ISS Thermostabilized Food Packets  
[Space Food Systems - NASA](https://www.nasa.gov/directorates/esdmd/hhp/space-food-systems/)  
Space Food Systems — On the NASA website, it is mentioned that some foods are packaged in a “heat-stabilized/thermostabilized” manner to withstand storage in space.  
  
[packbrolast](https://www.eriesd.org/cms/lib/PA01001942/Centricity/Domain/1041/Space%20food%20packagingbrochure.pdf)  
Space Food Packaging Facts (PDF) — The document discusses packaging of meals that cannot be fully dried, and thermally stabilized processing techniques to ensure biosafety.  
  
[Freeze-Dried Foods Nourish Adventurers and the Imagination | NASA Spinoff](https://spinoff.nasa.gov/Spinoff2020/cg_2.html)  
NASA spinoff – Freeze-Dried Foods Nourish Adventurers — describes how food preservation technologies are developed in the context of space research.  
  
summary:  
  
Thermostabilized food refers to foods treated at a specific temperature and duration to eliminate harmful microbes while preserving as much nutrition and flavor as possible. They are then sealed in barrier pouches. This technique is applied for foods that can’t be fully freeze-dried (e.g. sauces, certain meats). On ISS, such foods are stored (often at ambient temperature) and heated or prepared for consumption when needed.  
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