Freeze Dried

FOOD _____

PACKED _____ AMOUNT _____

WATER TO ADD _____

USE BY _____ ☐ RAW: cook first

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Label Everything MYLAR BAG LABELS

Page 1 is a sheet of 10 labels sized for **Avery 5163** (2×4 in) shipping labels, or any compatible 2×4 sheet. Future you will thank you for every label you fill in today.

HOW TO PRINT

1. Print only **page 1**.
2. Set scale to **100% / Actual size** (turn off "fit to page").
3. Test on plain paper first, hold it over a label sheet up to a window, and check it lines up.
4. Load the label sheet the way your printer feeds (usually face down).

WHAT TO WRITE

1. **Food:** what it is, plus prep (e.g. "taco meat, seasoned").
2. **Packed:** the date you sealed the bag.
3. **Amount:** cups, servings or weight.
4. **Water to add:** from your weight check (e.g. "1 cup, 10 min").
5. **Use by:** your rotation date. Check RAW for raw meat or eggs.

OXYGEN ABSORBER STARTING POINTS

Bag size	Oxygen absorber
Pint or quart	100 cc
Half gallon	200 to 300 cc
Gallon	300 to 500 cc
5-gallon bucket liner	2,000 cc

Airy foods (marshmallows, candy, fruit slices) leave more air in the bag, so size up. Dense powders and rice need less. When in doubt, go one size bigger.

PICKING A USE-BY DATE

IDEAL STORAGE

Cool, dark and dry, sealed with an absorber: 10–15 years (up to 25) for many foods.

REAL-LIFE PANTRY

Home-dried food is best rotated within about 5–10 years. Heat is the enemy, so attics shorten it.

EAT SOONER

Higher-fat foods, cheese and meats with some fat, and anything you opened. Vitamin C fades over 1–3 years.

MAMA TIP Put the label on the bag above the food line, never right over the food. A friend's food took on the taste of the marker when she wrote directly on the bag!

RAW FOODS Freeze drying doesn't cook anything. Label raw meat and raw eggs clearly, store them separately, and cook to 160°F (poultry 165°F) after rehydrating.

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