

FOOD STORAGE BASICS



UNIT 2

Bachelor Food Storage Guide

Here it is, the secret chart used by bachelors worldwide, because They don't have wives who can recognize on sight (and sometimes before) when the Big Mac has become one with the special sauce.

DAIRY PRODUCTS

- + Milk is spoiled when it starts to look like yogurt.
- + Yogurt is spoiled when it starts to look like cottage cheese.
- + Cottage cheese is spoiled when it starts to look like regular cheese.
- + Regular cheese is nothing but spoiled milk anyway -- if you can dig down and still find something non-green, bon appetite!.

LETTUCE

- + Bibb lettuce is spoiled when you can't get it off the bottom of the vegetable crisper without Comet and a brillo pad.
- + Romaine lettuce is spoiled when it turns liquid.
- + Endive never spoils, But you will never eat it anyway.

CARROTS AND DIP

- + CARROTS - A carrot you can tie into a clove hitch is no longer fresh.
- + DIP - If you can take it out of its container and bounce it on the floor, it has gone bad.

BREAD

- + Sesame seeds and Poppy seeds are the only officially acceptable "spots" that should be seen on the surface of any loaf of bread. Fuzzy and hairy looking white or green growth areas are good indications that your bread has turned into a pharmaceutical laboratory experiment. You may wish to discard it at this time, depending on your interest in pharmaceuticals.

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CANNED FOODS

- + Any canned goods that have become the size or shape of a softball should be disposed of ... Very carefully.

GENERAL RULE OF THUMB

- + Most food cannot be kept longer than the average life span of a hamster. Keep a hamster in your refrigerator to gauge this.

ALL FOODS HAVE A SHELF LIFE

Challenge and Goals for a successful Food Storage Program

- Identify foods your family likes to eat
- Know how to store these foods to increase shelf life
- Create menu plans that will help you use your food storage within its shelf life
- Turn your Food storage into your Convenience Foods

MY PHILOSOPHY

- Familiar foods are a source of comfort during times of stress
- Your Food Storage should be filled with familiar foods
- A practical food storage program is simply creating a mini-grocery store in your basement with the foods you typically buy
- We eat from our Food Storage every day
- Every month we replenish the foods we have used
- We continue to look for recipes and menu plans that are healthy, tasty and add variety to our Food Storage

RECOMMENDATIONS FROM CHURCH LEADERS

Year Supply

- + Basic Foods that store well and will keep you alive
- + Use Food Storage Calculators to determine amount

3 Month Supply

- + Foods your family typically eats
- + Think in terms of meals to create an inventory of needed items

PREPAREDNESS AND PRUDENCE

- + Make foods from scratch to save money and preserve health
- + Purchase in bulk to save money
- + Transfer to appropriate containers for long-term storage
- + Look for expiration dates on food packages
- + Watch for case-lot sales

PREPAREDNESS AND PRUDENCE

- + If you eat food every day you know enough to begin – start now
- + Do something today!
- + You will learn as you go.
- + Education is on-going throughout your life time

HOW DO I STORE FOOD?

+ Room Requirements:

- Cool, Dark and Dry
- Root Cellar items
(potatoes, onions, squash, carrots, apples) - Cool, Dark, and Moist about 50-55 F
- Shelves make things more accessible and easy to rotate

HOW DO I STORE FOOD?

- Containers

- 5 gallon buckets (holds 80 cups)
- Rubber maid containers to store foods in original packaging
- #10 Cans -sealed with oxygen absorbers (holds 13 cups)
- Mason Jars – store in boxes for protection

PRESERVATION TECHNIQUES

Water

Bath

Canning

- + High acid fruits
- + Jams
- + Jellies
- + Fruit Juices

PRESERVATION TECHNIQUES

Pressure Canning

- + Low-acid vegetables
- + Meats –
roast, hamburger, sausage, chicken, turkey
- + Dried beans
(pintos, red, navy, garbanzo, etc)

PRESERVATION TECHNIQUES

Freezing

- + Fruits
- + Vegetables
- + Dairy Products (grated cheese, butter)
- + Eggs (scrambled and frozen in ice cube trays)
- + Bread
- + Meats
- + Prepared meals

PRESERVATION TECHNIQUES

Vacuum Sealing (Dry Pack)

- + Nuts
- + Chocolate chips and candy
- + Dry quick mixes
- + Dehydrated Foods
(jerky, fruit leather, dried fruits and vegetables)

PRESERVATION TECHNIQUES

Dehydrating

- + Meats (jerky)
- + Fruits
- + Vegetables
- + Fruit Leather
- + Vegetable powders
(for baby food or
adding soups)
- + Yogurt snacks
- + Bread crumbs and
crackers

ORGANIZATION TOOLS

- + Food Storage Facts Reference Guide
- + Inventory Sheets
- + Menu Cards
- + Grocery List

STORAGE FACTS AND SHELF LIFE

- How many cups per pound
- How many servings per pound
- Protein foods – how many grams of protein per serving
- Typical shelf life
- Storage tips to lengthen shelf life

SAMPLE INFORMATION FROM FACT SHEET

Item	Market Unit	Volume per unit	Servings per unit	Protein per serving	Shelf Life
Canned beans	16 oz	2 cups	4 servings	7 gm	2 years – normal conditions
Dried beans	1 lb	2 ¼ cup	5 ½ servings	14 gm	1 year 30 years with oxygen absorbers
Sunflower seeds	1 lb	3 cups	3 TB 16 servings	6 gm	1 year in original pkg. Vacuum seal for longer storage
Pasta	1 lb		8-10 servings		2 years 30 years with oxygen absorbers

SAMPLE INVENTORY SHEET - BEGINNING

Item	Storage Amount (goal)	Shelf/Fridge/ Freezer	Container Size and #
White Flour	150 lbs	Shelf	6 – 5 gallon buckets
Powdered Milk	150 lbs	Shelf	50 - #10 cans
Refried Beans	12 lbs	Shelf	12 – 1 lb cans
Canned tomatoes	12 lbs	Shelf	12 -1 lb cans
Frozen broccoli	6 lbs	Freezer	6 – 1 lb bags
Olive Oil	4 gallons	Shelf	8 – 2 qt containers
Canned chicken	12 lbs	Shelf	12 pints
Apple Juice	3 gallons	Shelf	6 – ½ gallon containers

FINAL INVENTORY – SHELF

Item	Storage Amount (goal)	Container size and #
Canned chili	12 lb	12 – 1 lb cans
Spaghetti Sauce		12 quart jars
Parmesan Cheese		3 – 8 oz containers
Popcorn	50 lb	2 – 5 gallon buckets
Spaghetti	10 lbs	10 – 1 lb pkgs.
Baking Soda		6 – 1 lb boxes
Honey		10 – 5 lb containers
Ketchup		12 – 24 oz bottles
Chicken broth		6 – 1 quart boxes
Grape Juice		24 quarts – each fall

FINAL INVENTORY - FREEZER

Item	Container Size and #
Sprouted navy beans	6 – 1 quart bags
Frozen green beans	3 – 1 lb bags
Grated cheese	10 lbs – 8 pints
Butter	8 lbs
Ground Hamburger	6 – 1 lb pkgs 4 – 1 pint bags, pre-browned
Frozen Orange Juice concentrate	4 – 12 oz cartons
Meatloaf	2 loaf pans
Meatballs	4 quart bags
Frozen Eggs	4 quart bags – 1 dozen eggs per bag

CREATING MENU CARDS

- + Goal: 90 days of meals for breakfast and dinner
- + Ask yourself at dinner tonight –
How often do I eat this meal?
(once a week, once a month, twice a month)

TRANSFER TO INVENTORY LIST

- + Create a meal card for each meal
- + List ingredients for full meal
- + Multiply ingredients by # of times used in 3 months

SPAGHETTI DINNER

6

- + Spaghetti Sauce
- + Noodles
- + Grated Cheddar Cheese
- + Bread Sticks
- + Green Beans

Shopping List

1 jar spaghetti sauce
1 lb hamburger
1 package angel hair pasta
2 cups grated cheese
1 can green beans
1 TB yeast
1 TB honey
1 TB malted milk powder
1 tsp salt
3 cups flour

For 6 meals

6 jars spaghetti sauce
6 lbs hamburger
6 package angel hair pasta
12 cups grated cheese
6 cans green beans
6 TB yeast
2 TB honey
6 TB malted milk powder
6 tsp salt
18 cups flour

WHAT ABOUT LUNCH?

- + Store soups, canned fruits to add to lunch menus
- + Many lunches are created from:
 - Left-over foods
 - Breads and baked goods from long term storage items
 - Snacks in food storage

GROCERY LISTS - SAMPLE

- + Categories typically found in a grocery store
- + Include a list for warehouse clubs, health food stores, mail-order purchases
- + Food items with storage goal in parentheses

CUSTOMIZE

- + Create a computer file for inventory chart and grocery list
- + Visit the Blog:
www.homereliance.blogspot.com
- + Copy and paste into a new document
- + DELETE everything your family does not eat
- + ADD foods that are typical for your family
- + DECIDE your storage goal for each food items

FAST AND EASY USE

- + Bag Meals
- + Freezer Meals
- + Cook ahead beans – freezer and pressure can
- + Cook ahead meats – freezer and pressure can
- + Home-made bread – sliced and frozen
- + Home-made rolls – shape and freeze dough – pull out of freezer 3-4 hours before baking
- + Granola – freeze in zip loc baggies
- + Lunch snacks – make ahead and freeze
- + Home made Quick Mixes

BAG MEALS



- + All ingredients can be stored on the shelf
- + CD cover pasted to the front of the bag for the recipe
- + Re-use and re-fill the bag after meal has been eaten

BAG MEALS



Spice Packet in
ziploc baggie

Taco Soup

- + 1 can green chilies
- + 2 cans tomato sauce
- + 1 can Mexican stewed tomatoes
- + 1 can black beans
- + 1 can corn
- + 1 can chicken

Spice Packet:

- + 3 tsp chili powder
- + ½ tsp oregano
- + ½ teas. garlic powder
- + 2 Tablespoon sugar

BAG MEAL - SUBSTITUTIONS

+ **Cream Sauces - Broth, powdered milk, and flour or corn starch**

+ 12 oz can broth = 1 ½ cups liquid

+ 3 TB powdered milk = 1 cup milk

+ 2 TB flour to thicken 1 cup liquid

+ **Canned Milk**

+ Substitute 1:1 for cream or half-and-half

+ I use a 12 oz can of milk for 1 cup whipping cream and reduce liquid by ½ cup

+ 1 cup milk = 5 oz can of milk plus water to equal 1 cup

BAG MEALS

Dehydrated Vegetables

Reconstitute in room temperature water for 15 minutes before cooking

Parmesan Cheese

Vacuum seal in 8 oz jar to use in pasta dishes and soup

Spice Packets

Purchased or homemade packets to add seasoning

Water Bottles

Include water needed for cooking

Instant Potatoes

Include canned milk in bagged meal to make potatoes with

MY FAVORITE BAG MEALS

Chicken and Rice

Hawaiian Haystacks (3)

Meat and Potato Soup

Beef Stew (3)

Meat and Potato Dinner

Shepherd's Pie (1)

Chicken Gravy over Potatoes (1)

Beef Gravy over Potatoes (1)

Poultry and Pasta

Chicken Alfredo (2)

Turkey Tetrazzini (1)

Beans and Rice

Santa Fe Rice Pilaf (2)

Coconut Rice (1)

Chili

Red Chili (2)

White Chicken Chili (1)

Mexican Soup

Enchilada Soup (1)

Taco Soup (2)

Mexican Meat Dishes

Sweet Pork or Beef (1)

Taco Salad (2)

Italian Soup

Zuppa Toscana (2)

Minestrone (1)

Chinese/Asian

Sweet and Sour Chicken (3)

Turn your Food Storage into
your Convenience Foods!

Store what you eat.
Eat what you store.

Familiar Foods are a great blessing
During times of stress!