

Eating in Space Handout



About eight to nine months before the scheduled launch day astronauts report to NASA's Space Food System Laboratory. At this time astronauts get to taste-test a variety of food items prepared by NASA's professional team of chefs and nutritionists.

Not only do the astronauts get to taste the food, they also get to experience the drink pouches they will use in space. Each drink pouch has a straw that can be inserted into the pouch that has a shut-off switch so extra droplets of the drink are unable to escape from the straw.

During this time astronauts make recommendations about their preferences (food and drink). NASA's dieticians then use the astronauts "favorite choices" to prepare an 8 day menu. If the astronauts are in space longer than 8 days the meal choices will repeat starting with day 1.





Sample food items packaged and prepared for space. Notice how everything is clearly labeled and provides directions for the astronauts on how to prepare the food.





Fresh fruit floating around in space makes this astronaut smile. Fresh fruit is only available for a short time after a mission (changing out astronauts or a re-supply mission) occurs.



This astronaut is demonstrating the proper way to add peanut butter to a sandwich. Peanut butter comes in a squeezable tube. This is similar to other condiments (salt, pepper, ketchup, etc.) that all come in a liquid form.



This is a picture of the dining room table in the International Space Station. Notice the strips of Velcro used to attach all items to the table. There are scissors attached to the table to help the astronauts open their food and drink pouches.



ISS005E16310

Dinner does not look so easy! These two astronauts are enjoying dinner onboard the International Space Station.