

Survival Food Shelf Life: Giving Life to Your Food

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by TroyButcher

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In general, food is perishable, and the same thing holds true with food storage. Emergency food storage tends to fail because of the need to rotate it. Difficulties surround long term food storage because of the size and weight of the food.

There are certain types of survival food that have a longer shelf life. There are a couple key items that determine how long a food can rest on a shelf and those things are the foods ingredients, how it was packaged and made. When you are setting up an emergency food supply, a 10 year lifespan should be the minimum length of time that any food storage product should remain on the shelf without changing it out. And in reality, you should be able to get more than 10 years for your food storage.

There are companies in the marketplace today that advertise up to 25 years shelf life. The longer your food can stay on the shelf without spoiling, the better. Some of you might wonder what do you give up in order to achieve this longer length of time. The simple answer is you shouldn't have to give up anything. Food that is prepared using freeze dried and dehydrated methods can keep your food the same way it was before the freeze dried process. The process of reconstituting can bring a meal that was prepared prior to freeze dried back to it's original flavor. So, there is no reason to sacrifice nutrition and taste to achieve the longer length of time. The packaging of the food also can play a factor. Removing the air of oxygen and replacing it with nitrogen can keep foods fresh for a much longer period of time. This process sometimes known as nitrogen flushing can keep a food already with a long term food storage lifespan and increase it.

The food storage containers can also provide benefit in the storage length and storage space for that matter. Food that is stored in an air tight containers that are also UV resistant can play an important factor. Heat tends to play the biggest factor in decreasing the length of time a food can last without spoiling. So not only is the container important but also where you are storing the food. Food needs to be kept in a nice temperate surrounding. A home basement is an ideal location.

Finally, food storage shelf life plays into one of the most important factors in any successful emergency food storage plan. Look for food that can last at least up to 25 years. There are products out there today that match this criteria, so don't settle for anything less.

About the Author:

If you are looking to purchase survival food make sure to focus on products that can last for 25 years so that you can maximize the life of your long term food storage!