



Logistical Considerations

What are they?

Logistics: Planning and carrying out of any complex or large scale activity.

The supply of food for a large number of people presents logistical issues. This could include preparing food for people who are bushwalking or camping, in hospitals, in canteens, in nursing homes and for plane travel.

When undertaking outdoor activities it is important that foods are kept very cold or very hot. As soon as perishable foods enter the danger zone, bacteria will begin to multiply.

Bushwalking

- Balanced healthy diet to give you energy.
- Lightweight.
- Easy and fast to prepare.
- Not be at risk of spoiling in hot weather.
- Freeze dried and dehydrated foods are a good option.
- Plenty of water to keep you hydrated.



Camping

- Easy to prepare and interesting.
- Nutritious.
- Non-perishable foods are beneficial, particularly if you have no access to a refrigerator.
- Best to use dry, UHT and canned products.



Hospitals

- Light in fat.
- Presented attractively.
- Small in portion.
- Offered frequently.



It is logistically impossible for a hospital kitchen to provide halal and kosher food and patients may have to organise delivery of their own meals.

Some patients also have special diets advised by doctors.

Canteens

- Nutritious foods and part of a balanced diet.
- Schools can help to reduce nutritional problems by offering and promoting a good selection of nutritious, tasty and attractive foods.
- Affordable.
- Easy to prepare.



Nursing Homes

- Meals satisfy physical requirements as well as psychological, emotional and social needs.
- Menu plans should take into consideration the individual preferences and special dietary needs of all residents.



Airline Food

- Broad selection of international and regional foods.
- Most cater for special dietary, medical, cultural or religious requirements.
- Example; Qantas offers diabetic, lactose free, gluten free, lacto-ovo- vegetarian, Hindu, halal and kosher alternatives (if pre-ordered).
- Food must appeal to the majority - no raw fish, peanuts/peanut oil, spicy or garlic based foods.

- Your palate changes at 30,000 feet so things don't taste the same as they do on the ground.
- Plastic containers are used when serving food as they reduce weight, fuel costs and air fares.
- A 'cook-chill' process is adopted when preparing airline food. Meals are cooked on the ground a few hours before a plane's departure, assembled in plastic dishes, refrigerated for 3 hours at 5 degrees, loaded onto the planes, placed in convection ovens and served.

