

CANNED FOODS & FRESH FOODS

“Camping at Home” Series

SKYLINE GRANGE

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BEFORE SQUIRRELING AWAY FOOD, THERE ARE A COUPLE OF THINGS TO CONSIDER FIRST



NEEDS & REALITIES VARY ACCORDING TO TYPE OF DISASTER

- ▶ Emergency evacuation due to wildfire, toxic spill

Supplies that you can grab as you quickly leave

- ▶ Short-term due to storms, mudslides, downed trees

Supplies for 3 days to 2 weeks

- ▶ Long-term due to serious earthquake, war

Supplies for 3-6+ months

IDEAL FOOD STORAGE ENVIRONMENT

- **Cool** *optimal 50-70°F*
- **Dry** *<60% humidity*
- **Dark**
- **Clean**
- **Secured from Rodents & Insects**



PROTECT FOOD FROM POTENTIAL WATER DAMAGE



Oops, shouldn't have stored all that food in the house! ...



Photo: http://www.earthquakesafety.com/_home/northridge.jpg

**BE SQUIRREL-WISE
DON'T STORE ALL YOUR
NUTS IN 1 SITE**



CANNED FOODS





OH, FOR THE WANT OF A CAN OPENER!

CANNED FOODS - FULL OF VARIETY

Fruits	Applesauce, apricots, blackberries, blueberries, grapefruit, mandarin oranges, peaches, pears, pineapple, purple plums, strawberries, cherries, tomatoes
Vegetables	Asparagus, beets, carrots, corn, green beans, mushrooms, peas, pumpkin, spinach, sweet potatoes, olives, white potatoes
Beans/Legumes	Beans: black, black-eyed peas, garbanzo, navy, pinto, kidney, etc. Other: split pea, lentils, peanuts
Poultry & Meat	Chicken, chipped beef, corned beef, Spam
Fish	Clams, salmon, sardines, tuna
Comfort Foods	Chili, ravioli, soups

ADVANTAGES OF CANNED FOODS

- ▶ **Easy to prepare**
- ▶ **Convenient**
- ▶ **Available year-around**
- ▶ **Protected against rodents & insects**
- ▶ **Maintains nutritional level for 1-2 years
after sealing**
- ▶ **Safe**

SELECTING CANNED FOODS

- **Choose foods your family will eat.**
- **Consider special dietary needs**
- **Consider sodium content**
- **Buy in smaller sizes**
- **Include comfort foods**

CANNED FOOD SAFETY

- Discard contents if there is a strange odor or appearance. Do not taste first.
- Discard any badly dented, bulging, rusty, or leaky cans or jars that have broken seals. Do not open.
- Discard any can that spurts when opening.
- Ideally don't use baby formula after its "sell by" date.
- **First-In, First-Out. Use your oldest cans first.**

“BEST USED BY” DATE SHOULD BE EASILY ACCESSIBLE



MEANING OF DATE LABELS

Label	Explanation
Date Packed or Manufactured	<ul style="list-style-type: none">• Date processed
“Sell By”	<ul style="list-style-type: none">• Last date stores are supposed to display for sale.• Safe to consume after
“Use Before” or “Best if Used By”	<ul style="list-style-type: none">• Recommended shelf life for best flavor or quality
“Freeze By”	<ul style="list-style-type: none">• If not used by the date, freeze for longer-term storage
Expiration Date	<ul style="list-style-type: none">• Last day for best quality



**REMEMBER –
NOT ALL CAN OPENERS ARE EQUAL**

REFRIGERATOR SAFETY

- Maintain between 34-40°
- If power goes out:
 - Keep closed as much as possible
 - Will keep food safely cold for about 4 hours if unopened
 - Put dry or block ice inside to prolong acceptable temperature
 - Discard food that is above 40° for more than 2 hours.

Save or Toss?

Refrigerator Above 40° for over 2 hours

SAVE	DISCARD
	<ul style="list-style-type: none">• Meat, Poultry, Seafood
<ul style="list-style-type: none">• Cheese: hard; processed; Parm; Romano	<ul style="list-style-type: none">• Cheese: soft; shredded; low-fat
<ul style="list-style-type: none">• Dairy: butter, margarine	<ul style="list-style-type: none">• Dairy: milk; cream;, sour cream; yogurt; soy
	<ul style="list-style-type: none">• Eggs
<ul style="list-style-type: none">• Fruit: fresh; opened juice; opened canned;	<ul style="list-style-type: none">• Fruit: fresh cut
<ul style="list-style-type: none">• Peanut butter	
<ul style="list-style-type: none">• Condiments: relish; mustard; catsup; olives; pickles, soya	<ul style="list-style-type: none">• Condiments: fish sauces, open dressings,
<ul style="list-style-type: none">• Pastry: fruit pie	<ul style="list-style-type: none">• Pastry: cream, custard or chiffon; quiche
	<ul style="list-style-type: none">• Sauces: Spaghetti opened
<ul style="list-style-type: none">• Vegetables: raw; mushrooms; herbs; spices;	<ul style="list-style-type: none">• Vegetables: Pre-washed greens; cooked; tofu; opened juice, baked potatoes, potato salad

Summary

- ◆ Food storage shouldn't be overwhelming. Start with 1 can at a time.
- ◆ Stash food in several locations.
- ◆ When in doubt, throw it out.
- ◆ Don't forget the can opener.
- ◆ Dandelion greens are tasty & nutritious.

NOW
Go
Plan
Collect
&

**Be involved with
neighborhood
preparedness**



One Nut at a Time

Speroff

Food Storage & Food Safety Resources

Food Storage, Safety, etc.

“Longer-Term Food Storage”

<https://www.lds.org/topics/food-storage/longer-term-food-supply?lang=eng&old=true>

“Storing Food for Safety & Quality”

http://extension.oregonstate.edu/fch/sites/default/files/documents/pnw_612_storingfoodforsafetyquality.pdf

“Cleaning the Kitchen Cupboard: Toss or Save?”

<https://food.unl.edu/documents/CleaningCupboard.pdf>

“Food Safety Information for Earthquakes”

http://ucfoodsafety.ucdavis.edu/Emergencies/Food_Safety_Information_for_Earthquakes/

“A Consumer’s Guide to Food Safety: Severe Storms and Hurricanes “

https://www.fsis.usda.gov/shared/PDF/Severe_Storms_and_Hurricanes_Guide.pdf

Home Food Storage information from Church of Jesus Christ of Later-day Saints

<https://www.lds.org/topics/food-storage?lang=eng>

Food Storage & Food Safety Resources

Controlling Stored-Food Pests

“Insect Pests of Stored Foods”

<http://www.extension.umn.edu/garden/insects/find/insect-pests-of-stored-food/>

“Controlling Stored-food Pests in the Home”

<http://www.cals.uidaho.edu/edComm/pdf/CIS/CIS0850.pdf>

Miscellaneous

“Storing Fresh Fruits & Vegetables for Better Taste”

<http://ucce.ucdavis.edu/files/datastore/234-1920.pdf>

Deur, Douglas. ***Pacific Northwest Foraging***: 120 Wild and Flavorful Edibles from Alaska Blueberries to Wild Hazelnuts, Timber Press. 2014.