



## The One Year Food Storage Kit

The One-Year Food Storage Kit makes it possible to begin storing - or to custom tailor existing food storage preparations without spending a short-term fortune. The Food Storage Kit allows you to store familiar foods, do it over time and take advantage of special prices and sales at your local grocery store. The price of most prepackaged storable foods can run five times the cost found in your local grocery store and often the shipping alone costs as much as the food itself. When you add it all together, you can easily save 90% of the cost of your food storage plan by simply doing it yourself.

**The kit includes 250 one-gallon Mylar barrier bags, 300 oxygen absorbers and (while supplies last) Vicky Tate's book "Cookin' with Home Storage".** Simply pick up extra rice, beans, popcorn, macaroni or other dry food's (*the book is packed full of food item suggestions*) while you're out shopping, place the food in a Mylar bag along with an oxygen absorber and simply seal the bag using your household iron. When you have filled all the bags, you will have approximately a fifteen-month supply of food for one person.

### **ITEMS NEEDED:**

Iron, ironing board, small zip lock baggie, brown paper lunch bags (for one gallon bags) and scotch tape.

### **INSTRUCTIONS:**

Set up the ironing board and set the iron to a medium heat setting. In each master pack of oxy absorbers there should be a white pill. Make sure the pill is white (*the pill turns blue if the seal on the master pack has been broken - if the pill is blue, the oxy absorbers may be saturated and no longer usable*). Open the master pack of oxy absorbers and remove the number that will be required during the packing session. Store them temporarily in the zip lock bag. Take the balance of the oxy absorbers and place them into a Mylar bag. Lay the opening flat on the ironing board and iron the top inch or so closed (*to access the oxy absorbers at a later date, cut off the sealed portion, remove the oxy absorbers that will be needed, and reseal the Mylar bag as per instructions above*). Fill a brown paper lunch bag with the food to be stored. Remove an oxy absorber from the zip lock bag and reseal. Place the oxy absorber in the paper bag and tape closed. Insert paper bag into a Mylar bag and repeat sealing instructions above.

### **HELPFUL HINTS:**

**Sealing:** It may be helpful to use a one foot length of two by four as a sealing surface as this will raise the sealing edge to approximately that of the filled Mylar bag. If used, we recommend the two by four be covered with a towel. If the iron sticks to the Mylar bag, reduce heat setting. If the Mylar does not seal properly, increase the heat setting and re-iron the seal.

**Food Items:** As a general rule of thumb, foods that have a low oil or moisture content store much longer than foods with high oil or moisture content. For example, brown rice has a higher oil content than does white rice and therefore white rice will store longer than brown rice. We recommend that two oxy absorbers be used on food items that have a high air content. For example, you should use two oxy absorbers to store macaroni whereas one should be sufficient for rice.

**Storage:** Rodents are a consideration so it is recommended that the Mylar bags be wiped free of food dust and then packed into cardboard boxes for easy stacking. Rodents will not be able to smell the food through the Mylar barrier. However, it may be advisable to place rat bait in the food storage area as a precaution. Food should be stored in a cool area, if you have a basement, this would be a preferred storage site.