

Keep Life in Your Food Storage

With the outlook for storms and hurricanes [on the rise](#) this year, individuals should consider every facet when planning for an emergency including food storage. All living things must eat to stay healthy, so you may think that the foods you store must be of the highest nutritional content. While nutrition is very important, it is not the single most important thing to be concerned about when storing food. Your food storage program must be designed to sustain life. Here are a few suggestions for keeping life in your [food storage](#) program:

- Store food in food grade containers that can be tightly sealed to keep bugs and moisture out;
- Keep food, even when tightly sealed, away from gasoline, kerosene, chemicals or household cleaning products;
- Store appropriate items as cold (45-55°) as possible for maximum shelf life;
- Rotate food every five years; and
- Have oxygen absorbers such as bay leaves and dry ice on hand. They can be effective in keeping bugs away.

Read more on food storage by clicking this [blog article](#).