



FOOD PREP WITH MYLAR BAGS

Maximize your food
with best long term
food storage solutions





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ABOUT THE AUTHOR

Morgan preps with her husband and two daughters. She is the owner and founder of **Rogue Preparedness**, a platform dedicated to emergency preparedness and survival skills.

Morgan started prepping over a decade ago because she's been through enough situations that have made her feel powerless and when she realized there was a better way through preparedness, she held on, went down the rabbit hole, and hasn't come out since.



WHY SHOULD YOU PREP?

Preparedness is one of the easiest ways to be ready for whatever may come. Whether it be:



Job loss



Home fires



Natural
disasters



Supply
chain issues



Extreme
weather



Pandemic



Traffic jam



Whatever the reason, there's so much out of control all around us. Preparedness reduces fear, and anxiety and gives us back some control to ensure we're able to get through whatever happens.



WHAT ARE THE THREE FOOD STORAGE LAYERS?

To keep your food storage organized, utilizing the three food storage layers can be extremely helpful.

01

Everyday Layer

This layer is the food you use every day from your cabinets, fridge, and even freezer.

02

Short-term Layer

Used to replenish your everyday layer. This helps with proper rotation. This layer would also include your freezer, home-canned foods, dehydrated foods and even bulk foods. Foods can be placed in buckets or mylar bags in this layer, though usually for shorter terms (1-10 years).

03

Long-term Layer

This layer isn't used as often, but it can be pulled from when necessary. This layer usually has freeze-dried foods and any dry foods with a shelf life of 10-30 years in mylar or buckets with oxygen absorbers.



MYLAR BAGS

PREVENT light and air penetration to keep your food safe



Why use mylar bags?

Mylar has been used with food products for years. Chips, cookies, and many other products we eat regularly are packaged in mylar.

Here are the greatest benefits of using mylar bags for your food storage:



Strong and durable



Puncture and tear-resistant



Air and moisture proof



Gas resistant



Extends the life of food



Light blocking

In addition to the use of oxygen absorbers (when necessary), mylar bags are meant to extend the life of many dry foods in a safe, secure, and effective manner.

What are they made of?

Mylar is made from a polyester film made from stretched polyethylene terephthalate (PET). It's BPA-free, food safe and shields from light and locks out moisture. It's been used in food packaging for decades.

How much should I fill the bag or jar?

Fill it as full as you can without compromising a proper heat seal, usually about 1 inch from the top.

What should I heat seal the mylar bags with?

An iron on low-medium heat, hair straightener or an impulse sealer. The seal function on a vacuum sealer isn't tough enough for our bags.



How to use a mylar bag

- 1** **Remove** contents from original packaging.
- 2** **Place** contents inside of the mylar bag.
- 3** **Label** the outside with the contents, when it was packaged (month and year) and if you'd like, any instructions on how to cook the contents.
- 4** When you're done with all of your packaging, whatever needs an oxygen absorber, open up the oxygen absorbers and place inside then seal with your heat sealer of choice.
- 5** **Inventory** your food on a piece of paper, spreadsheet or document of your choice to keep track of your food.

Do I need to heat seal all mylar bags even if they have the zipper?

Yes, if your intention is for long term storage, they need to be heat sealed, a zipper is not air tight.

The zipper is a great added bonus because when you do open the mylar bag, you can simply take a small portion out then zip it back up and use it again later without having to transfer to a new bag for everyday use.

How do I store the filled mylar bags?

They can be stored in a 5 gallon bucket or in a storage bin with a locking lid. This helps to ensure that it's kept away from larger critters that may want to munch through your bags. You can also place them inside cabinets, under beds, on shelves, wherever you feel they'll fit.

WHAT CAN I PUT IN MYLAR BAG?

Many foods can be placed in a mylar bag to extend the shelf life. Remember that food, even when we extend the shelf life, doesn't last forever. Do your best to eat and rotate your foods as necessary. Foods with less than 10% moisture content are generally great candidates for mylar storage, as they are made for dry goods.

BETWEEN 1 AND 3 YEARS



Chocolate or candy



Dehydrated meat, e.g. biltong or beef jerky

BETWEEN 3 AND 5 YEARS



Baby milk/formula



Cornmeal



Dried herbs & spices (ground)



Powdered milk (full-fat)



Seeds

BETWEEN 5 AND 10 YEARS



Alfalfa



Powdered eggs



Millet



Mung beans



Quinoa



Rye



Peppercorns (whole)



Peanut butter powder



Dried herbs & spices (whole)



Instant potatoes



Breadcrumbs



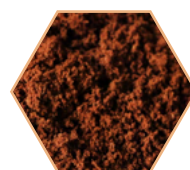
Salt peas



Powdered cheese



White ground flour



Ground coffee

BETWEEN 10 AND 20 YEARS



Buckwheat



Black turtle beans



Black-eyed peas



Chickpeas



Cocoa powder



Durum wheat



Flax



Lentils

BETWEEN 20 AND 30 YEARS



Coffee (instant)



Freeze-dried fruit and vegetables



Rolled oats



Powdered milk (skimmed)



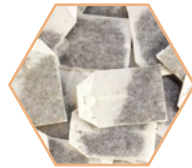
Green coffee beans



Lima beans



Pasta



Tea (bags or loose)



Kidney beans



Pink beans



White rice



Dry corn



Popcorn

INDEFINITELY



Baking soda



Baking powder



Salt



White sugar



Wheat berries

What else can I use mylar bags for?

In addition to food, you can use mylar bags to protect documents, photos, fire starting supplies, clean or dirty clothing, you can even use them to scoop up water from streams. The options are limitless.

MRE BAGS

Convenient meals on the go. Perfect for camping and long-term storage





Can I use the MRE style mylar bags for camping and backpacking meals?

Yes! This is a great use of those bags. Hot water can be placed right inside of the bag, zipped up, rehydrated and eaten straight out of the bag.

Can I portion out my food?

Absolutely! You can use the MRE style bags for smaller portions or you can cut the mylar bags into smaller sizes for smaller portions. Simply heat seal both ends and you're good to go.



OXYGEN ABSORBERS

Removes oxygen to extend shelf life up to 30 years





What makes food go bad?

Moisture, direct sunlight, extreme temperatures, oxygen. By using mylar bags, and oxygen absorbers when needed, it's keeping the food protected against these main elements to preserve the food for longer. Foods should be kept in ideal temperatures of 40-70 degrees. If frequent fluctuations occur, consider rotating more often.

How many oxygen absorbers do I need to use?

<div style="border: 2px solid #0056b3; border-radius: 50%; padding: 10px; width: 60px; margin: 0 auto;"> <p>1 Pint</p> </div> <p>50-100cc</p>	<div style="border: 2px solid #0056b3; border-radius: 50%; padding: 10px; width: 60px; margin: 0 auto;"> <p>1 Quart</p> </div> <p>100-150cc</p>	<div style="border: 2px solid #0056b3; border-radius: 50%; padding: 10px; width: 60px; margin: 0 auto;"> <p>1/2 Gallon</p> </div> <p>200-300cc</p>
<div style="border: 2px solid #0056b3; border-radius: 50%; padding: 10px; width: 60px; margin: 0 auto;"> <p>1 Gallon</p> </div> <p>300-500cc</p>	<div style="border: 2px solid #0056b3; border-radius: 50%; padding: 10px; width: 60px; margin: 0 auto;"> <p>5 Gallon</p> </div> <p>2000-2500cc</p>	

You can't use too many oxygen absorbers, so when in doubt, add in an extra, make sure they're spaced apart a bit.

Are oxygen absorbers reusable?

Oxygen absorbers are not reusable. Once exposed to the air, they begin to activate. But don't fret, you have a little time before they fully activate. It takes about 4 hours to fully remove any oxygen from the enclosed space.

Once they've done that, their job is done and they cannot be reused again. When you open a bag or jar, and plan to seal it back up, a new oxygen absorber must be placed inside.

How do I preserve unused oxygen absorbers?

Unused oxygen absorbers should be vacuum-sealed within 15 minutes of opening. If you plan to place them inside of a mason jar, consider vacuum sealing the jar to prevent the oxygen absorbers from activating and causing moisture buildup inside, which also could render the oxygen absorbers unusable.

When the oxygen absorbers activate they can create heat and when they're all creating heat together, that's what causes the moisture buildup.



What gets an oxygen absorber?

White rice, dried beans, powdered milk, rolled oats, wheat berries, all-purpose flour, dry pasta, dehydrated vegetables, freeze dried foods, coffee, potato flakes/powder, lentils, bread crumbs, spices, cocoa powder, buttermilk powder.

What doesn't get an oxygen absorber?

Sugars, salts, baking soda, baking powder, foods with 10% higher moisture content. Foods 10% or higher in moisture content, including fat and oils, should not receive an oxygen absorber and it's best not to place in a mylar bag for risk of botulism. Foods such as dog food, jerky, nuts, dehydrated fruits, cereals and other foods that generally have high fat or oil content.

Foods high in moisture are short-term and everyday foods and you could consider storing in a mason jar with a silica packet.



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