



Food Prep and Storage

The Rules of Three

3 Minutes without Air

3 Hours with Shelter

3 Days without Water

3 Weeks without Food

Lets Talk Quickly About Water

**What is the best
way to store
water?**



Ways to preserve food!

Dehydrator

Hot water Bathing

Canning

Freeze Drying

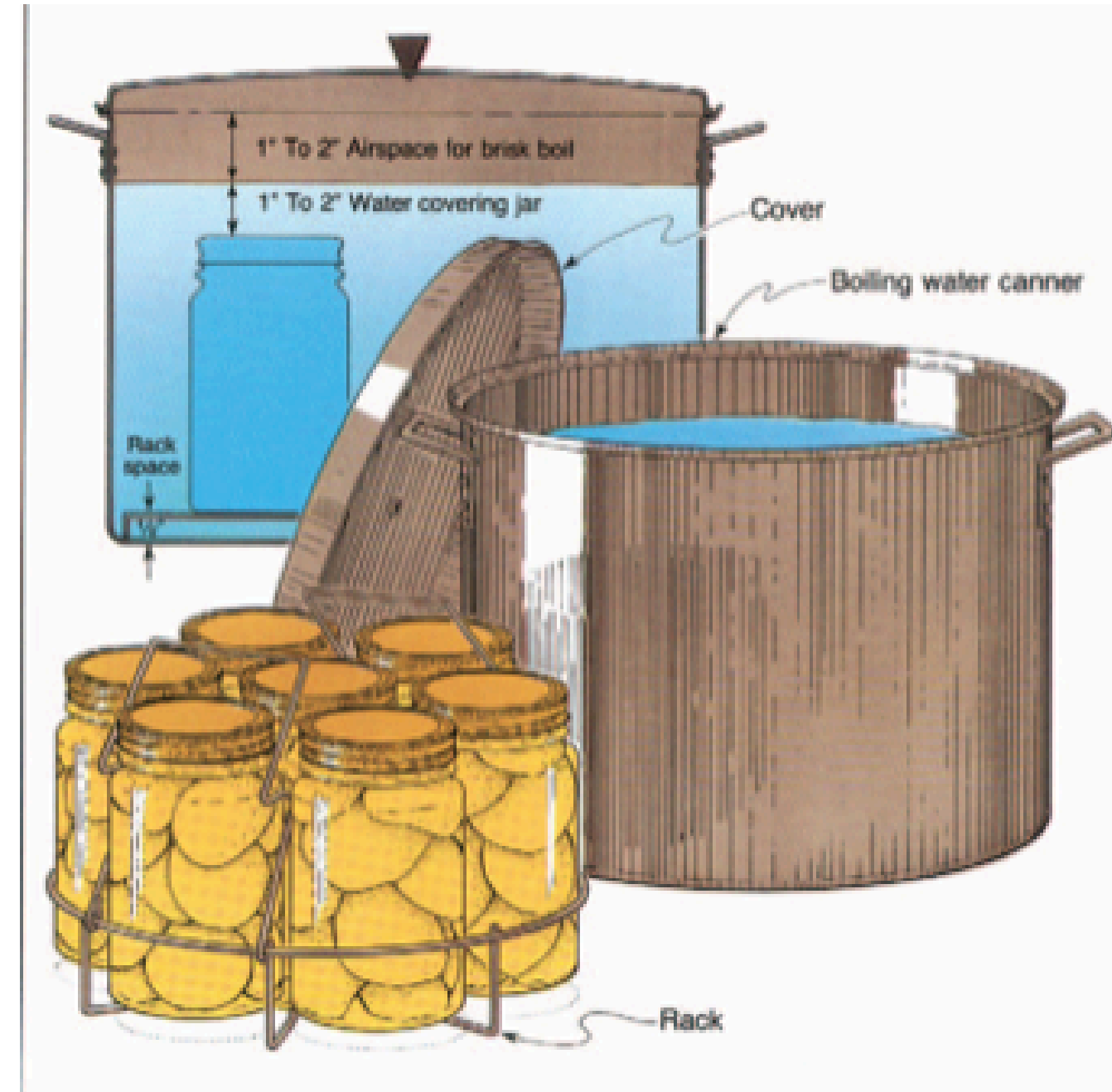
Different Options for a Dehydrator

Stacking Style

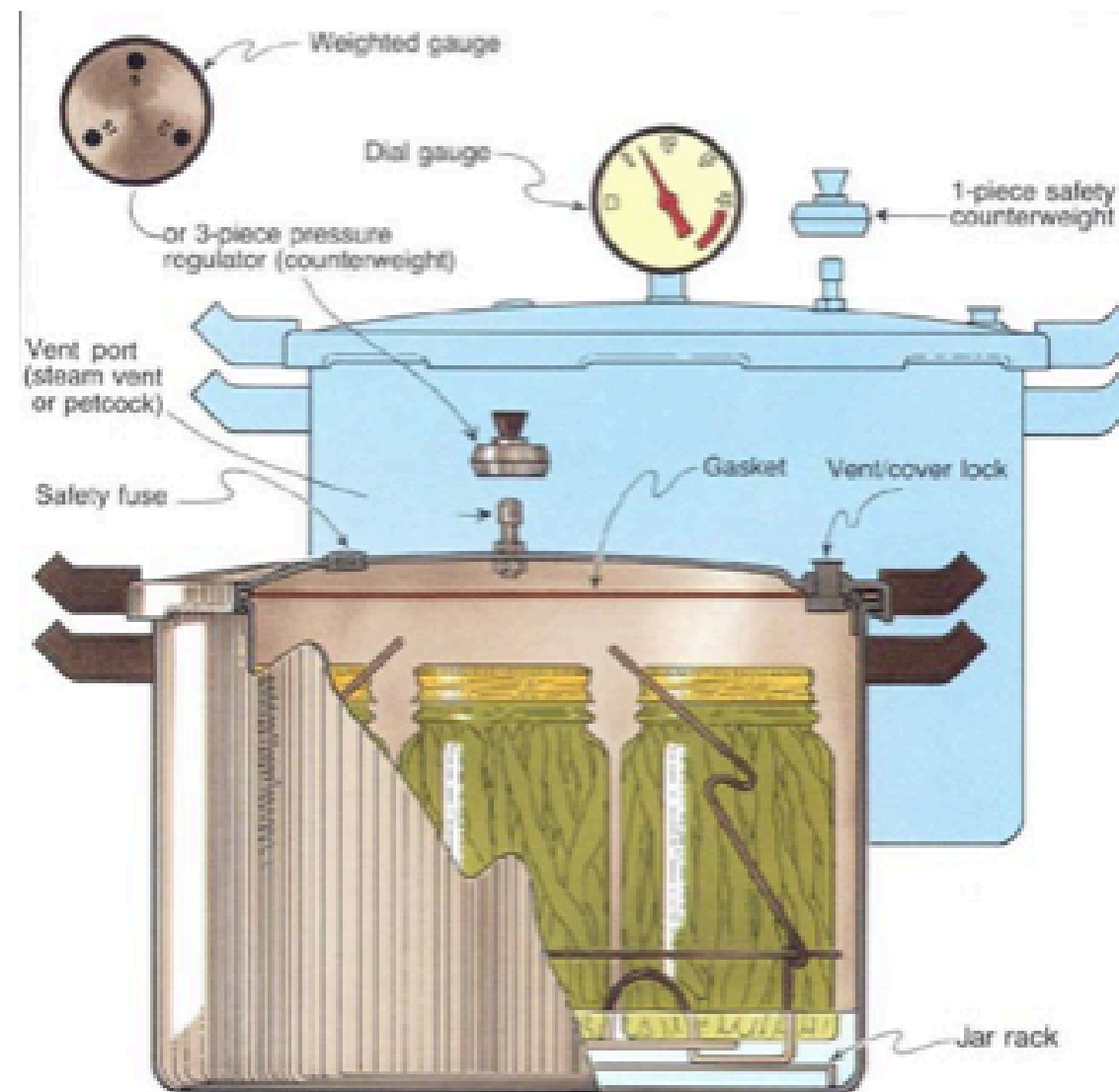


Waterbath Canner

- Large deep stockpot with lid
- Water to cover jars by 1 to 2 inches
- Airspace of 1 to 2 inches to allow for brisk boil
- Rack for canning jars



- Flat rack in bottom
- Pressure regulator or indicator:
 - Dial gauge or weighted gauge
- Vent port (steam vent or petcock)
- Safety valves or overpressure plugs
- Vent/cover locks
- Rubber gaskets in lid (metal to metal seal)



Pressure Canner

- **Home & Garden Information Center**
www.clemson.edu/hgic
- ***Ball Blue Book Guide to Preserving***. 2010. Hearthmark, LLC, d.b.a. Jarden Home Brands, Daleville, IN.
- ***So Easy to Preserve***. 5th ed. 2006. Revised by Drs. E.L. Andress and J.A. Harrison. Cooperative Extension, The University of Georgia, Athens, GA.
- **National Center for Home Food Preservation**
www.uga.edu/nchfp
- ***Complete Guide to Home Canning***. 2009. Agriculture Information Bulletin No. 539, USDA NIFA



Freeze Dryer

Summary Comparison Table

Factor	Dehydrating	Pressure Canning	Freeze Drying
Shelf Life	1–5 years	2–5 years	20–30 years
Nutrient Retention	Medium (some losses)	Lower (heat-sensitive loss)	Excellent (~97% retention)
Startup Cost	Low (~\$50–300)	Medium (~\$100–300 + jars)	High (~\$2,500–~\$4,000)
Running Cost	Low (energy only)	Medium (jars, lids, energy)	High (electricity, maintenance)
Time Commitment	Moderate (6–24 hrs)	Moderate (1–4 hrs/batch)	High (24–48 hrs/batch)
Ease of Use	Easy	Moderate (requires training)	Moderate (tech involved)
Best For	Fruits, veggies, herbs	Meats, stews, beans	Full meals, dairy, eggs, fruits

Dehydrating is best for beginners or those on a budget.

Pressure canning is ideal for storing cooked meals or proteins affordably.

Freeze drying is the gold standard for longevity and nutrition

Perfect for preppers or long-term planners with the budget.



Thank You