
- “ We recommend 800 to 1000 calories twice a day (breakfast and lunch) with light snack for lunch and during night watches. Also, hot drinks like cocoa are good for warmth and quick energy at night. Avg. total 2000 to 2500 per day.
- “ Nutrient dense bars and fruit are also a great supplement to snack on between meals. Be selective because some “protein” bars may contain a lot of processed sugar (as much as a can of soda) have a tendency to dehydrate, and may cause difficulty with regularity.

# Types of Provisioning:

- “ Freeze-dried Meals
- “ Dehydrated Meals
- “ Fresh Frozen Meals
- “ MRE's (Meals Ready to Eat) Self-Heating
- “ Lunch Kits
- “ Drinks / Drink Mixes

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# Freeze-dried Meals (Pros / Cons)

- “ Super Light Weight (allows you to bring plenty)
- “ Shelf Stable
- “ Easy to Prepare (Add boiling water wait 15 mins and serve)
- “ No Loss of Antioxidants
- “ Require fresh water to prepare
- “ Loss of Vitamin C, A, and E (recommend a daily supplement to take with food)
- “ Texture not always the best

# Dehydrated Meals (Pros / Cons)

- “ Light Weight
- “ Shelf Stable
- “ Easy to Prepare (Add to boiling water simmer for 15 mins and serve)
- “ Textures very much like fresh
- “ No Loss of antioxidants and only minor loss of vitamin C, A, and E
- “ Requires fresh water to prepare



# Fresh Frozen Meals (Pros / Cons)

- “ Most Nutrient Dense (no loss)
- “ Best Taste and Texture
- “ Easy to accommodate all dietary restrictions (Gluten, Sodium, Lactose free diets, Crohn’s, etc...)
- “ No fresh water required (can be boiled in sea water if necessary)
- “ Easy to Prepare (“Boil-in-Bag”, place in boiling water and immerse for 10 mins)
- “ Can be eaten cold (all meals are fully cooked, vacuum sealed, and ready to eat)
- “ Weight is a factor (days are packaged so they may be placed strategically)
- “ Cold storage required (6 day shelf-life without refrigeration)

# MRE's (Meals Ready to Eat) (Pros / Cons)

- ” Medium Weight
- ” Shelf Stable and Self-Heating
- ” Easy to Prepare (put entrée in self-heating bag, add saline, put back in box and wait 10 mins)
- ” Requires no fresh water
- ” Good texture like fresh frozen
- ” No Loss of nutrients
- ” Great emergency rations
- ” Comes in Entrée only or Meal Kit with Snacks and Juice Drink
- ” Limited meal selections
- ” Packaging includes utensils, seasoning, napkins (Remove and combine to reduce weight and trash)

# Lunch Kits

- “ Shelf Stable
- “ Easy to Prepare
- “ Requires no fresh water
- “ Good for lunch, meal backup / emergency rations

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# Drinks / Drink Mixes

- “ Water – Water is the fastest to be absorbed with very little energy use and is crucial to keep your body cool and maintain a good balance. It does however leave the body quickly.
- “ Sports Drink Mixes – Drinks with carbohydrates and electrolytes are slower to be absorbed but are essential for recovery. It is best to drink a non-diluted sports drink before going off watch when you are about to rest.
- “ Diluted Sports Drink – A diluted sports drink is ideal for consumption at any time. Although it is extremely rare, too much water may result in a rise in plasma volume and lead to hyponatremia.

# Sample Menu

## FRESH FROZEN DAY 1 - 4

### BREAKFAST -

- " Day 2 – Breakfast Burritos Assorted
- " Day 3 – Breakfast Burritos Assorted
- " Day 4 – Breakfast Burritos Assorted
- " Day 5 – Breakfast Burritos Assorted

### LUNCH -

- " Day 1 – 12 Turkey and Cheese Subs with Chips and Fruit
- " Day 2 – Rotisserie Chicken Pasta Salad and Rolls
- " Day 3 – Salami, Cheese & Spin Sandwich Kit w/ Chips & Fruit
- " Day 4 – Tuna Salad Sandwich Kit w/ Chips & Fruit

### DINNER -

- " Day 1 – Carnitas Burritos with Caesar Salad (Dressing packets)
- " Day 2 – Beef Stew with a BBQ Ranch Salad Kit and 1 Pack of Rolls
- " Day 3 – Chicken Broccoli and Rice with Salad and 1 Pack of Rolls
- " Day 4 – Tri-Tip with Gravy and Mashed Potatoes

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# Sample Menu

## DEHYDRATED / FREEZE DRIED /MRE DAY 5 – 10

### BREAKFAST -

- " Day 5 – Oatmeal with Brown Sugar
- " Day 6 – Breakfast Burritos w/ Scrambled Eggs with Bacon
- " Day 7 – Granola with Milk and Blueberries
- " Day 8 – Breakfast Skillet
- " Day 9 – Breakfast Burritos w/ Scrambled Eggs and Ham
- " Day 10 – Strawberry Creamy Wheat Cereal

### DINNER - (Add a Protein to any dish)

- " Day 5 – Chicken A la King
- " Day 6 – Beans and Rice Enchilada
- " Day 7 – Mac and Cheese
- " Day 8 – Pasta Alfredo
- " Day 9 – Beef Stroganoff
- " Day 10 – Hawaiian Sweet and Sour

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# Contact Us

“ Feel free to contact us with any questions or concerns you may have.

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