

FOOD STORAGE INFORMATION

At J&L Garden Center, we sell a variety of Food Storage products. Some of the items that we sell are- Freeze Dried and Dehydrated Fruits and Vegetables, Soups, TVP, Baking Mixes, Dairy, Additives, Grains, Spices, Storage containers, and Water barrels.

Storage and Lifespan-

AMERICAN FAMILY SUPPLY #10 CANS.... All our products are dried to 3% moisture and prepared for long term storage. When stored at 69 degrees or less and in a dry well ventilated area, our products will last for years. The life span of each category of foods will be different depending on the product. Grains could last up to 20+ years. Dairy Products could be 10+ years. Vegetables and fruits 15+years. All life spans are dependant on storage temperature. If you need additional information give us a call at 1-800-216-6466.

Country Cream 100% REAL Instant Powdered Milk-

We have been packaging, selling and drinking our quality Country Cream 100% REAL Instant Powdered Milk for over 17 years now and have tried every other brand of powdered milk on the market. Without a doubt, our Country Cream 100% REAL Powdered Milk is the best there is. We have our premium Jersey milk spray dried in a special manner, then shipped to us the same day. We then test each batch to assure that it meets our strict quality control standards for taste and quality. Every time you open a can of Country Cream 100% REAL Powdered Milk you will find it as good as the last. Packaged in special enameled inside to product against flavor loss and outside to protect against rust,#10 cans (approx. one gallon can). We go the extra mile to assure that our product will give you the shelf life you expect. Packaged with an oxygen absorber to remove all the oxygen left in the can to protect against flavor loss, then sealed. We check our cans to assure they have been sealed to prevent any leaks. Our milk is kid tested and 100% approved. You may find milk cheaper but you will never find anything as good or better than our Country Cream 100% REAL Milk. All our food storage foods are packaged for long term storage.

Country Cream Soy Milk-

Country Cream™ Soy milk is made from Identity Preserved Non-GMO Soy Protein, Organic Non-GMO Soybean Powder, and other natural, health promoting ingredients....Country Cream™ Soy milk has 30% less sugar than cow's milk with an excellent balance of complex and simplex carbohydrates for more time-released energy and a lower glycemic index. The bean sugar content is much less than other soy products that create unpleasant symptoms similar to milk sugar (lactose) in many people....Country Cream™ Soy is a great milk alternative for people who are 100% lactose intolerant or who prefer a strict vegetarian diet.

(Soy Milk does not store as long as Instant Powdered milk. Soy Milk stores for about 4-5 years.)

All information above from: <http://grandmascountry.com>

Dehydrated Foods-

Dehydration techniques have come a long way in recent years. Old technology left as much as 30% moisture in the dehydrated products. Nor did these poorly dehydrated foods store very well. With present technology, moisture levels have been reduced to 2% or 3%. Gone are the pliable dehydrated foods. Now they break with a crisp "snap" when bent. With moisture levels reduced to 2%-3%, storage life has been increased to several years.

Don't expect dehydrated vegetables to taste exactly like their fresh or canned counterparts...it's not a bad taste, just a little different taste. Generally speaking, dehydrated foods won't have quite as strong a flavor as fresh foods.

Dehydrated food retains more of it's nutrients than either frozen or canned foods.

Dehydrated foods information from: <http://waltonfeed.com/self/deh-veg.html>

Food Storage- "Use it or Lose it"-

Many people desire to maintain a 12-month supply of food in their homes. People store foods for convenience, for security and for thrift's sake. Having food on hand when you need it, saves you time and energy. It helps you avoid unplanned shopping trips and unexpected dips into your budget. In a financial crisis, stored food is like money in the bank. Buying in bulk or by the case allows you to take advantage of low prices. In times of rising costs, you will be eating tomorrow at yesterday's prices.

THE GOLDEN RULE . . .

Draw from your stored foods every day and replenish them regularly. Rotation is the key to maintaining an EDIBLE inventory of stored foods. Every individual does not like the same foods. We basically eat what we like, and a sudden emergency is no time to introduce untried foods. Each person who is going to eat the stored foods should have some input into planning what foods to store.

As stored items are purchased and brought home, use a grease pencil to mark the purchase date (month and year) on cans, boxes, etc., then use the oldest foods first. This procedure will insure that a shelf-life can be established for each food item. Sometimes you need to know how old the food item was when it was purchased. Almost every food product sold must carry on the label the name and address of the manufacturer and a number code identifying when the product was packed for sale and/or a suggested shelf-life expiration date. A written request to the manufacturer will provide an interpretation of the number code. Commercially canned foods must be used within one to three years.

When you rotate stored foods, you will always be sure of high quality and flavor. When you buy new items, push previously purchased ones to the front of the shelf or storage area. Place the new items behind them. Do not let containers of food gather in your cupboard corners, on the bottom shelves or in back rows. Keep a written inventory so that use levels for each food item can be established. Then as items are used, stored foods can be replenished when they go on sale.

HOW TO BEGIN

There are several methods of stocking food. The easiest for most people is to buy two (bags, boxes, cans, etc) for storage when you buy one for current use. This way you know you'll be buying foods that you routinely eat. Another method is to investigate warehouses, wholesalers and supermarkets to find where you can get special prices for food bought by the case. Then buy to fill your storage space as your budget allows. This way you won't have to buy any more of that item until it goes on sale again.

Still another method is based on the premise that if you're going to store food, you should immediately store the most nutritionally valuable foods that sustain life ie. whole grains, sugar and/or honey, salt and powdered milk. With the addition of a good multivitamin, you would probably be able to stay alive AND healthy in a crisis.

The Storage Area-

The storage area should be located where the average temperature can be kept above 32°F and below 70°F. Remember that the cooler the storage area the longer the retention of quality and nutrients. Freezing of some items, such as canned products, should be avoided since the expansion of the food during freezing may rupture (metal) or break (glass) the container, or break the seal on lids on glass bottles, and allow the food to be contaminated. This could pose a serious safety risk when the food thaws.

The storage area should be dry (less than 15 percent humidity), and adequately ventilated to prevent condensation of moisture on packaging material... Food should not be stored on the floor. It is a good idea to have the lowest shelf 2-3 feet off the floor in flood prone areas. Shelves should be designed so that a simple rotation system can effectively allow the oldest food to be used first and the newest food to be held within the shelf-life period.

When designing and building a food storage area, do it to minimize areas where insects and rodents can hide. As practical, seal all cracks and crevices. Eliminate any openings which insects or rodents may use to gain entrance to the storage area.

Electrical equipment such as freezers, furnaces and hot water heaters should not be housed in the storage area. These appliances produce heat, unnecessarily increasing storage temperatures. Insulation of the storage area from other areas of the house will effectively reduce the average yearly temperature of the food.

Storage Life-

Quality and nutritive value of food deteriorates during storage, therefore foods should not be held for long periods beyond their established shelf-life. When food is stored too long, there is the risk of two things happening: 1) color, flavor, aroma, texture or appearance deteriorate to a level where people will not consume the food, and 2) nutrient deterioration may be severe enough to render the food an unreliable source of specific nutrients.

All information above from: <http://extension.usu.edu/>

FOOD STORAGE NEEDED FOR ONE YEAR

FOOD STORAGE ITEM	Quantity in lbs required for each family member (rounded to nearest 5 lbs)										TOTAL AMOUNT NEEDED FOR FAMILY
	ADULTS		CHILDREN				TEENAGERS				
	Male	Fem.	1-3	4-6	7-9	10-12	13-15 yrs		16-20 yrs		
							Girl	Boy	Girl	Boy	
Wheat	300	200	70	100	160	210	220	280	200	335	
Nonfat dried milk	85	65	100	100	100	100	100	100	100	100	
Sugar and/or honey	45	30	15	20	25	30	30	40	30	50	
Salt	5	5	5	5	5	5	5	5	5	5	
Vitamin supplements	Check with your physician for advice on this storage item										
Vegetable shortening/salad oils	30	25	25	20	20	30	30	40	25	45	
Variety of grains (rice, oats, corn, barley, millet, etc)	90	75	55	45	65	85	90	115	85	140	
Variety of dried beans, peas, soy beans, lentils, etc)	25	20	5	10	20	25	25	35	25	45	
Peanut butter	10	10	10	15	15	15	15	15	15	15	
Variety of vegetables (fresh equivalent)	35	30	20	25	25	35	35	45	35	55	
Potatoes (fresh equivalent)	50	50	25	25	50	50	50	75	75	100	
Variety of canned fruit juices	25	20	15	20	20	25	25	35	25	30	
Variety of fruits (fresh equivalent)	100	100	50	75	75	100	100	100	100	150	
Variety of gelatin, jello, tapioca, chocolate, margarine, butter, powdered eggs, etc	15	10	5	10	10	10	10	15	10	20	
Variety of canned meats	15	10	5	5	10	15	15	20	15	25	
Water for emergency use	1 gallon per day per person										

**Courtesy of "Making the Best of Basics"*

Food Storage Needed For One Year from: <http://extension.usu.edu>

Long Term and Short Term Storage Life-

Beans, Black	30 years	Beans, Pinto	30 years
Beans, White	30 years	Milk, Nonfat Dry	20 years
Rice, White	30+ years	Sugar, Granulated	30 years
Wheat, Hard Red	30+ years	Wheat, Hard White	30+ years
Apple Slices	30 years	Carrots	25 years
Macaroni	30 years	Oats, Quick	30 years
Oats, Regular	30 years	Onions, Dry	30 years
Potato Flakes	30 years	Spaghetti	30 years
Beans, Refried	5+ years	Cocoa Mix, Hot	2+ years
Flour, White	10+ years	Fruit Drink Mix	2+ years

Long Term and Short Term Storage Life Information from: www.providentliving.org

SHELF LIFE		
PRODUCT	OPTIMUM SHELF LIFE	OPENED SHELF LIFE
Grains		
Pearled Barley	8 years	18 months
Cornmeal	5 years	1 year
Egg Noodle Pasta	8 years	2 years
White Flour	5 years	2 years
Whole Wheat Flour	5 years	2 years
Germade	5 years	18 months
Elbow Macaroni	8 years	2 years
Quick Oats	8 years	1 year
Instant White Rice	30 years	2 years
White Rice	30 years	5 years
Spaghetti	8 years`	2 years
Hard White Winter Wheat	30 years	6 months
6 Grain Pancake Mix	8 years	1 year
9 Grain Cracked Cereal	5 years	1 year
Vegetables		
Bell Peppers	7 years	1 year
Broccoli (Freeze Dried)	25 years	2 years
Carrot Dices	8 years	2 years
Cauliflower (Freeze Dried)	25 years	2 years
Celery (Freeze Dried)	25 years	2 years
Sweet Corn (Freeze Dried)	25 years	2 years
Green Beans (Freeze Dried)	25 years	1 year
Mushroom Pieces (Freeze Dried)	25 years	2 years
Chopped Onions (Freeze Dried)	25 years	2 years
Green Peas (Freeze Dried)	25 years	2 years
Split Green Peas	8 years	2 years
Potato Chunks	25 years	2 years
Potato Pearls	8 years	2 years
Sweet Potatoes	8 years	2 years
Chopped Spinach (Freeze Dried)	25 years	2 years
Tomato Powder	8 years	1 year
Fruits		
Apple Chips	7 years	1 year
Apple Slices	25 years	1-2 years
Apricots (Freeze Dried)	25 years	1 year
Banana Chips	7 years	1 year
Banana Slices (Freeze Dried)	25 years	1 year
Blackberries (Freeze Dried)	25 years	1 year
Blueberries (Freeze Dried)	25 years	1 year
Mandarin Oranges (Freeze Dried)	25 years	1 year
Mangoes (Freeze Dried)	25 years	1 year
Peach Slices (Freeze Dried)	25 years	1 year
Pears (Freeze Dried)	25 years	1 year
Pineapple	7 years	1 year
Pineapple Chunks (Freeze Dried)	25 years	1 year
Raspberries (Freeze Dried)	25 years	1 year
Strawberries (Freeze Dried)	25 years	1 year

SHELF LIFE		
PRODUCT	OPTIMUM SHELF LIFE	OPENED SHELF LIFE
Dairy		
Instant Milk	25 years	1-2 years
Powdered Milk	25 years	1-2 years
Chocolate Drink Mix	25 years	1-2 years
Butter Powder	5 years	2 years
Cheese Blend	15 years	1-2 years
Mac & Cheese Powder	15 years	1-2 years
Whole Eggs	5 years	6 months
Meats and Beans		
Black Beans	30 years	5 years
Kidney Beans	30 years	5 years
Lentils	30 years	5 years
Lima Beans	30 years	5 years
Pinto Benas	30 years	5 years
Small White Navy Beans	30 years	5 years
Small Red Beans	30 years	5 years
Bacon TVP	10 years	1 year
Beef TVP	10 years	1 year
Chicken TVP	10 years	1 year
Ham TVP	10 years	1 year
Sausage TVP	10 years	1 year
Sloppy Joe TVP	10 years	1 year
Taco TVP	10 years	1 year
Soups		
Baked Potato Cheese Soup	8 years	1 year
Broccoli Cheese Soup	8 years	1 year
Creamy Chicken Noodle Soup	8 years	1 year
Fruit Drinks		
Apple Drink	3 years	6 mon. - 1 year
Orange Drink	3 years	6 mon. - 1 year
Peach Drink	3 years	6 mon. - 1 year
Basics		
Baking Powder	30 years	2 years
Baking Soda	30 years	2 years
Brown Sugar	10 years	1 year
Powdered Sugar	30 years	12-18 months
White Sugar	30 years	2 years
Iodized Salt	30 years	2 years
Beef Boullion	5 years	2 years
Chicken Bouillon	2 years	6 months

All Information for Shelf Life Charts from: www.shelfreliance.com