

# Food Storage Principles

*Having food when outside food sources are unavailable*

- **MINIMUM EMERGENCY HOME FOOD STORAGE:**

- One 5-gallon bucket – of quick cooking meals

- Six 5-gallon buckets - of dry long shelf life foods

- Twelve #10 cans - of freeze dried or dehydrated foods

- **BASIC PRINCIPLES OF FOOD STORAGE:**

- 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 CO<sub>2</sub> (*dry ice*) or O<sub>2</sub> absorber packets

- Keep from insects and animals - good protective containers

- Rotate - “first in first out rule” to keep fresh

- **TYPES OF HOME STORAGE FOODS**

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

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

- TVP (*Textured Vegetable Protein*) - when freeze dried and sealed have a 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, MREs, 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 foods, #10 cans of freeze dried food, and bulk spices

- Walmart - #10 cans of freeze dried food, Quick-freeze dried meals

- Costco - rice, pinto beans, pastas, pancake mix, canned meats, and spices

- **GATHERING YOUR OWN FOOD:**

- Garden

- Hunt and fish

- Raise chickens and rabbits

- Can and/or dry your own foods

- **Resources:**

- [wincofoods.com/winco-answers/how-do-i-order-online](http://wincofoods.com/winco-answers/how-do-i-order-online)

- Emergency Essentials – [BePrepared.com](http://BePrepared.com)

- [costco.com/emergency-kits-supplies](http://costco.com/emergency-kits-supplies)

- [Nitro-Pak.com](http://Nitro-Pak.com) (food and equipment)

- Walton Feed inc. (home preparedness, food and supplies)

- [lehmans.com](http://lehmans.com) (food and equipment)