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Life Support, habitats and EVA Systems (7)

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SPACE NUTRITION AND ANALOG ASTRONAUTS IN THE COVID-19 PANDEMIC

Abstract

The Corona Virus Disease 2019 (COVID-19) pushed us to the limits of becoming Analog Astronauts within the confines of our homes. Of course, excluding the natural differences between Earth and the extraterrestrial environments, the numerous community quarantine lockdowns mimic the closed environment that astronauts experience on-board the International Space Station (ISS), and will experience in the upcoming years of human space exploration. For about two years, humanity across continents shared this common experience globally. Over three hundred (300) respondents from Canada, the Caribbean, Greece, Hong Kong, India, Italy, Japan, Philippines, Qatar, Singapore, Thailand, and the United States of America disclosed their dietary adjustments for health and survival. This paper showcases the consumer landscape variations before and during this historic pandemic. Vital concepts were drawn to summarize data that may serve as a benchmark in ideation proposals on basic life support in the food and supply chain, tailored for future crewed Lunar and Martian missions.