ISS Food Rehydration System  
[packbrolast](https://www.eriesd.org/cms/lib/PA01001942/Centricity/Domain/1041/Space%20food%20packagingbrochure.pdf)  
Space Food Packaging Facts (PDF) — Explains how re-hydratable food packages are designed with special openings, valves, and filling/treatment methods to facilitate the introduction of water into the package.  
  
[Space Station 20th: Food on ISS - NASA](https://www.nasa.gov/history/space-station-20th-food-on-iss/)  
Space Station 20th: Food on ISS — When the dehydrated meals arrive, the crew uses water tubes to pump water into the packs to rehydrate.  
  
[Space Food Systems - NASA](https://www.nasa.gov/directorates/esdmd/hhp/space-food-systems/)  
Space Food Systems — Explains how meals are produced and prepared to be rehydrated aboard (on station).  
  
summary :  
The Food Rehydration System is the mechanism by which water is injected into freeze-dried food packets to restore them to edible form. The packaging typically includes special valves that allow water injection while preventing leaks or air escape and is designed to distribute fluid evenly. After the water is added, the food sits to absorb it and may be heated or stirred to enhance rehydration.