

Food Storage Methods

Method	Pros:	Cons:	Best For:
Home Canning	<ul style="list-style-type: none"> -Food doesn't spoil when power goes out -Quality control -Convenient/quick meals -Low cost 	<ul style="list-style-type: none"> -Takes lots of space, need sturdy shelves -Jars may break -Cannot be stored where it may freeze -Seals may break or rust -Time intensive 	<ul style="list-style-type: none"> -Cheap/plentiful foods -Fruit, Veggies, jams, pickles, meats, soups
Drying	<ul style="list-style-type: none"> -Low cost -Little time investment -Takes up less space 	<ul style="list-style-type: none"> -Must be kept air/moisture-tight -Some foods don't reconstitute well 	<ul style="list-style-type: none"> -Onions, tomatoes, herbs, vegetables, fruit, fruit leather, jerky, bean or lentil soups
Vacuum Pack	<ul style="list-style-type: none"> -Some foods last almost indefinitely -Extend life of dried and frozen foods 	<ul style="list-style-type: none"> -Expensive equipment -Doesn't stack well on shelves 	<ul style="list-style-type: none"> -Bulk products: baking soda, baking powder, yeast, herbs -Dried food -Frozen meats
Mylar Packs	<ul style="list-style-type: none"> -Resealable -Lightweight 	<ul style="list-style-type: none"> -Doesn't stack well on shelves -Once you open it must be resealed or used quickly -Mice or misuse can puncture bags 	<ul style="list-style-type: none"> -Dried or bulk foods
#10 cans	<ul style="list-style-type: none"> -Stackable -Manageable size -Pest proof -Nice, uniform storage containers -Easy to move 	<ul style="list-style-type: none"> -Need special equipment -Freeze-dried foods are not familiar and may be expensive -Once you open it must be resealed or used quickly -Must store in dry climate to prevent rusting -Not good for large families 	<ul style="list-style-type: none"> -Dried or bulk foods -Freeze dried foods -Small apartments -Single person storage -Those who move frequently
5 gal plastic buckets	<ul style="list-style-type: none"> -Cheap, durable, stackable reusable containers -With a gamma-seal, no need to worry about using up quickly or resealing -Doesn't rust—stores anywhere 	<ul style="list-style-type: none"> -May be too large for small families -Heavy and large—need ample storage space 	<ul style="list-style-type: none"> -Dried or bulk foods like wheat, rice or beans -Sugar, Flour, Dry Milk Honey Water
Freezing	<ul style="list-style-type: none"> -Food tastes fresh -Some foods taste better frozen -Wide variety of food available 	<ul style="list-style-type: none"> -Takes space -Expensive initial outlay -Problems if you have outages 	<ul style="list-style-type: none"> -Meats, veggies, fruit, breads, butter/lard, nuts, make-ahead meals, convenience foods.
Grocery store cans/boxes	<ul style="list-style-type: none"> -You can buy as you have money -Buy foods you are familiar with -Buy in sizes you are used to using 	<ul style="list-style-type: none"> -Must be conscientious about rotation -Need shelves -Less quality control -Food does not store as long in plastic or paper containers. -Pests can get into some containers 	<ul style="list-style-type: none"> -Anything already part of the family diet