

# Skylab



**This Skylab food tray had individual recessed compartments into which the canned food item was placed for heating. At meal time, the crew member selected the meal and placed the items to be warmed in the food tray.**



**Skylab Astronaut Owen K. Garriott eating in the Skylab dining area.**

The dining experience on Skylab was unlike any other space flight. The Skylab laboratory had a freezer, refrigerator, warming trays, and a table. Eating a meal on Skylab was more like eating a meal at home. The major difference was the microgravity environment.

The supply of food onboard was sufficient to feed three astronauts for approximately 112 days. The menu was designed to meet each individual astronaut's daily nutritional requirements based on age, body weight, and anticipated activity. Each astronaut's caloric intake was 2,800 calories a day. These nutritional requirements were part of the life science experiments conducted on Skylab.

Skylab foods were packaged in specialized containers. The rehydratable beverages were packaged in a collapsible accordion-like beverage dispenser. All other foods were packaged in aluminum cans of various sizes or rehydratable packages.

To prepare meals, the Skylab crew placed desired food packages into the food warmer tray. This was the first device capable of heating foods (by means of conduction) during space flight. Foods consisted of products such as ham, chili, mashed potatoes, ice cream, steak, and asparagus.

Visit <http://spacelink.nasa.gov/space.food> to see and download the Skylab Food List.

