



Importance of serving hot food

Life aboard a cargo ship is physically demanding and mentally taxing. Crew members work in challenging environments, often enduring long hours, harsh weather conditions, and physically strenuous tasks. Among these conditions, the quality and temperature of the food served onboard are not mere comforts—they are essential elements of crew welfare, health, and morale. Ensuring that food is served hot plays a critical role in maintaining both the physical well-being and the mental resilience.

Health and safety considerations

Serving hot food is a basic food safety measure. Perishable items such as meat, poultry, seafood, and cooked vegetables must be kept at temperatures above 63°C (145°F) to prevent bacterial growth.

Nutritional value and digestive health

Hot meals are generally easier to digest and often retain better flavour and texture. Warm food stimulates the digestive system and helps in the effective absorption of nutrients. Cold, stale, or improperly reheated meals can lead to gastrointestinal discomfort.

Crew morale and mental well-being

Hot, well-prepared meals provide emotional relief and a moment of pleasure in an otherwise demanding routine. Consistently serving hot food shows care and respect for the crew, boosting morale and reinforcing the feeling of being valued and looked after.

Best practices to maintain hot food on-board

To ensure food is served hot, the galley team should adopt several best practices:

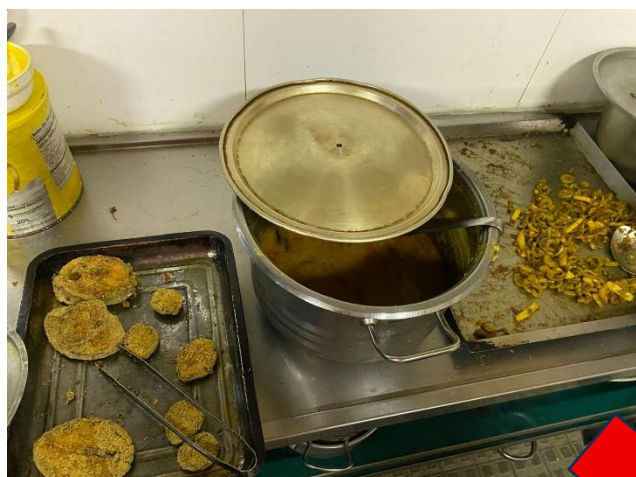
- **Timely Serving:** Cook closer to meal timings
- **Use hot holding equipment:** Chaufing dish, Casseroles, Bain Marie or Thermal boxes
- **Check Temperatures:** Regularly check the temperature of hot food to ensure its outside the danger zone.
- **Meal scheduling:** Mealtimes should be coordinated with watch schedules to avoid delays that can cause food to go cold.

- **Crew Feedback:** Regularly checking with the crew on food quality, including temperature, helps in identifying and correcting issues promptly.

Conclusion

Keeping food hot till serving is a fundamental aspect of ensuring the health, safety, and well-being. It's not simply about culinary standards—it's a critical element of life-at-sea, that impacts morale, efficiency, and safety. By prioritizing this seemingly small detail, we can demonstrate a broader commitment to the welfare of our crew members, fostering a healthier and more productive working environment.

This broadcast is an outcome of the recent Food safety & Hygiene audits conducted on our vessels. Unfortunately, it has been noticed that most of the vessels serve the food at room temperature. Sometimes it's due to absence of food warmer equipment and many times, since it's easy for the galley team to do so. Kindy do initiate corrective measures as seem fit.



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