

## Food for Long-Term Storage

When creating a long-term food storage plan, it is best to imagine using it. If tonight you needed to use your food supply to feed your family, what would be easy to fix? What would they ask for? It wouldn't make much sense to fill 5 gallon buckets with rice if your family hates rice, or save flour if you don't know what to do with it. There are plenty of great food storage choices, so pick the ones that are best for you and your family. Remember to include spices and treats too.

Oxygen Absorbers must only be used with food that has a low moisture content. (under 15%) If a food product normally requires refrigeration after opening then that means it is susceptible to anerobic bacteria, and needs to be canned or frozen to be stored long-term.

Here is a list of food products that are great for use with oxygen absorbers:

Rice  
Beans  
Pasta  
Dehydrated fruit/veggies  
Potato flakes  
Nuts  
Trail mix  
Cereal  
Jerky  
Oatmeal  
Powdered milk, juice  
Pet food  
Seeds  
Crackers

Candy/desserts  
Wheat berries  
Flour  
Dried corn  
Flax  
Lentils  
Chick peas  
Corn meal  
Freeze-dried eggs  
Non dairy creamer  
Coconut  
Spices  
Herbs  
Chips

Pancake mix\*  
Bread mixes\*  
Cake mixes\*  
Tortilla mix\*  
Ramen noodles  
Dehydrated soups  
Bouillon cubes  
Medications  
Vitamins

\* just add water version

You can often keep products in their original packages, but if you do, poke a couple holes in the packages so that the oxygen will be removed. Most products are packaged using gas flushing to reduce oxygen levels, but Oxygen Absorbers do a much better job.

Coffee beans will give off a gas. They CAN be stored long-term but if you use a Mylar bag you may see it puff up a little over time.

Salt, sugar, honey and cornstarch do not spoil and do not need Oxygen Absorbers. You may choose to add a dessicant to buffer the moisture level but it is not necessary. Iodized salt may become yellow over time but the color change is safe and will not effect the quality otherwise.

