

Scientists are inventing new tools to make it easier to prepare food in space. They're also working on how to make eating more enjoyable!

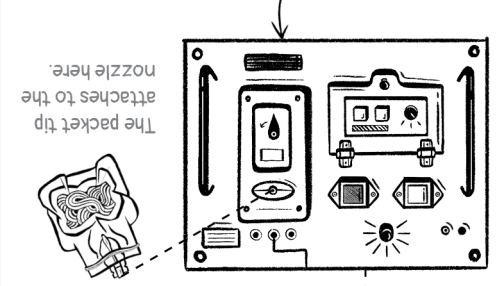


Watch out for crumbs! Crumbs from crunchy snacks, like chips, could get stuck in the air filters or equipment.

Seasonings must stick! Salt and pepper come in a gel form that clings onto food in the microgravity environment of the ISS.



Meal packets attach to the Rehydration Station on the water dispenser. It adds water to the food inside to heat or rehydrate it (or both). This machine provides astronauts with their drinking water, too! The ISS recycles 90% of the water onboard.



No ovens or stoves on the ISS! Instead, astronauts heat their food by adding hot water, which comes from a machine called a water dispenser.

PREPARING FOOD ON THE ISS

NASA RESOURCES
nasa.gov/content/space-food-systems

ABOUT THE ZINE
 This zine was written and created by the MIT Media Lab Public Library Innovation Exchange (PLIX) and Maggie Coblenz (Media Lab Space Exploration Initiative).
 Learn more at:
plix.media.mit.edu

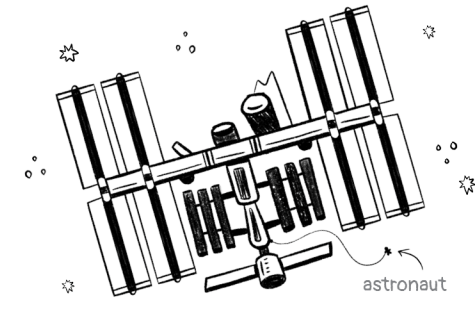
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SPACE FOOD



Welcome to Space!

If you lived on a spacecraft, what would you eat? Where would your food come from? How would you cook it? What would your kitchen look like?



The ISS (International Space Station) is where astronauts from all over the world live together in space.

Astronauts aboard the ISS cook and eat food in very different ways than we do here on Earth.

GETTING FOOD INTO OUTER SPACE

When astronauts travel to the ISS they have to bring food with them from Earth. Most space food is freeze-dried and vacuum-sealed into packets. Removing water and air makes these packets lightweight and small.



These packets also have a long shelf life and they do not need refrigeration.

They are great for transporting into outer space and are easily stored on the ISS!

