Packing Dry Foods In Mylar Bags With Oxygen Absorbers:

Follow these steps to safely pack dry foods:

- Pack foods well within their useful shelf life (use by date). Make sure they are completely dry.
- Choose the size of Mylar storage bag you will use. If you are using bags larger than 1 gallon, place them in a bucket for support.



- 3. Place the food in the bag. Do not overfill. Leave room for sealing.
- 4. Check the inside lip of the bag for small food particles that can interfere with the seal. Clean the inside of the bag with a dry cloth, if needed.
- 5. **Add oxygen absorbers** on the top of the food in the Mylar bag. DO NOT OPEN the individual foil packed absorber, the contents are not edible.
- 6. **Heat seal the Mylar**: I use hair straightening tongs, but if you are using an iron, check the seal thoroughly to be sure it is completely sealed.
- 7. Label the bags with the contents, date sealed and a use by date.
- 8. If using buckets (a good idea as they keep out mice/rats etc), seal the FOOD GRADE bucket with a lid. Bunnings sell these, or you can purchase them second hand much cheaper from bulk food packaging companies (foods like, olives, potato salad, but you will need to sterilize them, etc)...
- Store the sealed bags or buckets in a cool, dark and dry place. Place them off the floor, elevated on a shelf to allow air circulation around and under the buckets or bags.
- 10. **Rotate foods**, using within their storage shelf life.

