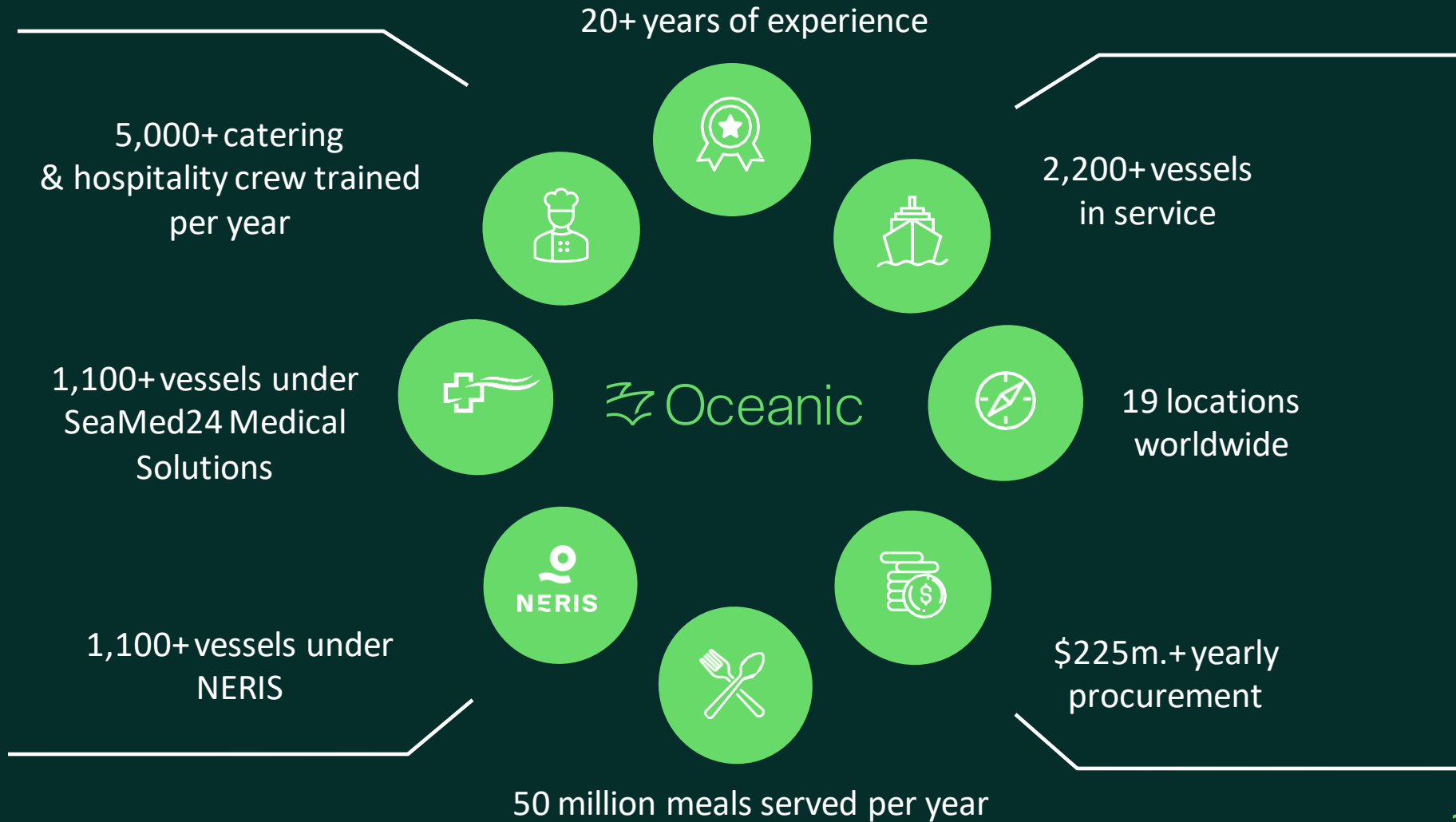


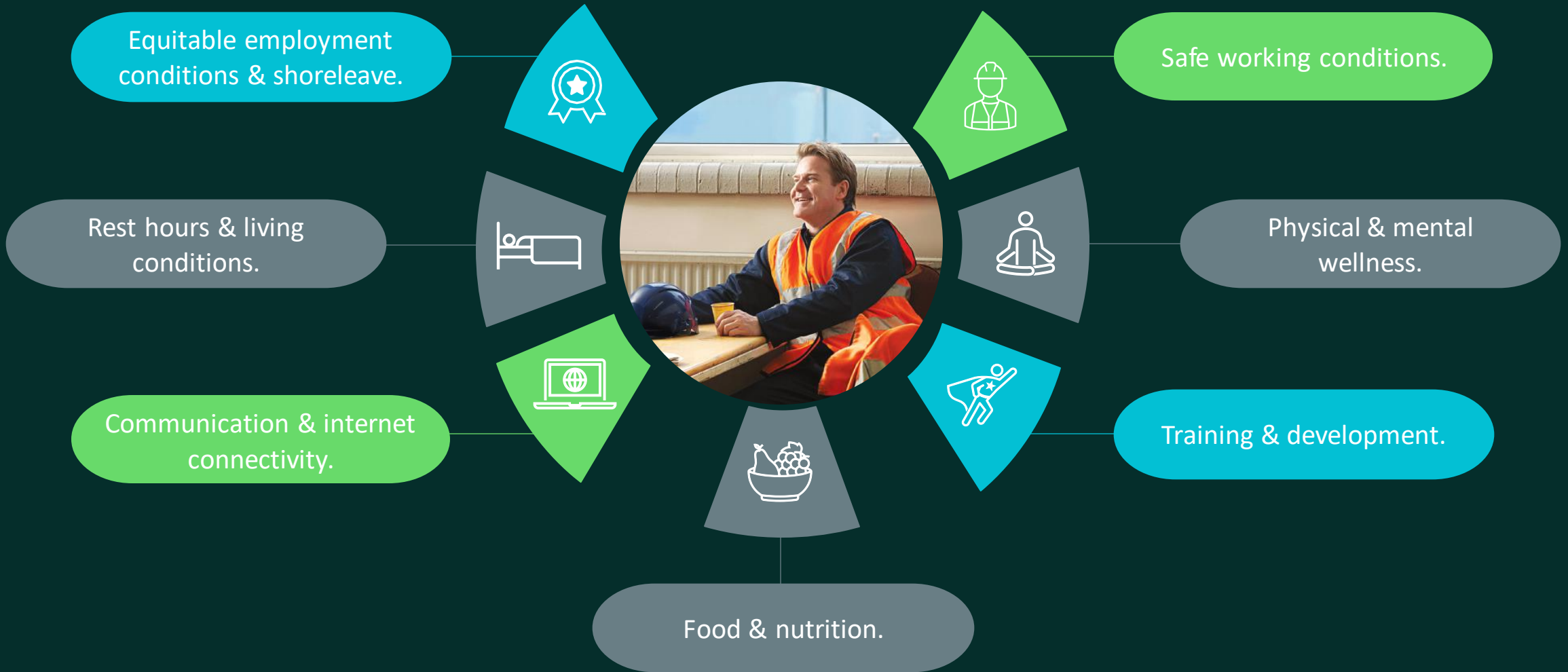


Addressing Seafarers' Needs: Prioritizing Crew Welfare & Nutrition through Healthy Victualing.

A World Leading Marine Services Provider, committed to Crew Welfare, Digitalization & ESG.



Crew Welfare Parameters.



“Let food be the medicine
and medicine be the food.”
Hippocrates.



A Cook has a critical role onboard a ship.

A skilled cook can win the hearts of its fellow seafarers; an inexperienced cook will create unhappiness and demotivation leading to reduced performance and often to unsafe practices.

Shipowners and/or Managers must invest in the skill development of this very important rank.

A well trained, professional Chief Cook should:

- Have a solid understanding of the various cuisines, especially those reflecting his/her fellow crew, as well as their religious and cultural backgrounds.
- Adopt healthier cooking methods and move away from traditional unhealthy practices or dishes. He should be able to convince the crew of this change.
- Be able to create or follow a well structure healthy menu and use ingredients that will provide the maximum of nutrients.
- Be familiar with food cost, stock management and food waste.
- Not compromise on food safety & hygiene standards.
- Be passionate and proud of his role and aim to deliver at high standards

Oceanic Hospitality Training Centre Video.



Shoreside Support: Ensuring Quality of Products & Services.

Seafarers, like all, anticipate high quality, diverse, and ample provisions, along with the assurance that the food they consume is safe.

Owners and/or Managers have a responsibility to ensure that all food items supplied are safe to consume, easily traceable and sourced from safe sources.

To ensure the above, it is important that:

- There is an adequate victualing budget to ensure the right quality and quantity of provisions supplied.
- There is a clear product specification list that will define the quality of the product.
- Well vetted supplier network and quality agreements in place.
- Dedicated HSEQ department or personnel that will follow food related matters
- Continuous feedback on supplier performance and quality of goods
- Visibility & traceability of items should a product recall is required.

Chefs/Catering Superintendents.

- Delivery observations.
- Vessel visits.
- Hands-on support.
- Inspection of galley area & storage rooms.

Supplier Audits & Vessel Visits and Delivery Observations.

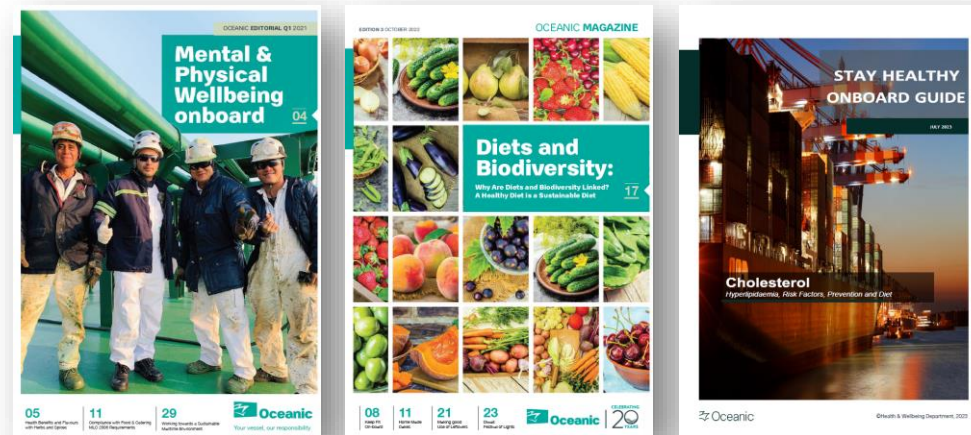


Nutritional Guidelines & Healthy Balanced Menus.

- Providing **healthy well-balanced menus** and **wholesome meals** via a team of nutritionist and chefs according to the latest nutritional guidelines, based on,:
 - Crew nationality,
 - Religious backgrounds,
 - Special preferences,
 - Health issues (i.e., high cholesterol, etc.)
 - Allergies & food intolerances.
 - Specialized dietary recommendations

Healthy Living Campaigns & Educational Material.

- **Educating our seafarers** with information and tools that promote and assist the adoption of **sustainable and healthy lifestyle habits**, aim to enhance the physical and mental health while being onboard.
- Providing **support and education on various health and nutrition-oriented topics** through educational material and guides, aiming towards enhancing seafarers' health & wellbeing, increasing their productivity, motivation, and resilience while onboard.
- **Wellbeing Guidance:** providing comprehensive **guidance to seafarers**, ranging from stress management techniques, exercise onboard to nutritional guidance, to further enhance their physical and mental wellbeing onboard.
- **Wellbeing Campaigns and Competitions:** aiming to foster a culture of teamwork, motivation, and engagement amongst crew members to promote cleanliness, safety, and healthy cooking while onboard.



A Leader in Catering, Hospitality and Wellbeing services, committed to Crew Welfare, Digitalization and ESG.

Catering Management for Merchant Vessels.

- Provisions supply and logistics.
- Stock management.

Hospitality Services for Passenger Vessels.

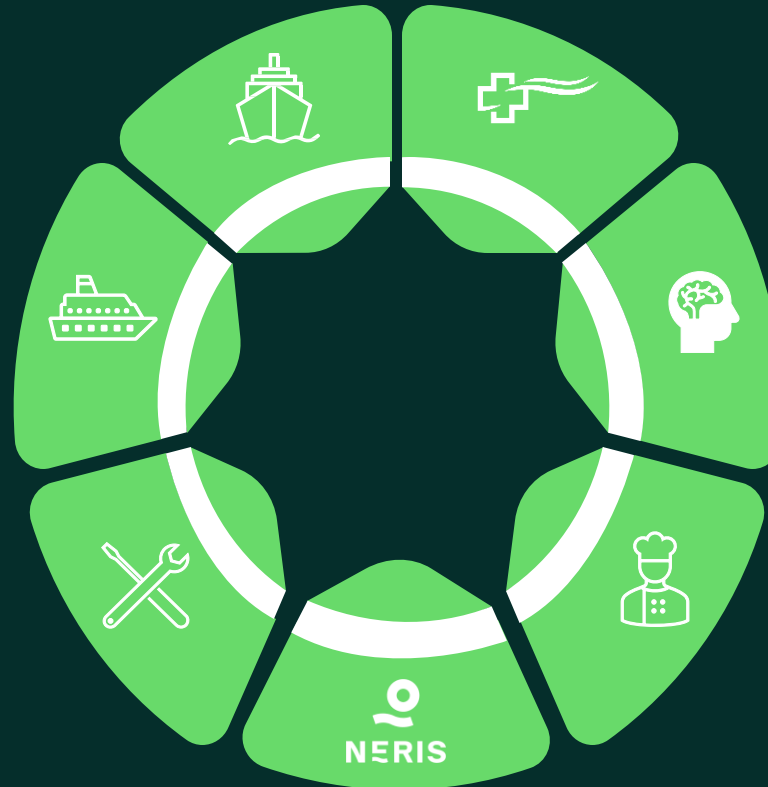
- Management of full onboard hotel service operations
- Hotel and hospitality management

Catering & Housekeeping for Offshore Projects.

- Procurement and logistics.
- Catering and housekeeping services.

Marine Stores.

- We offer general stores as per IMPA ISSA catalogue and as per clients' specific requirements.



SeaMed24 Medical Solutions.

- Comprehensive range of medical management solutions for all sectors of the maritime industry,

Wellbeing Services.

- At Oceanic, seafarers' wellbeing has become a focal point of our operations due to the close links between wellbeing and nutrition.

Hospitality & Culinary Trainings.

- Oceanic has extensive experience in developing bespoke hospitality concepts and services for our clients, delivering tailor maritime training courses to 5,000+ recruits a year.

Oceanic Digital Ecosystem.

- Unique Digital Ecosystem.
- NERIS, our onboard assistant, providing a comprehensive catering and provisions management solution.

Crew welfare isn't an expense; it's an investment in safety, efficiency, and the future of maritime trade.





Thank you.

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