



Rice - A Grain Above The Rest

Rice is one of the most consumed foods in the world and relatively still inexpensive, thus making it easy and one of the least expensive foods to store. Not only does white rice store for decades, but it is packed full of carbohydrates. In times of stress, we need that to feed our bodies energy. But when you combine 1 cup rice and beans you get about 7 grams of complete protein.

The recommended year supply to store is estimated to be 50 lbs, per adult. This seems easy to accomplish, because it is! Remember you will need about 300 lbs. of grains in total for the 1 year, but only 50 lbs. of rice. See [Food Storage Calculator](http://thefoodguys.com) (thefoodguys.com) for more information. These guidelines can be tweaked to fit dietary needs or allergies.

A family of 4 will need 200 lbs. for a year's supply of rice. If you get this off your list this month then you can concentrate on another food item in a few weeks.

You can store 35 plus pounds of rice quickly and easily in 5-gallon.

Storing rice in a 5-Gallon Mylar Bag:

1. Get 5-gallon bucket.
 2. Open 5-gallon Mylar bags.
 3. Place Mylar in a bucket.
 4. Pour rice into a Mylar bag.
 5. Tap the bucket on the ground to settle rice down.
 6. Add more rice if needed. Make sure to leave about 4 to 5 inches from the top of the edge of the bucket.
- (If you have a Mylar with Zip/seal top feature skip to #8)
7. I like sealing the Mylar about 70% of the way at this point.
 8. Add 2000cc oxygen absorber.
 9. Burp – remove as much of the extra air as you can.
 10. Seal the rest of the Mylar (seal top) and seal the complete top edge.
 11. Double check your seal.
 12. Fold the Mylar into the bucket.



13. Add a lid.

14. Remember to label your bucket with item and date packed and add to your inventory list.

Storing in Gallons Mylar and smaller:

1. [Add rice to your Mylar bag \(gallon and under\)](#).
2. Seal ½ way
3. Add your oxygen absorber.
4. Burp – remove the extra air.
5. Seal the Mylar.
6. Double check the seal.
7. Label your Mylar (Sharpie pens work great or add labels).
8. Place in the storage of the choice (bucket or bin).
9. Add to your inventory list.

Storing in Mason jar:

1. Start with fully sanitized jars (clean and dry)
2. Add rice – leave about 1 inch from top.
3. Add oxygen absorber.
4. Add a lid.
5. If you have a vacuum seal attachment you can vacuum seal the lid (not necessary).
6. Or if not then simply let the oxygen absorber do its job. It will remove the oxygen and will create enough suction to self-seal the lid.

For questions about long-term food storage please call us at 844-857-8277 or email us at customerservice@packfreshusa.com