

# Building Food Security: Canning, Dehydrating, and Freeze Drying

In a world where food security is increasingly threatened by climate change, natural disasters, and economic instability, it is more important than ever to have a plan for feeding yourself and your family. Canning, dehydrating, and freeze drying are three essential techniques for preserving food, and this book will teach you everything you need to know to get started.



## Building Food Security: Canning, Dehydrating, and Freeze Drying by Lori Roets Valone

★★★★★ 5 out of 5

Language : English  
File size : 204 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 44 pages  
Lending : Enabled



## Canning

Canning is the process of preserving food by sealing it in airtight jars and heating it to a high temperature. This process kills bacteria and other microorganisms that can cause food to spoil. Canned food can be stored for months or even years, making it a great option for long-term food storage.

There are two main types of canning: water bath canning and pressure canning. Water bath canning is used for high-acid foods, such as fruits, jellies, and pickles. Pressure canning is used for low-acid foods, such as vegetables, meats, and fish.

## **Dehydrating**

Dehydrating is the process of removing water from food. This process can be done naturally, by air drying the food, or artificially, using a dehydrator. Dehydrated food is lightweight and easy to store, making it a great option for long-term food storage or backpacking.

There are many different types of food that can be dehydrated, including fruits, vegetables, meats, and herbs. Dehydrated food can be eaten as is or rehydrated by adding water.

## **Freeze Drying**

Freeze drying is the process of removing water from food by sublimation. This process involves freezing the food and then placing it in a vacuum chamber. The vacuum causes the water in the food to turn into a gas, which is then removed from the chamber. Freeze-dried food is lightweight and has a long shelf life, making it a great option for long-term food storage.

There are many different types of food that can be freeze dried, including fruits, vegetables, meats, and dairy products. Freeze-dried food can be eaten as is or rehydrated by adding water.

Canning, dehydrating, and freeze drying are three essential techniques for preserving food. These techniques can help you to build a food security

plan for your family and ensure that you have access to nutritious food, even in times of crisis.

This book will teach you everything you need to know to get started with canning, dehydrating, and freeze drying. You will learn about the different types of food that can be preserved using these techniques, the equipment you need, and the step-by-step instructions for each process.

With a little bit of planning and effort, you can build a food security plan for your family and ensure that you have access to nutritious food, even in times of crisis.

### **Free Download Your Copy Today!**

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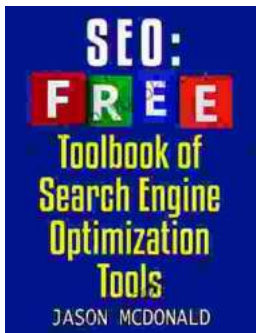


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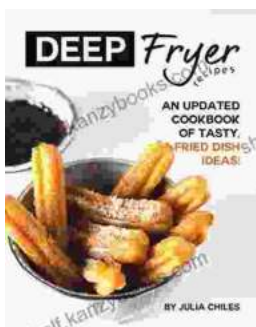
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