

**FOOD STORAGE**



**WHERE DO I BEGIN?**

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**WHY STORE FOOD?**

- EMERGENCIES
- WEATHER
- JOB LOSS
- ILLNESS
- SAVE \$\$

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**THREE MONTH SUPPLY**



**LONG TERM STORAGE**



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### WHAT IS A THREE MONTH SUPPLY?

A small supply of food that is part of your normal, daily diet.

- Store your basic pantry items
- Store foods you regularly eat
- Store refrigerator and freezer foods
- Don't forget to include non-food items – toilet paper, toothpaste, batteries, soap, medicines
- Water
- Fuel

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### HOW DO I DO IT?

- Purchase a few extra items each week
- Pick some favorite meals and stock three months worth
  - Make a list of foods you eat on a regular basis & determine how much you would go through in 3 months.
  - Gradually purchase these foods in bulk as they are on sale
  - Combine sales with coupons to save \$\$
  - Use and rotate in daily cooking
  - Replenish as they go on sale

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### GET ORGANIZED!



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## HOW MUCH DO I STORE?

- CHURCH RECOMMENDATIONS
- PURCHASING PLANS
- FOOD STORAGE CALCULATORS

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### CHURCH RECOMMENDATIONS (PROVIDENTLIVING.ORG)

QUANTITY FOR ONE MONTH	RECOMMENDED PRODUCTS	LONG-TERM STORAGE LIFE
11.5 kg / 25 lbs	Wheat, white rice, corn, and other grains	30+ years
2.5 kg / 5 lbs	Dry beans	30+ years

- You may also want to add other items to your longer-term storage such as sugar, nonfat dry milk, salt, baking soda, and cooking oil. To meet nutritional needs, also store foods containing vitamin C and other essential nutrients




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## PURCHASING PLANS

### 52 Week Food Storage Purchasing Plan

Use this 52 Week Food Storage Purchasing Plan to help you meet your food storage goals. Not necessary? We call it a "challenge" to help you reach your goal. [www.providentliving.com](http://www.providentliving.com)

Week #	Quantity	Measure	Food Item	Notes	Week #	Quantity	Measure	Food Item	Notes
Week 1	10 lbs	Wheat			Week 27	10 lbs	Wheat		
Week 2	10 lbs	Wheat			Week 28	10 lbs	Wheat		
Week 3	10 lbs	Wheat			Week 29	10 lbs	Wheat		
Week 4	10 lbs	Wheat			Week 30	10 lbs	Wheat		
Week 5	10 lbs	Wheat			Week 31	10 lbs	Wheat		
Week 6	10 lbs	Wheat			Week 32	10 lbs	Wheat		
Week 7	10 lbs	Wheat			Week 33	10 lbs	Wheat		
Week 8	10 lbs	Wheat			Week 34	10 lbs	Wheat		
Week 9	10 lbs	Wheat			Week 35	10 lbs	Wheat		
Week 10	10 lbs	Wheat			Week 36	10 lbs	Wheat		
Week 11	10 lbs	Wheat			Week 37	10 lbs	Wheat		
Week 12	10 lbs	Wheat			Week 38	10 lbs	Wheat		
Week 13	10 lbs	Wheat			Week 39	10 lbs	Wheat		
Week 14	10 lbs	Wheat			Week 40	10 lbs	Wheat		
Week 15	10 lbs	Wheat			Week 41	10 lbs	Wheat		
Week 16	10 lbs	Wheat			Week 42	10 lbs	Wheat		
Week 17	10 lbs	Wheat			Week 43	10 lbs	Wheat		
Week 18	10 lbs	Wheat			Week 44	10 lbs	Wheat		
Week 19	10 lbs	Wheat			Week 45	10 lbs	Wheat		
Week 20	10 lbs	Wheat			Week 46	10 lbs	Wheat		
Week 21	10 lbs	Wheat			Week 47	10 lbs	Wheat		
Week 22	10 lbs	Wheat			Week 48	10 lbs	Wheat		
Week 23	10 lbs	Wheat			Week 49	10 lbs	Wheat		
Week 24	10 lbs	Wheat			Week 50	10 lbs	Wheat		
Week 25	10 lbs	Wheat			Week 51	10 lbs	Wheat		
Week 26	10 lbs	Wheat			Week 52	10 lbs	Wheat		

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### #10 CANS

- Cans and oxygen absorbers are for sale to Church members at home storage centers
- Store foods that are dry, shelf-stable, and low in oil content
- .82 gallons
- Cans should be protected from moisture to prevent rust
- Store best in a cool, dry area not in direct contact with floors or walls



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### PETE BOTTLES

- PETE bottles are identified on the container with the letters PETE or PET under the recycle symbol
- PETE (polyethylene terephthalate) plastic can be used with oxygen absorbers to store products such as wheat, corn, and dry beans
- Other types of plastic bottles typically do not provide an adequate moisture or oxygen barrier for use with oxygen absorbers. Do not use containers that were previously used to store nonfood items.



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### FOIL POUCHES

- Use to store foods that are dry (about 10% moisture or less), shelf-stable, and low in oil content
- **Do foods react with the aluminum in the pouch?**
- Pouches are not rodent proof

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### FILLING POUCHES

- Fill a pouch with one gallon (4 liters) of product. (Overfilling will result in a poor seal.) A two-quart (2-liter) pitcher, cut off at the two-quart (2-liter) line, is a good measure to use in when you are filling pouches. Fill with two level measures, tapped down.
- Place an oxygen absorber packet on top of the product in each pouch.
- For powdered products, wipe product dust from inside the seal area using a dry towel
- Follow sealer directions

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### BUCKETS

- Plastic buckets may be used to store food commodities that are dry (about 10 percent moisture or less) and low in oil content. Only buckets made of food-grade plastic with gaskets in the lid seals should be used. Buckets that have held nonfood items should not be used.
- To prevent insect infestation, dry ice (frozen carbon dioxide) should be used to treat grains and dry beans stored in plastic buckets. Treatment methods that depend on the absence of oxygen to kill insects, such as oxygen absorbers or nitrogen gas flushing, are not effective in plastic buckets
- Do not stack plastic buckets over three high. If buckets are stacked, check them periodically to ensure that the lids have not broken from the weight

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### DRY ICE TREATMENT

- Use approximately one ounce of dry ice per gallon (7 grams per liter) capacity of the container. Do not use dry ice in metal containers of any kind or size because of the potential for inadequate seals or excessive buildup of pressure.
- Wear gloves when handling dry ice.
- Wipe frost crystals from the dry ice, using a clean, dry towel.
- Place the dry ice in the center of the container bottom.
- Pour the grain or dry beans on top of the dry ice. Fill the bucket to within one inch (25 mm) of the top.
- Place the lid on top of the container and snap it down only about halfway around the container. The partially sealed lid will allow the carbon dioxide gas to escape from the bucket as the dry ice sublimates (changes from a solid to a gas).
- Allow the dry ice to sublimate completely before sealing the bucket. Feel the bottom of the container to see if the dry ice is all gone. If the bottom of the container is very cold, dry ice is still present.
- Monitor the bucket for a few minutes after sealing the lid. If the bucket or lid bulges, slightly lift the edge of the lid to relieve pressure.
- It is normal for the lid of the bucket to pull down slightly as a result of the partial vacuum caused when carbon dioxide is absorbed into the product.

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### “SUPER PAILS”

- This is a combo of 2 storage methods. It is a sealed Mylar bag in a bucket.




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### OXYGEN ABSORBERS

- Oxygen absorbers protect dry foods from insect damage and help preserve product quality. They are used when dry foods are packaged in sealed containers.
- Oxygen absorbers are small packets that contain an iron powder. The packets are made of a material that allows oxygen and moisture to enter but does not allow the iron powder to leak out.
- Moisture in the packaged food causes the iron in the oxygen absorber to rust. As it oxidizes, the iron absorbs oxygen. Oxygen absorbers rated for 300 cubic centimeters (cc) of oxygen work well for properly packaged dry food in containers of up to one-gallon capacity (4 liters).
- Oxygen absorbers remove oxygen more effectively than vacuum packaging. Air is about 20 percent oxygen and 80 percent nitrogen. Absorbers remove only the oxygen. The air left in the container is mostly nitrogen and will not affect the food or allow the growth of insects.

Quantity of 500 CC	#10 can weight	Quantity of 2000 CC	
0-2.5 lbs	2	0-15 lbs	3
2.5+ lbs	1	16-35 lbs	2
		35+ lbs	1

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### HOW TO USE OXYGEN ABSORBERS



- Cut open the top of the bag of absorbers. Do not open the individual absorber packets.
- Remove the number of absorbers from the bag that you will use in the next 20 to 30 minutes, and spread them out on a tray. Remove additional groups of absorbers from the supply as you need them during the packaging process, but do not open and close the bag repeatedly to get only a few absorbers at a time.
- Reseal the remaining supply of absorbers by one of the following methods. Do not store absorbers in Ziploc bags.
  - Seal the bag of absorbers with the special blue clamp provided by the home storage center.
  - Seal the bag of absorbers with an impulse heat sealer.
  - For longer storage when an impulse sealer is not available, remove the absorbers from the bag and place them into a glass canning jar that has a metal lid with a gasket. A one-pint jar (500 ml) will hold 25 absorbers.
- Place one absorber into each container of food as it is packaged.

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## STORAGE CONDITIONS

- **TEMPERATURE**
  - Store products at a temperature of 75°F/24°C or lower whenever possible. If storage temperatures are higher, rotate products as needed to maintain quality.
- **MOISTURE**
  - Keep storage areas dry. It is best to keep containers off of the floor to allow for air circulation.
- **LIGHT**
  - Protect cooking oil and products stored in PETE bottles from light.
  - Light and heat can destroy not only the taste and texture of your food, but also the nutritional content
- **INSECTS AND RODENTS**
  - Protect products stored in foil pouches and PETE bottles from rodent and insect damage.
- **DO NOT STORE DIRECTLY ON CONCRETE**
  - Store plastic buckets off the floor by at least ½ inch (1.3 cm) to allow air to circulate under the bucket.

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## STORAGE SOLUTIONS

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### Under Beds and Other Furniture



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**Make Furniture**



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**Utilize Closet Space**



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**Build Shelving**



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### Garage & Basements



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### ROTATING YOUR FOOD

- Gamma Lids
- Small Buckets
- Plastic Containers
- Food Storage Cook Books

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### FOOD STORAGE MISTAKES

- Variety
- Extended Staples
- Vitamins
- Quick & Easy & Psychological Foods
- Balance
- Containers
- Use Your Storage

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**FOOD ITEMS NOT SUITABLE FOR LONG TERM STORAGE**

- Botulism poisoning may result if moist products are stored in packaging that reduces oxygen.
- Some dry products are not suitable for long term storage due to moisture content, oils, or other reasons.

Barley, pearled	Meat, dried (such as jerky)
Eggs, dried	Nuts
Flour, whole wheat	Rice, brown
Granola	Vegetables & fruits (dehydrated, unless dry enough to snap when bent)

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**MY FAVORITE SITES**

- [EverydayFoodStorage.NET](#)
- [FoodStorageMadeEasy.NET](#)
- [EmergencyEssentials.COM](#)
- [ProvidentLiving.ORG](#)

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