Transcript: BEST FOOD TO PRESERVE FOOD FOR LONG TERM - NO SPECIAL TOOLS OR EQUIPMENT NEEDED

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**[00:00:00]** hello youtubers alaska prepper here

**[00:00:02]** ladies and gentlemen this video is more

**[00:00:04]** so for the beginning prepper and for

**[00:00:07]** those preppers that are on a budget than

**[00:00:10]** for advanced preppers because i think

**[00:00:12]** that people that have been prepping for

**[00:00:14]** a long time probably know the

**[00:00:15]** information that i'm about to put out

**[00:00:17]** but i want to show you that if you're on

**[00:00:19]** a budget and if you're a beginning

**[00:00:21]** prepper and you're just starting in my

**[00:00:23]** opinion right this is my opinion

**[00:00:25]** this is the best food that you can store

**[00:00:29]** and you should store the most

**[00:00:31]** of and i'm going to tell you why

**[00:00:34]** first of all it is still very cheap

**[00:00:37]** this pasta that i purchased right here

**[00:00:39]** this is pretty expensive pasta to tell

**[00:00:41]** you the truth it comes from italy

**[00:00:43]** and it's all organic

**[00:00:45]** but it's still only about a dollar and

**[00:00:47]** 25 cents a pound when you buy it in bulk

**[00:00:51]** so the first thing you want to do is you

**[00:00:52]** want to buy in bulk or buy things that

**[00:00:54]** are on sale

**[00:00:56]** now you can go and get pasta at the

**[00:00:58]** store get the store brand name or

**[00:00:59]** something like that for about a dollar

**[00:01:01]** per pound sometimes you can catch them

**[00:01:03]** on sale for less than a dollar a pound

**[00:01:05]** but i believe that for the quality of

**[00:01:07]** this pasta 1.25 cents a pound is a great

**[00:01:11]** deal now this is what i would call

**[00:01:14]** a calorie maintenance food meaning that

**[00:01:17]** you're going to get most of your

**[00:01:18]** calories from this type of food not

**[00:01:20]** necessarily all of your protein and fats

**[00:01:23]** that you need but this is going to

**[00:01:25]** maintain your caloric needs for the day

**[00:01:27]** then you would go ahead and supplement

**[00:01:29]** what you eat of this every day with

**[00:01:31]** something else like a can of chicken it

**[00:01:34]** can't spam if you like spam that is

**[00:01:37]** but this right here ladies and gentlemen

**[00:01:39]** is 80 servings but i don't look at it as

**[00:01:42]** 80 servings for survival i look at it as

**[00:01:47]** eight days of food this is eight days of

**[00:01:50]** food for a dollar and 25 cents a day

**[00:01:54]** plus whatever you supplemented with in

**[00:01:56]** my opinion that is great now why do i

**[00:01:58]** say

**[00:01:59]** that this is the best

**[00:02:01]** bang for your buck when it comes to

**[00:02:03]** prepping calories for long term

**[00:02:06]** many preppers like rice right i love

**[00:02:08]** rice but take a look at the nutritional

**[00:02:11]** information so here

**[00:02:13]** per serving you have 210 calories

**[00:02:17]** there's 80 servings in this that means

**[00:02:19]** that eight days worth of this food

**[00:02:23]** you've got sixteen hundred and sixty

**[00:02:24]** calories per day from this pasta but

**[00:02:28]** what i think is the most important is

**[00:02:30]** take a look at the protein you've got

**[00:02:32]** seven grams of protein per serving if

**[00:02:35]** you eat eight servings a day which is

**[00:02:37]** what would equal to sixteen hundred and

**[00:02:39]** sixty calories you got eight times seven

**[00:02:42]** that's 56 grams of protein that is a

**[00:02:46]** great amount of protein it definitely

**[00:02:48]** trumps rice when it comes to protein and

**[00:02:51]** i think that is pretty comparative in

**[00:02:54]** price as far as what you're getting for

**[00:02:56]** calories and absolutely much better than

**[00:02:59]** what you're getting for protein now for

**[00:03:01]** those of you that are starting to prep

**[00:03:03]** there's many different ways to put this

**[00:03:05]** away for long term or it's going to last

**[00:03:07]** you 25 years or more i'm going to show

**[00:03:11]** you the simplest way that you can use

**[00:03:13]** where you don't need any special tools

**[00:03:15]** you just need to get a couple of things

**[00:03:17]** one of which is oxygen absorbers now you

**[00:03:20]** can get oxygen absorbers like these

**[00:03:21]** these 50cc oxygen absorbers for as

**[00:03:24]** little as about six and a half seven

**[00:03:26]** cents per if you buy them in bulk so if

**[00:03:29]** you buy a bag of 100 or so you're gonna

**[00:03:31]** probably pay about six seven dollars i

**[00:03:33]** get mine on amazon

**[00:03:36]** now the next thing that you're going to

**[00:03:37]** do to make it as simple as possible

**[00:03:40]** is you're going to need some jars and

**[00:03:42]** yes jars are an expense each jar

**[00:03:45]** depending on where you get them can go

**[00:03:47]** anywhere from a dollar per jar all the

**[00:03:49]** way up to like two dollars per jar

**[00:03:50]** depending where you get them

**[00:03:52]** i've already been stocked up on these so

**[00:03:54]** i actually got a pretty good deal on

**[00:03:55]** these last year when i purchased them

**[00:03:57]** but i'm trying to show you the simplest

**[00:03:59]** way to do it where you don't need any

**[00:04:01]** tools or really anything special and

**[00:04:04]** then of course you don't really need

**[00:04:06]** this

**[00:04:07]** but to make your life a little easier as

**[00:04:08]** you're doing this you're going to need a

**[00:04:10]** funnel and i'm also going to use a cup

**[00:04:14]** to put my pasta in there now ladies and

**[00:04:16]** gentlemen this is such a simple task

**[00:04:19]** that this is something that you can

**[00:04:20]** actually get your kids involved in you

**[00:04:23]** know go ahead and give them

**[00:04:25]** the cup measuring cup and tell me

**[00:04:28]** start putting pasta in there until it

**[00:04:30]** gets to this line right here and then

**[00:04:32]** once you're done get to the next one

**[00:04:35]** like i said this in my opinion is the

**[00:04:37]** easiest way

**[00:04:39]** to put away

**[00:04:40]** this food right here which i consider to

**[00:04:43]** be

**[00:04:43]** the best bang for your buck when it

**[00:04:45]** comes to calories

**[00:04:47]** and when it comes to protein

**[00:04:49]** even more so in my opinion than rice is

**[00:04:53]** and as you can see it's not rocket

**[00:04:55]** science anybody can do this

**[00:04:58]** and guess what ladies and gentlemen once

**[00:05:00]** we finish processing this not really

**[00:05:02]** processing it but putting it away this

**[00:05:04]** is going to be good for 25 years if not

**[00:05:07]** more as long as you store it in a

**[00:05:09]** temperature control room that doesn't

**[00:05:11]** get too hot make sure that when you

**[00:05:14]** store these you don't have any direct

**[00:05:15]** sunlight hitting them

**[00:05:18]** it doesn't get very much easier than

**[00:05:19]** this

**[00:05:20]** now if you want to

**[00:05:23]** for every one of these jars of pasta

**[00:05:26]** that you put away put away two cans of

**[00:05:28]** meat

**[00:05:31]** and one can of vegetables so two cans of

**[00:05:33]** meat one can of vegetables per jar

**[00:05:36]** should feed two people for one day

**[00:05:46]** i'm not gonna bore you to death by

**[00:05:47]** filling up the rest of the jars i'm

**[00:05:49]** about two thirds of the way done with

**[00:05:50]** this bag so i'm assuming it's going to

**[00:05:53]** take me about another three to four jars

**[00:05:55]** to finish putting that bag away for long

**[00:05:57]** term

**[00:05:58]** now for those of you that are new to

**[00:05:59]** prepping what's going to make this food

**[00:06:01]** last as long as it will last when you

**[00:06:03]** put it in storage is really your oxygen

**[00:06:06]** absorbers your oxygen absorbers are

**[00:06:08]** going to evacuate whatever oxygen there

**[00:06:10]** is in the air trapped inside of the jars

**[00:06:13]** the rule of thumbs is that for every

**[00:06:15]** quart you use 100 cc's of oxygen

**[00:06:18]** absorber in this case

**[00:06:20]** i feel that i can get away with using

**[00:06:22]** only 50cc but i'd rather be safe than

**[00:06:24]** sorry the reason that i say that you can

**[00:06:26]** use 150cc oxygen absorber and get away

**[00:06:29]** with it is because there's in my opinion

**[00:06:32]** about only a half of a quart of air in

**[00:06:35]** there after you take away the volume

**[00:06:37]** that these noodles make up however i

**[00:06:40]** would rather be safe than sorry like i

**[00:06:42]** said before so i'm going to go ahead and

**[00:06:43]** place two 50cc oxygen absorbers in these

**[00:06:47]** and i'm going to have my lids ready to

**[00:06:49]** go right my lids are right here they're

**[00:06:51]** ready to go because once you open

**[00:06:53]** your container up that's storing your

**[00:06:56]** oxygen absorbers you want to make sure

**[00:06:57]** that you use them in a hurry that way

**[00:07:00]** they don't lose any of their efficacy

**[00:07:03]** and as you can see i only had 10 left in

**[00:07:05]** my jar so i'm going to go ahead and

**[00:07:06]** close these up first before i go ahead

**[00:07:08]** and open up my other jar that i have and

**[00:07:10]** finish this one off

**[00:07:12]** so very simple ladies and gentlemen all

**[00:07:14]** you want to do is make sure that you put

**[00:07:16]** your lids on nice and straight

**[00:07:19]** you don't want them to be

**[00:07:20]** off center really because you want them

**[00:07:22]** to go ahead and create a good seal

**[00:07:24]** nothing really special about this

**[00:07:27]** the only difference that you're going to

**[00:07:28]** do when you're tightening these lids

**[00:07:30]** compared to when you tighten lids

**[00:07:33]** when you are actually pressure canning

**[00:07:35]** is that when you pressure can

**[00:07:38]** you don't want to tighten your lids

**[00:07:39]** really really tight

**[00:07:41]** but when you dry can and that's what

**[00:07:44]** this is considered this is considered

**[00:07:45]** dry canning you want to put your lids on

**[00:07:47]** there nice and tight to make sure that

**[00:07:49]** that steep seal stays

**[00:07:51]** now over time you will see that the lid

**[00:07:54]** will pop down because it will create

**[00:07:56]** a negative vacuum inside of the jar

**[00:08:02]** now some of you may be asking ap

**[00:08:05]** shouldn't you vacuum seal these with the

**[00:08:07]** foodsaver and the foodsaver attachment

**[00:08:10]** you can do that and it's not going to

**[00:08:11]** hurt anything however i've found over

**[00:08:14]** time that the oxygen absorber does a

**[00:08:17]** good enough job to where you don't have

**[00:08:19]** to vacuum seal these when you are dry

**[00:08:21]** canning

**[00:08:22]** now take a look at this this is the jar

**[00:08:24]** where i store my excess

**[00:08:27]** o2 absorbers and what i mean by that the

**[00:08:30]** o2 absorbers do a good enough jar to

**[00:08:32]** keep a seal on there is this let's check

**[00:08:34]** this out

**[00:08:36]** first of all you see that

**[00:08:38]** i did not vacuum seal these

**[00:08:40]** it's just the oxygen absorber evacuating

**[00:08:42]** the oxygen in the air that's inside the

**[00:08:44]** jar

**[00:08:46]** and it creates a seal on its own now

**[00:08:47]** listen to this

**[00:08:50]** these are nice and tight

**[00:08:51]** i hope you heard that little hiss

**[00:08:54]** that's proof

**[00:08:55]** that these oxygen absorbers are doing

**[00:08:57]** their job

**[00:08:58]** and they're going to do the same thing

**[00:09:00]** inside of

**[00:09:02]** that jar as well

**[00:09:04]** whenever i use my oxygen absorbers if i

**[00:09:06]** have more left in my jar i make sure to

**[00:09:09]** close it up

**[00:09:10]** really quick and they'll be good for

**[00:09:12]** your excuse

**[00:09:14]** now we have to do our last one

**[00:09:20]** ladies and gentlemen listen

**[00:09:22]** i know that times are tough

**[00:09:25]** but you can prep

**[00:09:26]** you can still prep on the cheap i know

**[00:09:28]** that a lot of the preps that i that i

**[00:09:30]** show you all are sometimes more

**[00:09:32]** expensive preps sometimes cheaper preps

**[00:09:34]** but the fact of the matter is this this

**[00:09:36]** is an outstanding prep for you to put

**[00:09:38]** away it'll last years literally years

**[00:09:42]** it'll feed you calories that you need a

**[00:09:44]** good amount of protein and it is still

**[00:09:47]** very reasonably priced it's still

**[00:09:49]** affordable

**[00:09:51]** so go out there and prep this is not the

**[00:09:54]** only way that you can put these away you

**[00:09:56]** can use foodsaver bags and put them away

**[00:09:58]** doing the same thing putting an oxygen

**[00:09:59]** absorber in there however you would have

**[00:10:01]** to store it in a place where maybe

**[00:10:03]** rodents couldn't get to it and where

**[00:10:05]** they won't get banged around where the

**[00:10:08]** side of the bag can get punctured right

**[00:10:10]** because then that would take away the

**[00:10:12]** efficacy of your oxygen absorber letting

**[00:10:15]** air in and out

**[00:10:16]** pretty much making it a moot point of

**[00:10:19]** you having ever put an action absorber

**[00:10:20]** in there go out there and prep today

**[00:10:23]** right here we've got one two three four

**[00:10:25]** five six

**[00:10:27]** like i said earlier you go ahead and add

**[00:10:29]** a can or two cans of meat and one kind

**[00:10:32]** of vegetables with each of these and you

**[00:10:34]** will survive

**[00:10:35]** it may not be the tastiest thing in the

**[00:10:37]** world

**[00:10:38]** just eating pasta by itself

**[00:10:40]** but you will survive so if you're of low

**[00:10:42]** means this is a great way to put away

**[00:10:45]** some preps

**[00:10:46]** having said that i really do hope that

**[00:10:48]** you got something out of this remember

**[00:10:49]** to be good to each other when good

**[00:10:50]** people do good things good things happen

**[00:10:52]** remember to reach one teach one and

**[00:10:53]** repeat if we all did this the world

**[00:10:55]** would be a better place and you know

**[00:10:56]** that it will be a better place many

**[00:10:57]** blessings solving your families i'm

**[00:10:59]** alaska prepper i am out hello hello

**[00:11:01]** everyone i have here today in order to

**[00:11:03]** ask you one simple question all the

**[00:11:06]** crazy things going on in the world if

**[00:11:08]** something bad happens if something does

**[00:11:10]** not go your way and it becomes too much

**[00:11:12]** to take tell me what are you gonna do

**[00:11:16]** nutrient survival isn't just survival

**[00:11:18]** food it's special ops grade

**[00:11:22]** built to the nutritional standards of

**[00:11:23]** the us special ops and packed with 40

**[00:11:26]** essential nutrients

**[00:11:27]** formulated to sustain energy sharpen

**[00:11:30]** focus and keep you and your family

**[00:11:32]** thriving during any emergency

**[00:11:34]** real food real ingredients

**[00:11:38]** oh and a 25 year shelf life our meals

**[00:11:42]** will kick your taste buds in the mouth

**[00:11:44]** and have them coming back for dessert

**[00:11:46]** yeah we've got that too so whether

**[00:11:48]** you're digging in or bugging out you

**[00:11:50]** don't just survive an emergency

**[00:11:51]** situation you thrive in it nutrient

**[00:11:53]** survival feed your freedom

# Full Text (without timestamps)

hello youtubers alaska prepper here ladies and gentlemen this video is more so for the beginning prepper and for those preppers that are on a budget than for advanced preppers because i think that people that have been prepping for a long time probably know the information that i'm about to put out but i want to show you that if you're on a budget and if you're a beginning prepper and you're just starting in my opinion right this is my opinion this is the best food that you can store and you should store the most of and i'm going to tell you why first of all it is still very cheap this pasta that i purchased right here this is pretty expensive pasta to tell you the truth it comes from italy and it's all organic but it's still only about a dollar and 25 cents a pound when you buy it in bulk so the first thing you want to do is you want to buy in bulk or buy things that are on sale now you can go and get pasta at the store get the store brand name or something like that for about a dollar per pound sometimes you can catch them on sale for less than a dollar a pound but i believe that for the quality of this pasta 1.25 cents a pound is a great deal now this is what i would call a calorie maintenance food meaning that you're going to get most of your calories from this type of food not necessarily all of your protein and fats that you need but this is going to maintain your caloric needs for the day then you would go ahead and supplement what you eat of this every day with something else like a can of chicken it can't spam if you like spam that is but this right here ladies and gentlemen is 80 servings but i don't look at it as 80 servings for survival i look at it as eight days of food this is eight days of food for a dollar and 25 cents a day plus whatever you supplemented with in my opinion that is great now why do i say that this is the best bang for your buck when it comes to prepping calories for long term many preppers like rice right i love rice but take a look at the nutritional information so here per serving you have 210 calories there's 80 servings in this that means that eight days worth of this food you've got sixteen hundred and sixty calories per day from this pasta but what i think is the most important is take a look at the protein you've got seven grams of protein per serving if you eat eight servings a day which is what would equal to sixteen hundred and sixty calories you got eight times seven that's 56 grams of protein that is a great amount of protein it definitely trumps rice when it comes to protein and i think that is pretty comparative in price as far as what you're getting for calories and absolutely much better than what you're getting for protein now for those of you that are starting to prep there's many different ways to put this away for long term or it's going to last you 25 years or more i'm going to show you the simplest way that you can use where you don't need any special tools you just need to get a couple of things one of which is oxygen absorbers now you can get oxygen absorbers like these these 50cc oxygen absorbers for as little as about six and a half seven cents per if you buy them in bulk so if you buy a bag of 100 or so you're gonna probably pay about six seven dollars i get mine on amazon now the next thing that you're going to do to make it as simple as possible is you're going to need some jars and yes jars are an expense each jar depending on where you get them can go anywhere from a dollar per jar all the way up to like two dollars per jar depending where you get them i've already been stocked up on these so i actually got a pretty good deal on these last year when i purchased them but i'm trying to show you the simplest way to do it where you don't need any tools or really anything special and then of course you don't really need this but to make your life a little easier as you're doing this you're going to need a funnel and i'm also going to use a cup to put my pasta in there now ladies and gentlemen this is such a simple task that this is something that you can actually get your kids involved in you know go ahead and give them the cup measuring cup and tell me start putting pasta in there until it gets to this line right here and then once you're done get to the next one like i said this in my opinion is the easiest way to put away this food right here which i consider to be the best bang for your buck when it comes to calories and when it comes to protein even more so in my opinion than rice is and as you can see it's not rocket science anybody can do this and guess what ladies and gentlemen once we finish processing this not really processing it but putting it away this is going to be good for 25 years if not more as long as you store it in a temperature control room that doesn't get too hot make sure that when you store these you don't have any direct sunlight hitting them it doesn't get very much easier than this now if you want to for every one of these jars of pasta that you put away put away two cans of meat and one can of vegetables so two cans of meat one can of vegetables per jar should feed two people for one day i'm not gonna bore you to death by filling up the rest of the jars i'm about two thirds of the way done with this bag so i'm assuming it's going to take me about another three to four jars to finish putting that bag away for long term now for those of you that are new to prepping what's going to make this food last as long as it will last when you put it in storage is really your oxygen absorbers your oxygen absorbers are going to evacuate whatever oxygen there is in the air trapped inside of the jars the rule of thumbs is that for every quart you use 100 cc's of oxygen absorber in this case i feel that i can get away with using only 50cc but i'd rather be safe than sorry the reason that i say that you can use 150cc oxygen absorber and get away with it is because there's in my opinion about only a half of a quart of air in there after you take away the volume that these noodles make up however i would rather be safe than sorry like i said before so i'm going to go ahead and place two 50cc oxygen absorbers in these and i'm going to have my lids ready to go right my lids are right here they're ready to go because once you open your container up that's storing your oxygen absorbers you want to make sure that you use them in a hurry that way they don't lose any of their efficacy and as you can see i only had 10 left in my jar so i'm going to go ahead and close these up first before i go ahead and open up my other jar that i have and finish this one off so very simple ladies and gentlemen all you want to do is make sure that you put your lids on nice and straight you don't want them to be off center really because you want them to go ahead and create a good seal nothing really special about this the only difference that you're going to do when you're tightening these lids compared to when you tighten lids when you are actually pressure canning is that when you pressure can you don't want to tighten your lids really really tight but when you dry can and that's what this is considered this is considered dry canning you want to put your lids on there nice and tight to make sure that that steep seal stays now over time you will see that the lid will pop down because it will create a negative vacuum inside of the jar now some of you may be asking ap shouldn't you vacuum seal these with the foodsaver and the foodsaver attachment you can do that and it's not going to hurt anything however i've found over time that the oxygen absorber does a good enough job to where you don't have to vacuum seal these when you are dry canning now take a look at this this is the jar where i store my excess o2 absorbers and what i mean by that the o2 absorbers do a good enough jar to keep a seal on there is this let's check this out first of all you see that i did not vacuum seal these it's just the oxygen absorber evacuating the oxygen in the air that's inside the jar and it creates a seal on its own now listen to this these are nice and tight i hope you heard that little hiss that's proof that these oxygen absorbers are doing their job and they're going to do the same thing inside of that jar as well whenever i use my oxygen absorbers if i have more left in my jar i make sure to close it up really quick and they'll be good for your excuse now we have to do our last one ladies and gentlemen listen i know that times are tough but you can prep you can still prep on the cheap i know that a lot of the preps that i that i show you all are sometimes more expensive preps sometimes cheaper preps but the fact of the matter is this this is an outstanding prep for you to put away it'll last years literally years it'll feed you calories that you need a good amount of protein and it is still very reasonably priced it's still affordable so go out there and prep this is not the only way that you can put these away you can use foodsaver bags and put them away doing the same thing putting an oxygen absorber in there however you would have to store it in a place where maybe rodents couldn't get to it and where they won't get banged around where the side of the bag can get punctured right because then that would take away the efficacy of your oxygen absorber letting air in and out pretty much making it a moot point of you having ever put an action absorber in there go out there and prep today right here we've got one two three four five six like i said earlier you go ahead and add a can or two cans of meat and one kind of vegetables with each of these and you will survive it may not be the tastiest thing in the world just eating pasta by itself but you will survive so if you're of low means this is a great way to put away some preps having said that i really do hope that you got something out of this remember to be good to each other when good people do good things good things happen remember to reach one teach one and repeat if we all did this the world would be a better place and you know that it will be a better place many blessings solving your families i'm alaska prepper i am out hello hello everyone i have here today in order to ask you one simple question all the crazy things going on in the world if something bad happens if something does not go your way and it becomes too much to take tell me what are you gonna do nutrient survival isn't just survival food it's special ops grade built to the nutritional standards of the us special ops and packed with 40 essential nutrients formulated to sustain energy sharpen focus and keep you and your family thriving during any emergency real food real ingredients oh and a 25 year shelf life our meals will kick your taste buds in the mouth and have them coming back for dessert yeah we've got that too so whether you're digging in or bugging out you don't just survive an emergency situation you thrive in it nutrient survival feed your freedom