# Mylar & Oxygen ABSORBER CHART

FOOD STORAGE SHELF

Oxygen, light and moisture are the three big enemies of stored food. The right bag, the right size oxygen absorber, and a good seal keep them out. Tape this chart up by your packaging station.

## OXYGEN ABSORBER SIZING

| Bag size | Dense foods<br>powders, rice, flour, sugar, beans | Everyday foods<br>meals, veggies, cooked meat, eggs | Airy foods<br>marshmallows, candy, fruit slices, pasta |
|---|---|---|---|
| Pint or quart | 100 cc | 100 cc | 100 cc<br>size up for a full quart |
| Half gallon | 200 cc | 200–300 cc | 300 cc |
| Gallon | 300 cc | 300–500 cc | 500 cc |
| 5-gallon bucket liner | 2,000 cc | 2,000 cc | 2,000 cc + a little extra |
| Short-term treat bag<br>clear-window gift bags | 50 cc is plenty for food that will be eaten soon | | |

*These are starting points. Airy foods leave more air in the bag, so size up; dense foods need less. When in doubt, go one size bigger. You can't use too much.*

## MYLAR THICKNESS GUIDE

| Thickness | Best for |
|---|---|
| 3–4 mil | Gifts, snacks and short-term storage you'll eat soon. |
| 5 mil | Most long-term freeze-dried food. My favorite is the resealable kind. |
| 7 mil | Pointy foods that could poke holes: pasta, meat chunks, broken crackers. |

*For long-term storage, choose **opaque** bags, 5 to 7 mil.*

## SEALING STEP BY STEP

1. **Crunch test.** Thickest pieces snap or crumble and feel dry and room temp.
2. **Work warm and fast.** Have bags open before you vent the machine.
3. **Fill,** leaving 2–3 in at the top for sealing.
4. **Add the absorber last,** right before sealing. Keep the rest in a sealed jar.
5. **Wipe the top edge clean,** lay it flat, smooth wrinkles, seal. (Twice never hurts.)
6. **Check & tug.** Flat, even, no gaps. If it peels, seal again.
7. **Label** what, date, how to rehydrate, servings.
8. **Watch it a day.** Most bags pull in a bit as the absorber works.

**SKIP THE CLEAR WINDOW** Clear-window bags are adorable for gifts, but light breaks food down. Use them only for food that will be eaten soon, never for long-term storage.

**SEALER SWEET SPOT** Start the dial at your bag's mil number (5 mil = 5). Melting? Turn it down. Peeling? Turn it up. Then mark the spot with tape.

**MAMA TIP** Oxygen absorbers absorb *oxygen*, not air. Air is mostly nitrogen, so a bag that doesn't suck in tight hasn't failed. And desiccant packs (moisture) are not a substitute for an oxygen absorber.


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