

# VIDEO: Super Simple Long Term Food Storage

*Many challenges come along with the long-term storage of food. If your preparations are lacking, you're just wasting food. In this video Jason Salyer covers a simple and easy way to store dry food for ten years or more!*

Jason fills mylar bags that stored in food-safe buckets with his beans, adds an oxygen absorber packet, purges the majority of the air, and then seals the bag with heat. His heat source is a simple hair straightener, showing that you don't need a lot of expensive specialty equipment to store food. Each of these buckets provides over 50,000 calories. While not recommended, one bucket could provide the daily recommended calories for an adult for nearly a month.

Check out the video for more tips and tricks for simple long-term food storage.



**[CLICK HERE](#)**

**to find out more on the first aid techniques that will save your life when surviving in the wilderness!**