

VQProvisioning Plan last updated 5/25/09

Qty.	ITEM	Notes
Fresh Vegetables		
4	peppers	
10	Fresh tomatoes	
2 bags	Carrots	
2 heads	Lettuce	Refrigerate
6	onions	
2	Cherry peppers	
10	Potatos	
1 bag	Green Beans	
2	Winter (hard) squash	store in paper bags
2	Cucumber	
2	Stir Fry Frozen Mix	frozen
1	Jar minced garlic	
Fresh Fruit (crew should eat one serving of fruit & 1 vegetable /day)		
4	Canteloupe	
2	Honey Dew Melon	
1	Raisins	
1	Freeze dried apple chips	
1	Banana chips	
1	Apricots	
24	Apples	hard apples (not delicious), waxed
24	Oranges	Wash in mild chlorinated water, wrap individually in foil
2 Bunches	Bananas	1 bunch green
1	Frozen Wild Blueberries	frozen
1	Frozen Wild Rasberries	frozen
Staples & Breads		
1 box	Pancake mix	
5 box	Cereal	Frosted Mini Wheats, Honey Bunches of oats, Oatmeal Squares, Cheerios
4 box	Quaker Instant Oatmeal	

4 box	Mac & Cheese	kraft boxes
2 bags	Tortilla wraps	refrigerate?
4 bags	Pita Bread	
4	w/w Bread	freeze 2 loaves
2	french bread	
4	Pasta penne	
4	linguini	
4	elbows	
2 box	Rice, instant whole weat or precooked pouches	
6 packages	Idahoan Instant Mashed Potatoes	
4 bags	Lenders Bagles	freeze 1 bag

CANNED FOOD

2	Can sweet peas	
2	Can green beans	
8	Canned Soup	Progresso Chowder, vegetable, etc
4	Corned Beef Hash	
4	Canned fruit	emergency fruit!
2	Artichoke hearts	jars
2	Corn	
2	Chick Peas	
4	Spaghetti Sauce	
2	Tomato Paste	
2	Crushed Tomatoes	
2	Tomato Sauce	
2	Canned Pineapple	
2	Canned Ham	
8	Red beans	
2	Chilli peppers (canned)	

DAIRY

8	Parmalat Milk	
3	Liquid Eggs	refrigerate
2	Land O Lakes Butter	don't refrigerate

1 quart	half & half	refrigerate
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CHEESES

4	Sharp Cheddar	refrigerate
4	Mild cheddar	refrigerate
1	Romano	refrigerate
4	Peper Jack	refrigerate
2	Port Wine Cheese	
3	Cream cheese	

Frozen Meals

1	Lasagna	Bert
1	Chicken Cordon Bleu	Bert
1	Sauce w/meatballs	Bert
2	Chili	Stan
1	Shepards Pie	Bert
3	Mixed pepers/onions/hot sau	Dana
1	Beef Stew	Bert

Meats

4lb each	Cold cuts (ham, turkey, salar freeze 1lb of each)	
1	Hard Salami	
1	Pepperoni	
4 boxes	Cooked Bacon	
6 bags	Bumble Bee Chicken	
6 bags	Chicken Of the Sea Tuna	
6 bags	Chicken Of the Sea Salmon	
10 lb	Ground Beef	
2 pack	Hot Dogs	
2 pack	hot italian sausage	
16	hamberger patties	frozen
4 lbs	Steak Tips	frozen
2lbs	Meatballs (frozen)	

2 lbs ham steak
2 lbs stew beef

Condiments

parsley
oregano
McCormack Spice sst
1 bottle Olive Oil
1 bag? Domino Sugar
1 balsamic vinager
Red Pepper
Salt & Pepper
1 Italian Salad Dressing
1 Ceasar Salad Dressing
1 oil/Vinager
1 Maple Syrup

1 Peanut Butter
1 Grape Jelly
1 Non-Dairy Creamer
3 lbs Sugar
2 Medium Salsa
1 chilli powder
1 cumin
1 allspice
1 cayenne pepper

Supper Choices

Soups
Sandwiches

Beverages

2 box Instant Coffee (folgers coffee bags)
3 lbs Coffee Medium Blend
3 box Tea (& herbal tea) Bedtime/Kava Stress Relief/ Earl Gray
1 six pack Ginger Ale already have
1 six pack Diet Coke already have
1 box Hot Chocolate Swiss Miss
1 box Gatoraid Powder

2 box	OJ Juice Boxes	
208 liters	Drinking water in tanks	2.5l/crew/day * 20 days = 2.5x4x20= 200 (can catch more when it rains)

Snacks

1	Mixed Nuts	
2 small bags	Tortilla Chips	If we have room
2	Pringles	
10 boxes	Cookies	girl scout cookies
2	Triscuts	
2	Saltines	
1	Cashews	
5 lb	Trail Mix	
2 boxes	Nature valley granola bars	
2 bag	Pretzels rods	

Breakfast Choices

Crew makes their own breakfast

Cereal

Fruit

eggs

oatmeal

Boat bagels

bacon and eggs

Sausage egg and cheese sandwich

pancakes

Coffee/Tea

Off The Shelf Menu

Crew makes their own lunch

Pasta and sauce

Soups

Sandwiches

Rice and various mixtures

Mac & Cheese w/diced ham

1 Daily Meal for whole cre excludes the 6 pre-prepared frozen dishes

American Chop Suey

Rice w/ beans, chick peas, artichoke hearts

Hamburgers and Hot Dogs w/salad

Steak Tips & mashed potato

Salmom with rice and veg.

Burritos - rice/sausage/peper/onion

Stir Fry on bed of rice

NON-FOOD Items

1 Pam

1 box Tin Foil

2 box Saran Wrap

2 boxes Baby Wipes

12 rolls Toilet Paper

6 rolls Paper Towels

4 box Trash Bags (small)

4 box Trash Bags (large)

2 box Ziploc storage bags (medium)

2 box Ziploc storage bags (large)

Sponges/scotch brite

3 quarts Bleach

3 bottles Propane fuel

3 small bottles Dish soap (Joy)

Cooking Apron