StoreHouseFoods™
Be smart. Be prepared.

faq

{frequently asked questions}

www.storehousefoods.com

How long will the food last?
Stored in the right conditions pouches have a 5-7 year shelf life and cans are 10+.

What are "proper" storage conditions?
The best is a cool, dry environment for our products. The cooler the better. High heat that occurs in a garage or the trunk of a car is not good for our products.

How does StoreHouse Foods extend the shelf life of food?
By using freeze-dried and dehydrated ingredients, most of the water is removed from the item. Moisture is the "villain" with food.

At the time of packaging we include an oxygen absorber, which is iron oxide pellets. Iron oxide attacks the "head-space" oxygen remaining in the pouch once the pouch has been sealed.

Is the Oxygen Absorber harmful?
No! But please, do not use it as a spice packet. It tastes awful.

What is Freeze-Drying?
Freeze-dried products make up the majority of ingredients used for Gourmet Reserves. For instant or quick rehydration of certain dried foods and for products which retain their shape and texture, freeze-drying is the preferred method. The first step in freeze-drying is to rapidly freeze the food. The water content, now frozen, is turned directly into a gas and withdrawn from the food during the next steps, vacuum and heat, thus avoiding the shrinkage. Freeze-drying uses a very low heat temperature. Many of Gourmet Reserves products are custom freeze-dried to suit our strict quality requirements. Freeze-dried products include: grains, beans, fruits, meats, seafood, pastas, vegetables, and eggs. Using this process, 98% of the moisture is removed.
Key advantages of freeze-dried products:

- Retains the original taste and nutritional value of the food due to very low heat temperature that is used
- Foods are quick and easy to prepare
- No waste
- Ideal method for maintaining flavors of meat, poultry and fish
- Extends the shelf life of the product
- No preservatives are necessary
- Results in a super-lightweight /compact product
- A wide variety of foods are available
- Use hot or cold water to rehydrate

What is Dehydration?

The standard method of dehydrating vegetables and spices is to place the items on a conveyor belt and run them through an oven at a high temperature for a relatively short time. Between 90% and 95% of the moisture is removed.

Some vegetables are more suited to this form of drying than others. This means that with the addition of water, the product rehydrates back to its original state more easily. Preferable items include: onions, bell peppers, tomatoes, celery, carrots and mushrooms. Dehydrated items such as peas, corn and green beans do not rehydrate as well as freeze-dried.

Some day you may actually need to depend on a food reserve system. The purchase of a system represents a sizable investment. The consumer should be discriminating in selecting the manufacturer. The questions and information below provide a valuable process by which one can identify and determine the most suitable food reserve system.

The following questions will assist you in identifying a system for you and your family:

- Under what scenarios do you anticipate the need for using food reserves?
- Will you be mobile?
- Will food preparation facilities, supplies, and fuel be available?
- Have you determined the length of time you desire the system to sustain you and your family?
- How many people will be depending upon your food?
- Are there special nutritional requirements?
- How important is ease of preparation?
- Have you considered your budget?
- How many calories do you require per person?

What are specific features of a gourmet reserves food system?

PURITY OF INGREDIENTS - Gourmet Reserves foods are all natural, NO artificial preservatives, flavorings, colorings, MSG, or white sugar are added.

FAMILIARITY - Your food system should be familiar everyday foods easily recognizable and reflect a balanced diet offering good taste. Gourmet Reserve foods offer the best selection from which to choose.

PREPARATION CONVENIENCE - Gourmet Reserves offers many convenient food systems which can be prepared with a limited amount of fuel and water.

SHELF LIFE - Shelf life of any food reserves is always critical. Gourmet Reserves uses the latest technologies available to insure long shelf life. Excessive heat will shorten the shelf life of all products. A rule of thumb: the cooler the better.

VARIETY - We have over 1 70 selections that will prevent appetite fatigue.

PROPER ROTATION - It is important to rotate food reserves into your daily diet. Gourmet Reserves easily integrates with other foods to meet daily dietary needs. An AlpineAire Foods specialist will be happy to recommend a program that best fits your needs.

What are proper storage techniques?

How is Wheat used?

The following suggestions are offered for those with wheat storage:
FLOUR - Baking, Pancakes and Sauces.
WHOLE GRAIN CEREAL - Cook as is.
SPROUTING - Eat raw after sprouting. Use in recipes and salads, mix with other ingredients and form loaves.
WHEAT GRASS JUICE - Grow seed into 5" - 6" grass, juice this grass, drink straight or with other juices.
SOAKED WHEAT - Soak cleaned wheat in pure water one to two days, drink water and use wheat in cereal or other recipe.
GLUTEN FOR PROTEIN SUBSTITUTE - Rinse flour to produce gluten product

How is Water Stored for Emergencies?

Various sources recommend home storage of a two week supply of water. The amount often recommended is seven gallons per person for drinking and food preparation, and another seven gallons per person for other limited uses such as hand washing, teeth brushing and dish washing (total fourteen gallons per person for two weeks). Both glass and plastic containers are commonly used for water storage at home. Containers should be clean and sanitary. Glass containers are breakable and somewhat heavy compared to plastic, but they are not permeable to vapors and gases, the amount of leaching (dissolving) of chemicals from glass into water is insignificant. Plastic containers are lightweight and substantially more resistant to breakage than glass.

If plastic containers are used, care should be taken to assure that they are made of plastic approved for food contact by the Federal Food and Drug Administration. Polyethylene plastic is approved for food contact and is commonly used for containers of various sizes, including large 55-gallon drums. Certain types of plastic containers are not intended for food contact (such as vinyl plastic waterbeds, or trash containers) and may leach undesirable chemicals into stored water. Leaching of chemicals from approved plastics is negligible.

For long-term storage, water should be sterilized or disinfected. Water stored in thoroughly cleaned plastic or glass containers can be chemically disinfected for long-term storage by treating each gallon with 16 drops of liquid chlorine bleach (Clorox or Purex type bleaches, containing 4% to 6% sodium hypochlorite). One teaspoon of bleach disinfects five gallons of water. This level of treatment will prevent growth of microorganisms during storage.

Water stored in plastic containers should not be stored near gasoline, kerosene, pesticides or similar substances. Vapors from these substances could permeate the plastic and affect the water. Thick-walled polyethylene containers are significantly less permeable to vapors than are thin walled containers. Be certain, when selecting a storage container for water, that it has a tight fitting cap or lid to prevent entrance of contaminants and evaporation of water. Because sunlight has an adverse effect on plastic, water should be stored away from direct exposure to sunlight.

Sterilized or disinfected water, stored in clean, food-approved containers with secure lids or caps should be safe for use even after many years of storage. Replacement of stored water with fresh water should be necessary only if the stored water becomes contaminated in some way or if the container should begin to leak. Be certain to label each container so there will be no question about its contents. Include the date and information on the method of disinfection used.

What is the shelf life of preparedness foods?

SHELF LIFE OF GOURMET RESERVES® PRODUCTS IN PROPER STORAGE CONDITIONS Estimated shelf life in years

Vegetables.....8-10+
Fruits .....8-10+
Meats 5-10
Eggs .....5+
Complete Entrees /Soups/Breakfasts /Desserts Most recipes.....5+
Recipes containing Shrimp, Brown Rice, Sour Cream, Tuna and Nuts.....2-5
Entrees.....5-10
Cheese Powders .....5+
Sweeteners.....10+
Granola .....5+
Pasta .....8-10+
Milk, Nonfat .....8-10+
Beans, Textured Vegetable Protein (NP) .....8-10+
Pilot Bread Crackers* .....10+
Sauces and Seasonings 5-10
Sprouting Seeds 5-10
AlpineAire Pouch Products
Most Pouches 3-5
Recipes with Shrimp, Tuna, Brown Rice, Nuts, Sour Cream and Dairy Products.....1-2
Cooking Required Items
Grains.....10-15
Beans & Peas.....10-15
Scrambling and Omelet Egg Mix.....5+
Pancake Mix 3-5
* Ready to Eat

I found an old package of food in my closet. Is it still good?

That depends on where it has been stored the entire time you have possessed the product, how long ago you made the purchase, and which recipe it is. We recommend you open the bag and smell the product. If it has a musty aroma, then it is bad, if not, it is probably good.

Why are freeze-dried products expensive? What are the ratios wet to dry?

Many factors contribute to the costs of freeze-drying products including energy, transportation and the most important: ratios. What this means is, it takes "x" number of pounds of "raw" ingredients to create "y" (finished product, which weighs less). As an example it takes 14 pounds of 1/4" cut asparagus to create one (1) pound of freeze-dried product.

Item	Ratio
Asparagus, Sliced, 1/4" cut	14 to 1
Banana Slices	5 to 1
Black Bean Flakes	3 to 1
Green Beans - French Cut	8 to 1
Blackberries, Sliced	7 to 1
Blueberries, Whole	7 to 1
Broccoli 1/2" Cut	10 to 1
Carrots 3/8" puff dry	4 to 1
Celery Cross Cut	6 to 1
Corn, Super Sweet	4 to 1
Eggs, Scrambled	5 to 1
Mushrooms	15 to 1
Okra 1/2" cut	10 to 1
Peas, whole	4 to 1
Pea Pods	10 to 1
Peaches, Sliced	10 to 1
Peaches, diced	10 to 1
Pineapple, 1/2" chunk	8 to 1
Strawberries, whole	11 to 1
Strawberries, diced	11 to 1
Tomato 1/4" Sun dried	4 to 1
Tomato Flakes 3/8" Air Dry	

How should I prepare dry beans?

1. Before cooking always examine, sort and rinse well.
2. For each pound (2 cups) of dry beans, add 6-8 cups hot water in a pot large enough to permit expansion. Boil 3 minutes, cover and soak 1-4 hours adding water as needed to keep beans covered.
3. Drain off soaked water and rinse. Add 6 cups of hot water for every pound (2 cups) of soaked beans.
4. Boil gently until desired tenderness is reached (depending on variety. usually 1 to 2 hours).
5. Season to taste.

How should I prepare dry lentils?

1. Wash Lentils under cold running water. Drain and place in a heavy saucepan or Dutch oven.
2. Add 5 cups of cold or warm water for each 1 lb. of Lentils.
3. Bring to a boil and reduce heat to simmer.
4. Cover tightly and cook 30 minutes, Yield: 6 2/3 cups of cooked Lentils with 1 cup liquid.
5. Season to taste.

How should I prepare dry peas?

1. Rinse dry split peas under cold running water. Drain and place in a heavy kettle, Dutch oven or boiler.
2. Combine clean split peas in water. If measuring by the cup; 1 cup split peas to 2 cups water. If measuring by the pound; 1 lb. split peas to 4 2/3 cups water.
3. Rapidly bring water to boiling point.
4. Reduce heat. Cover tightly and simmer 45-50 minutes.

How should I prepare white rice?

1. Do not wash or rinse to retain vitamins.
2. Bring 2 cups of water to a boil.
3. Add 1 cup of rice and a teaspoon of salt (If desired).
4. Add a tablespoon of butter or margarine
5. Cover tightly and simmer with lower heat for 20 minutes or until rice is tender.
6. Remove from heat. Let stand covered for 5 minutes until all water is absorbed.
7. Fluff with a fork, to let steam escape
8. Season to taste.

How should I prepare brown rice?

1. Wash or rinse to remove excess loose bran or chaff.
2. Bring 2 cups of water to a boil.
3. Add 1 cup of rice and a teaspoon of salt (If desired).
4. Add a tablespoon of butter or margarine.
5. Cover tightly and simmer with lower heat for 40-45 minutes or until rice is tender.
6. Remove from heat. Let stand covered for 5 minutes until all water is absorbed.
7. Fluff with a fork, to let steam escape.
8. Season to taste.