Long Term Food Storage Basics

Categories: Food & Water, General Prepping

This video is a Fox News Report on Inflation, Higher Prices and Emergency Preparedness.

It features Tess Pennington of Ready Nutrition and she demonstrates some best practices and a multi-barrier process for packaging food for short and long term storage in mylar bags (or large food grade buckets) with oxygen absorbers, a vacuum seal, and a heat seal. With proper storage techniques the shelf life of your food preps can exceed 20 years for most dry goods like rice, wheat, sugar, beans, oats, wheat and pasta.

It is quite a long video at just over 10 minutes, but it goes into a lot of detail and it is an excellent introduction (or refresher) into how to package some essential foods for long term storage.