

F · FOOD

BUCKET PACKING GUIDE

Store dry food for the long term in sealed bags inside lidded, lined metal buckets.

WHAT GOES IN WHICH SIZE

5L**Kitchen bucket**

Sugar, salt, stock cubes, spices and seasonings.

For flavour, not meals

No absorbers needed

≈ 4kg sugar

10L**Grab-and-go**

Quick meals for a few days: pasta, rice and oats in small bags. Light to carry.

Feeds 1 for ~2 weeks

1 absorber per small bag

≈ 8kg rice

15L**Breakfast & sides**

Oats, lentils, split peas, dried beans.

Feeds 1 for ~3 weeks

Bagged, with absorbers

≈ 12kg rice

20L**Bulk staples**

White rice, pasta and dried beans in large 4-litre bags. The long-term store.

Feeds 1 for ~4 weeks

Bagged, with absorbers

≈ 16kg rice

Rough figures, based on rice and 2,000 calories a person a day. A full 20L bucket is heavy – lift carefully.

HOW TO PACK

1. Use food-safe metal buckets with a lacquered lining and a tight lid.
2. Pack dry food into Mylar bags – leave a gap at the top.
3. Add the oxygen absorber last, just before sealing. Keep spares in a sealed jar.
4. Squeeze out the air and seal with a hot iron or hair straighteners.
5. Label each bag and bucket: food, date packed, use by.
6. Store cool, dry, off the floor and away from pests. Log it on F3.

GOOD TO STORE

White rice, pasta, rolled oats, dried beans, lentils, split peas.

KEEP OUT OF SEALED BAGS

Anything moist – sealing damp food with no oxygen can let dangerous bacteria grow.

Oily food – brown rice, nuts and wholegrain flour go off sooner.

Sugar and salt – no absorber needed; sugar goes rock hard with one.

Only store what you eat. Use the oldest bucket first and replace it (F3), so nothing goes to waste. Follow the absorber maker's size chart for each bag.

