



Food Preservation 101

How to preserve your meat and produce for long term shelf life!



Shalom Family MHNCBUA,

I am Esther Judea Israel. I was raised as an Old Testament Israelite, but have been a true law keeper for about three years now. I have three grown children from a previous marriage in which two are in this truth with me AP. They keep me vibrant and on my toes.

My grandparents had restaurants and fish markets in Chicago IL, so I was raised in the food service industry since I can remember. We later moved to Southern IL. Where I lived with my grandmother for a time at the age of 15 and she introduced me to food prep for the purpose of saving time. She use to buy a few pounds of ground beef and had me make my own hamburger patties and freeze them. That way, when I got home from school and was hungry, I could simply take a patty out the freezer and cook it. As I got older and had a family of my own, I continued that same concept. When I cooked dinner, I sometimes made two meals at a time or a lot of one dish, separated and froze the extra portions for another day.

During the time of 2015-16 when Trump was about to be elected and my deep freezer was overloaded is when I decided to take food preservation to the next level. I first bought my pressure canner and began canning and storing foods. About a year later I invested in a food dehydrator and drove my kids crazy, because I was dehydrating everything...beef, chicken, fruits...you name it and it was on the dehydrator. I most recently started researching and experimenting with fermentation. I now make my own kombucha and constantly searching for new places to stash my preserved foods!

Thank you for the opportunity to share the knowledge I've gained in this area. I pray that this helps us build our households and the nation of Israel!

Objective

- Understand the meaning of food preservation.
- Learn the importance of preserving food .
- How to calculate the amount of food to store for your family size.
- Learn and be able to demonstrate some different methods to preserve food.
- Understand the best places to store your preserved foods.
- Estimate the shelf life of your stored foods
- Demonstrate how to make a meal with your stored food.

What is food preservation?

- Food Preservation - the process of treating and handling food in such a way as to stop or greatly slow down spoilage and prevent foodborne illness while maintaining nutritional value, texture and flavour .



Why preserve food?

Why is food preservation important?

- Prevent food spoilage (garden harvest, cooking in abundance).
- To have a variety of food year round (seasonal foods).
- To slow down or kill bacteria in food.
- Reduces food prep time.
- Survival of famines
- Increases shelf life.

How much food to store for your family size.

Short Term Emergency Storage
3 Days

Short Term Storage
Week - 3 Months

Long Term Storage
1 Year+



Long Term Storage



Food Storage	Food Per Person Per Month	Food Per Person Per Year
Grains (Wheat, Rice, Flour, etc.)	32.5 lbs	390 lbs
Canned or Dried Meats (Freeze Dried, Beef, Jerky, Spam, fish, chicken, etc.)	1.6 lbs	20 lbs
Fats and Oils (Vegetable Oil, Peanut Butter, Shortening, etc.)	2 lbs	25 lbs



Long Term Storage (Cont 2)

Fruits & Vegetables (Dried)	8 lbs	90 lbs
Fruits & Vegetables (Canned)	27 qts	320 qts
Water Storage (Drinking Water Only)	16 Gallons	183 Gallons

Ways to preserve food.

- Freeze
- Canning
- Dehydrating
- Freeze Dry
- Fermentation
- Pickling
- Smoking



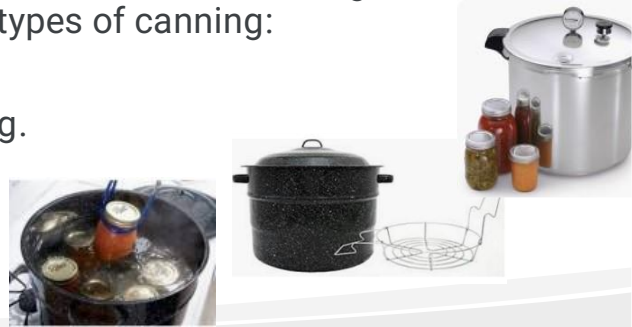
Food Preservation Methods.

- Oldest Methods
 - Drying
 - Salting
 - Fermentation
 - Smoking
- Modern Methods
 - Canning
 - Pasteurization
 - Freezing
 - Irradiation
 - Addition of Chemicals



■ ■ ■ Canning

- Canning is a **method of thermal food preservation in which a food product and its container are commercially sterilized**, rendering the contents shelf stable for long periods of time. There are two types of canning: conventional
- canning and aseptic processing.
 - Pressure Canning
 - Water Bath Canning



■ ■ ■ Drying

Dehydration, in food processing, means by which many types of food can be preserved for indefinite periods by extracting the moisture, thereby inhibiting the growth of microorganisms.

- **Methods**
 - Dehydrators
 - Oven Drying
 - Sun Drying
 - Air Drying
 - Microwave Drying



Dehydration Method



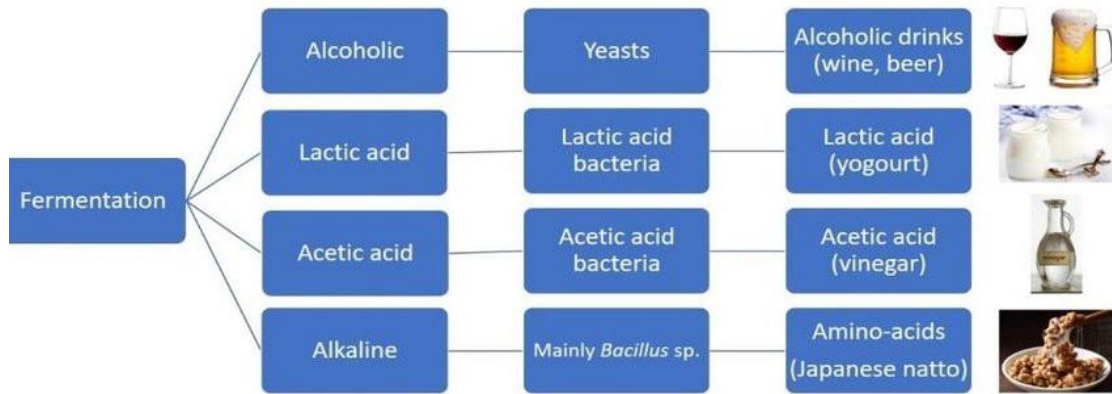
- Dehydrators
 - Produce the best quality product as compared to other methods of drying.
 - Most food dehydrators have an electric element for heat and a fan and vents for air circulation
 - Efficient dehydrators are designed to dry foods uniformly and to retain food quality.



Fermentation

- the chemical breakdown of a substance by bacteria yeasts, or other microorganisms typically involving effervescence and the giving off of heat.
- the process of fermentation involved in the making of beer, wine, and liquor, in which sugars are converted to ethyl alcohol.

Types of Fermentation



<https://youtu.be/GvYkBhnOkY>

Where to Store/Temperature

- Canned Food
 - Store all canned food in **cool, dark, dry space away from furnaces, pipes, and places where temperatures change** like un-insulated attics. Do not allow sealed cans or glass jars to freeze. Freezing changes food textures, and leads to rust, bursting cans, and broken seals that may let in harmful bacteria.



Where to Store/Temperature



- Fermentation

- Transfer your ferment to cold storage that is between 32 and 50°F. A refrigerator works well, but for those who use fermentation as a way of preserving the harvest a refrigerator will fill up quickly. A root cellar is a great place to store ferments too and is probably where your grandparents kept theirs



Where to Store/Temperature



- Dehydrated Foods

- Store dried foods in clean dry mason jars, plastic freezer containers with tight-fitting lids or in plastic freezer bags. Vacuum packaging is also a good option





Shelf life of Stored Foods



- Canned Foods

- High acid foods such as tomatoes and other fruit will keep their best quality up to 18 months; low acid foods such as meat and vegetables, 2 to 5 years. If cans are in good condition (no dents, swelling, or rust) and have been stored in a cool, clean, dry place they are **safe indefinitely**.

- Dried Foods

- Dried foods should be stored in cool, dry, dark areas. Recommended storage times for dried foods range from **4 months to 1 year**. Because food quality is affected by heat, the storage temperature helps determine the length of storage; the higher the temperature, the shorter the storage time.

- Fermented Foods

- Storing food that has already been fermented in the refrigerator or a root cellar significantly slows down the rate of fermentation. That's why fermented foods can be stored for **up to three months**, or longer, without losing their quality and good taste.



How to use/Rehydrate

Making a meal with your stored food.

- Home pressure canned foods and fermented foods can be used like store bought canned goods.
 - Once opened they need to be refrigerated
- Dehydrated foods will rehydrate when added to hot water.
 - Dried fruits can be eaten as is or added to cobblers, breads, pies and puddings.

Sarah

Thank You!

