ISS Freeze-Dried Food Packets  
[Space Food Systems - NASA](https://www.nasa.gov/directorates/esdmd/hhp/space-food-systems/)  
Space Food Systems — NASA's website explains how freeze-dried food and daytime meals are produced on the station.  
  
[Space Station 20th: Food on ISS - NASA](https://www.nasa.gov/history/space-station-20th-food-on-iss/)  
Space Station 20th: Food on ISS — The history of desiccants on the space station, and how they are rehydrated.  
  
[packbrolast](https://www.eriesd.org/cms/lib/PA01001942/Centricity/Domain/1041/Space%20food%20packagingbrochure.pdf)  
Space Food Packaging Facts (PDF) — A document that discusses food packaging, packaging technologies, freeze-dried meals, and space nutrition.  
  
summary :   
Freeze-dried food is food from which almost all moisture has been removed under vacuum at low temperature, causing ice to sublimate directly into vapor. The aim is to reduce mass and volume while preserving nutrition and flavor as much as possible. To consume, astronauts add water (hot or cold, depending on the food) to rehydrate it.

This method is used on ISS because the food can remain shelf-stable without refrigeration and is packaged in hermetic, moisture- and oxygen-barrier pouches.