Medi-Meal #10 Can Food Storage Recommendation

Packed in airtight, moisture-proof #10 cans, freeze-dried foods have the longest shelf life available in the industry.  For best results (longest shelf life and highest nutrition retention), we recommend avoiding prolonged storage at temperatures above 75° F (24° C). We confidently make a 25-year shelf life claim, if stored properly, because proven shelf life testing has shown it tastes great if when stored for even a longer time period. Mountain House has personally tasted #10 cans that were 35 years old and they still tasted great! If stored in dry climates of temperatures higher then 75 degrees, we only recommend keeping the food no longer then 25 years.

We do know there is some depreciation in life span associated with prolonged storage above 75°F.  Over time there will be some nutrition loss and slight changes in flavor and color, however the food will remain totally safe to eat.  Unfortunately it isn't possible to provide specific data through this transformation - just that food science has shown that organic matter does start to break down quicker at elevated temperatures.

Mountain House interior and exterior of the cans are coated with protective enamel for double protection. The canning process removes at least 98% of the residual oxygen, meeting stringent U.S. Military specifications. Your food is protected until you are ready to enjoy it.

It is necessary to store all food products properly to ensure maximum shelf life. Store product in a cool area, avoiding long-term storage above 75°F and keep out of direct sunlight. Be careful not to puncture or damage the containers. Under these conditions, the product will keep the integrity of the taste and nutrients.

Ideally, the storage locations for canned items (freeze-dried/dehydrated) should have a relative humidity level of 15% or less. When this is not possible, you’ll want to minimize moisture as much as possible.

All containers should be kept off the floor and out of direct contact from exterior walls to reduce the chances of condensation brought on by temperature difference between the container and the surface it’s resting against. Stay alert to any moisture retention in the cardboard case boxes.

Long-term storage foods do not become unsafe when stored longer than the recommended time, but their nutrients quality fades and their flavor and textures diminishes. In general, the most susceptible ingredients to aging are products with dairy items, shellfish, brown rice and tree nuts.

After opening, we recommend using the dry contents within one week for best results and taste, using the convenient reusable plastic lid between uses.

After hydration, treat any leftover hydrated food as you would fresh food.

Prepare for the worst with the best