

EAT WELL, AGE WELL. SHELF STABLE FOODS.

What is a “shelf stable food”?

A shelf stable food is a food that can be stored at room temperature safely. They are also well known as non-perishable food items.

In order for a food item to be shelf stable, it must be treated to destroy any bacteria that can cause an illness or spoil the food.

Like any other food, shelf stable foods do go bad eventually. Always check the dates on canned and preserved foods!

Some examples of shelf stable foods are canned beans, whole wheat crackers, raisins, peanut butter, and granola.

Black Beans and Rice: Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- ½ cup brown rice
- ½ cup water
- 1 can no salt canned black beans
- 1 teaspoons cumin
- 1 fresh lime or lime juice to taste
- 2 teaspoons cilantro (optional)

Directions

1. Add the dry rice to a medium sized pot. Add the water to the pot of rice and bring to a boil.
2. Reduce the heat to low and allow it to simmer until the water is absorbed and the rice is soft. Remove the rice from heat.
3. Drain and rinse the canned black beans.
4. Cook the beans in a small pot for 5-10 minutes on medium-heat.
5. Add the cumin to the rice and stir. Serve the black beans over the rice. Squeeze lime juice over the meal as well as add cilantro to top it off.

This recipe gives flavor but also has nutrients to build and maintain strong bones! The beans provide protein and fiber, whereas the rice provides fiber.

What is shelf-stable food?

Shelf-stable foods have a long shelf life, meaning they will not go bad for a long time. They do not need to be refrigerated and can be stored at room temperature for an extended period until they are eaten.

Due to their packaging and certain preservation methods, these foods are non-perishable and safe to eat. Food can be heat-treated, dried, canned or salted. They still will have an expiration date, but it is often many years in the future. It is helpful to keep in mind that the oldest foods on your shelf should be eaten first.

Examples of shelf-stable foods:

- **Protein:** canned fish, chicken, turkey, ham & beef; jerky, beans, lentils, nuts
- **Grains:** rice, pasta, cereal, oatmeal
- Canned **vegetables** (green beans, corn, carrots, peas, tomatoes, etc.)
- Canned or dried **fruit** (peaches, pears, pineapple, applesauce, raisins)
- Dry herbs and seasonings

Quick Mexican Bean Soup

Yield: 4 servings



Pixabay.com, Igor Dutina (Photographer)

Ingredients

- 1 can (16oz) butter beans
- 1 can (15.5oz) white or navy beans
- 1 can (14.5oz) diced tomatoes (no sodium added)
- 1 can (14.5oz) corn
- 1 can (4oz) chopped green chilies
- 1½ cups low sodium vegetable stock
- 1½ tablespoon chili powder
- ½ teaspoon onion powder
- 1 tablespoon dried cilantro
- **Optional:** top with fresh cilantro and any kind of cheese if it is available.

Directions

1. Rinse and drain the beans and corn.
2. In a large saucepan, combine all the ingredients.
3. Bring to a boil.
4. Reduce heat and simmer, covered, for 10 minutes.
5. *If available, top with cheese and additional cilantro.*

Recipe modified from *tasteofhome.com* by Nicole Tellock.

This recipe takes only 20 minutes to prepare, and all these items are shelf-stable, so it is quick, easy, and affordable meal option. Refrigerate leftovers for up to 3 days after preparing and microwave to reheat.

Nutrition Information

Calories	590
Total Fat	12 g
Saturated Fat	5 g
Sodium	480 mg
Fiber	18 g
Total Sugars	20 g
Protein	23 g

EAT WELL, AGE WELL. SHELF STABLE EMERGENCY MEALS

What are shelf stable emergency meals?

Shelf stable emergency meals are great options to avoid reaching for unhealthy options in a pinch.

By having healthy meals readily available and quick to prepare, you can ensure you are getting adequate nutrition at each meal.

Some options to have available are canned or dehydrated goods like soups, vegetables, and beans. These items take only a few minutes to prepare and will remain stable on your shelves for an extended period of time.

Another option to have available are freezer meals. These are meals you can make in bulk and store in the freezer to prepare when needed. Some items that make great freezer meals are homemade soups, casseroles, and breakfast burritos.

Split Pea Soup: Serves 1



Photo Courtesy of Pixabay.com

Ingredients:

- 2 cups dried split green peas
- 1/2 teaspoon celery seed
- 1 tablespoon dried chopped onions
- 1 tablespoon dried minced garlic
- 1 bay leaf
- 1 chicken bouillon cube

Directions:

1. Layer all ingredients in mason jar and seal to store.
2. When ready to prepare, place all ingredients, plus four cups of water to a saucepan.
3. Bring to a boil over high heat, reduce heat to low, and simmer until the peas are tender (about 30 minutes).
4. Remove and discard the bay leaf. Season to taste.

Recipe is shelf stable for 1 year after preparation

Recipe adapted from: Cassie Johnston

EAT WELL, AGE WELL. SHELF STABLE EMERGENCY MEALS

What are shelf-stable meals?

Shelf stable food can be safely stored at room temperature in a sealed container. This includes foods that would normally be stored in a refrigerator but have been processed so that they can be safely stored at room temperature until opened. Shelf stable meals are made from shelf stable foods.

Shelf stable foods include jerky and dehydrated meat, canned fruits and vegetables, canned soups, dehydrated fruits, canned fish, nuts, and granola bars.

Having foods in the house that are shelf stable are beneficial when you can't get to a store to get fresh food.

Trail Mix: Serves 16



Photo Courtesy of Pixabay.com

Ingredients:

- 1 cup variety dried fruit
- ½ cup raisins or dried cranberries
- 1 ½ cups unsalted sunflower seeds
- 1 cup unsalted dry-roasted peanuts or nuts of your choice.

Directions

Mix the dried fruit, sunflower seeds, and dry-roasted peanuts together in a large bowl. Serve and enjoy!

Store in an air-tight container for a longer shelf life.

This recipe is an easy and healthy snack that can be stored for up to a week. The dried fruit in the trail mix can include a variety of fruits including bananas, apricots, prunes, pears and apples. This trail mix is perfect for a snack on the go and has a longer shelf life than other foods.

Recipe adapted from: [allrecipes.com](https://www.allrecipes.com)