

Dry_Food_Storage_2004.txt

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Newsgroups:

alt.survival,compuserve.announce,aol.buy.and.sell,aol.commerce.misc-ads,aol.commerce.general,prodigy.chat,3b,3b.config,3b.misc,5col.announce,5col.forsale,5col.general,ab.general

Subject: Lo-Moisture Food Storage

From: Survival Force <survival@tcd.net>

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AN INTRODUCTION TO LO-MOISTURE FOOD STORAGE

The concept of a food reserve is not new. It wasn't too long ago that almost every family had a pantry filled with food that could sustain them from harvest to harvest. That common sense self-sufficiency of the pantry tradition is still valid. Today's technology and Ready Reserve Foods provide a great variety of food that stores in less space and in a form that will keep much longer. This highly nutritious, easily usable reserve can help give the same peace of mind that a full pantry gave in past generations.

WHY FOOD STORAGE?

Most people have various types of insurance for all kinds of emergencies. Food storage is a necessary and practical form of insurance, where, in our complex society we are dependent on others to supply many of our physical needs. Such a reserve serves to protect against such occurrences as: food shortages, natural disasters, unemployment, strikes, civil unrest, breakdown of food production and distribution, or loss of income through personal illness or injury. The fact is, no matter what happens, we all have to eat!

WHAT ARE LO-MOISTURE FOODS?

Preserving foods by drying them is probably as old as man. In times

past, people on the move or people with a surplus turned to drying as the answer to maximizing their resources. From the Roman soldiers' field ration called Pulmentum (roasted and crushed grain made to be 'rehydrated' to mush or a cake), the beef jerky of the Indians, to the "hard-tack" of the U. S. Dragoon, they discovered that few things spoil if they could be dried. For centuries men have benefited from dry grains and cereals, dried fruits, spices and condiments in their dry form. Today we have- greater variety and better quality foods through technology.

Moisture and oxygen stimulate most bacterial growth and chemical changes that cause foods to deteriorate or spoil. Traditional sun dried foods still retained from 20% to 30% moisture, with all of the oxygen. Some advanced processed foods of today have gone the ancients two better. With Ready Reserve dehydrated foods you get choice fresh foods with even more of the moisture delicately removed to retain full flavor and nutrition and built-in convenience as well as the storage advantages. Plus they are packed in a special heavy duty double enameled can, the oxygen is removed by a vacuum process and an inert storage atmosphere is injected to retard oxidation, nutrition-loss, and associated color and flavor changes.

WHY LO-MOISTURE FOODS?

In addition to long storage life, modern processing insures high nutrition as well as faithful flavor and appearance for many of the things you eat everyday . Cost per serving is reasonably low, considering that the shelf-life is greatly extended, storage space and weight is greatly reduced, waste is eliminated, and time-saving convenience and flexibility are built-in. Finally, with Lo Moisture foods can you enjoy a variety of normal menus, storing what you use and using what you store. . .these foods can be adapted to your meals to provide an easy transition when an emergency forces you to switch to your food reserve. Dehydrated foods are noted for having 1) an

excellent long-storage life with storage stability characteristics, 2) space-saving compactness and 3) they also permit variety in emergency situations.

WHAT SHOULD I STORE?

Some people worry about what they should store or how much. Even though they believe in the concept of food storage and desire to establish a food reserve, they fear that if they store the wrong foods, it may be wasted. The most important counsel concerning food storage is to "store what you use and use what you store" . Why? Because many people have approached food storage by putting away items that have little to do with everyday meals. In the times of food shortage and accompanying stress, it will be very difficult for a family to adjust to an austere food storage program that has little resemblance to their normal diet. Wheat, dry milk, sugar or honey, and salt are five most common items along with beans, rice, oats and other grains. The most satisfactory way to establish a food reserve is to store those foods that permit normal menus. A well rounded diet can be attained with with Ready Reserve Lo Moisture foods. A program some people use is a combination of dehydrated foods, wet-pack, and other emergency rations such as M.R.E.'s, but keep in mind that some of these kinds of foods will need constant rotation.

HOW MUCH SHOULD I STORE?

For reference, the recommended year's supply for one person would be enough for two people for six months, three people for four months or four people for three months.

Because our storage foods are designed to provide normal meal variety, you may decide to include many Lo-Moisture Foods in your daily meals. When using our Ready Reserve prepackaged supplies, consider the following daily amounts.

1/2 cup serving of vegetables

1 cup of protein

8 oz. of wheat or flour
to provide 1/2 loaf daily bread

1/2 cup serving of fruit

1/2 cup serving of potatoes

2 cups milk

Although some of our prepackaged supplies provide food for larger quantities than these suggestions, these amounts assure the best use of available foods. To utilize some recipes in a cookbook, one might, in some instances, combine the two fruit servings to a one cup serving. If you are not using one of our pre-selected units, we still recommend the above proportions served as a minimum daily requirement for emergency planning. By including fruit, vegetables, protein-rich foods, dairy and grain products one is assured of a nutritionally balanced diet.

WHERE SHOULD I STORE?

Ready Reserve Foods high quality dehydrated foods are packaged under careful supervision to meet the highest technical packaging standards. The can, the atmosphere, and the seal are all selected to provide maximum protection to the quality foods inside. This special can lengthens shelf-life. You can increase storage life by providing the best storage conditions. A basement or other cool areas, like a closet, is best, especially if it is dry . Don't store directly on a cement floor. A cardboard box tends to draw moisture from the cement like a sponge.

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Paint or varnish cans to prevent rust if area is damp or humid. Rust on the outside will not damage product if the can does not rust through. Freezing will not harm products, and with most items neither will relatively high temperatures for a short period of time. If your storage conditions are not cool and dry, check your stocks more often to determine their current condition. Do not store food in a garage, attic or metal storage shed where temperatures fluctuate to high degrees.

PUT AWAY AND FORGET?

Even though Ready Reserve Lo-Moisture foods properly prepared for storage are more worry free than any other food items, we recommend periodic checking. By checking your food supplies, you can determine their condition, learn how to use them, and find out what you and your family like to eat. Plastic lids (included in pre-selected food supplies) are available to re-close partially full cans. While most dehydrated products stay in good condition over four, six, eight years or more of storage, the rotation (use and replacement) of stored foods every few years is a wise practice. Periodic checks will build confidence in your reserves and provide comforting assurance that they will be in good condition when needed.

Survival Force

"For Those Determined To Leave Nothing To Chance"

E-Mail: survival@tcd.net