

# DEHYDRATING FOOD FOR LONG-TERM STORAGE



# **Long-Term Food Storage Enemies**

- 1. Water/Moisture**
- 2. Oxygen**
- 3. Light**
- 4. Heat**
- 5. Rodents and Bugs**

# What is Dehydration?

- **Removal of moisture**
- **Allows preservation & long-term storage**



# Why Dehydrate?

## **Shelf Life**

- **When stored properly and kept in a cool, dry place foods can last up to 30 years or longer.**

# Why Dehydrate?

- **Storage**

- No Electricity is required
- Maximize space
  - Eight heads of celery can be stored in one quart mason jar!

- **Inflation**

- **Shortages**



# Getting Started

- **Dehydrator**
  - **Fan Placement**
    - **Back**
  - **Timer**
    - **Not needed**
  - **EXCALIBUR™**



# Getting Started

- **VACUUM SEALER AND BAGS**

- **VACUUM SEALER**



- **VACUUM BAGS**

- Quality counts
- Minimum 3 Mil thickness
- Food Saver™ bags (3Mil)



# Getting Started

- **Mylar Bags**



- **blocks light**
- **durable & puncture resistant**
- **2<sup>nd</sup> line of defense for  
your vacuum sealed bag**



# Getting Started

- **Oxygen Absorbers**

- absorbs any trapped residual oxygen

- size

- 100cc per one-gallon vacuum bag or glass jar.



# Getting Started

- **Miscellaneous**

- Disposable gloves

- Mason jars, lids, rings

- 5 gallon buckets with lids

- Lemon juice



# Dehydrating Food

## Frozen Vegetables and Fruits



# Dehydrated Food



# Storage

- **Storing – short-term/everyday use**
- **Add oxygen absorber**
- **Seal using jar attachment**
- **Keep out of sunlight**
- **Lasts ~ 1 year**



# Storage



**Long-Term  
Storage**



# Information

- **Dehydrate2store.com**
- **Honeyvillegrain.com**
- **[bjschuchart@hotmail.com](mailto:bjschuchart@hotmail.com)**  
“dehydration” in subject
- **excaliburdehydrator.com**
- **store.keepfreshbags.com**