

Food Storage Principles

Having food when outside food sources are unavailable

- **KIND OF FOODS TO STORE:**

- Food you enjoy eating

- Food with a long shelf life

- Food that is high in calories and nutritious

- Food that ideally requires minimal cooking time (*uses less fuel*)

- **BASIC PRINCIPLES OF FOOD STORAGE:**

- Seal in containers - that keep from insects and animals

- Keep cool - doubles shelf life with every drop in 10 degrees

- Keep dry - seal in food grade containers, keep containers off of concrete

- Keep free from oxygen - seal with O₂ absorber packets or CO₂ (*dry ice*)

- Rotate - "*first in first out rule*" to keep from getting stale

- **TYPES FOODS TO STORE**

- Whole Dried Seeds (*beans, whole grains, popcorn, peas, lentils, etc.*) - longest shelf-life

- Freeze Dried Foods - when sealed in #10 cans or vacuum-packed bags have long shelf-life

- Quick Cooking Food (*Minute Rice, Oatmeal, Angle hair pasta, Top Ramen, etc.*) require less energy

- Quick Meals – (*freeze dried meals, canned chili, canned soups, etc.*)

- **FOOD BUCKETS STORAGE TIPS:**

- Add favorite recipes. *Example: add recipe for barley soup, barley cereal, and barley bread to barley bucket*

- Add complementary foods. *Example: add a package of brown sugar & powdered milk to oatmeal bucket*

- **SPOKANE STORES** that sell foods for storage, at a reasonable price:

- WinCo - 25 lb sacks dry grains, 20 lb boxes of pasta, bulk food bins, and bulk spices

- Walmart - #10 cans of freeze dried food, 20 lb bags of rice, and beans

- Costco – 25 lb bags of rice, pastas, canned meats, pancake mix, and spices

- Spokane Home Storage Center - #10 cans of long-shelf foods and sacks of wheat

- **GATHERING YOUR OWN FOOD:**

- Garden

- Hunt and fish

- Raise chickens and rabbits

- Can and/or dry your own foods