

Considerations for Dining in Space



Microgravity affects **the way fluids behave**, so you can't pour or drink easily in space.



Space environments **alter human physiology**, dulling astronauts' sense of taste.



Food **cannot produce crumbs**, which can stray into air filtration systems and damage costly equipment.



Standard kitchen equipment used to **store and heat food** (like ovens & freezers) aren't available due to storage and power (electricity) constraints.



Because it is so costly to ship cargo into space, foods must have a **very long shelf-life**.



Weightlessness affects the ability to **combine ingredients**, so even salting a meal is impossible!



There **isn't much room for storage** on-board the ISS, so meals are often vacuum-sealed, freeze-dried, and flat-packed to take up less space.



Processes that require microbial activity, like **fermentation**, are impossible on the ISS because the microorganisms required aren't permitted.

PLIX Space Food v0.01

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