

Food Comparison Chart: Canned, Dehydrated, Freeze Dried

	Conventional Canned Goods	Dehydrated	Freeze Dried
Shelf Life - unopened	1-3 years	Indefinite (15+ years)	Indefinite (15+ years)
Opened can not refrigerated	8 hours (at most 24)	1 ½ years with plastic lid 3-6 months for milk & eggs	2-6 months with lid, or rehydrate contents & freeze
Amount of Product per Can	Per pound: Usually 4-6 oz of water & 10-12 oz of fruit or vegetable	Very compact. Product shrinks up to 70% due to water loss in dehydration process, then expands again when rehydrated * *Check each label for # of servings	Does not shrink. Size of original product is the same as freeze-dried product. Just becomes lighter in weight * *Check each label for # of servings
Cans & cost to equal: 14 lb peaches 20 lb corn 20 lb green beans 20 lb green peas 11 dozen eggs	14 one lb cans = \$17.63 20 one lb cans = \$15.80 20 one lb cans = \$15.80 20 one lb cans = \$15.80 Fresh will not store = \$20.00	1 #10 can = \$40.25 1 #10 can = \$23.75 1 #10 can = \$13.00 1 #10 can = \$19.50 1 #10 can = \$32.00	3 #10 cans = \$72.00 2 ¼ #10 cans = \$44.00 3 ½ #10 cans = \$78.50 3 #10 cans = \$72.20 4 ¼ #10 cans = \$90.00
Availability	All items available but may be unattainable due to draught, crop damage, labour strikes or terrorism	All available except meat	Pre-cooked entrees, fruits, meats, vegetables and eggs only – no grains, dairy, beans, rice
Preservatives	Almost everything has preservatives in varying quantities	Generally less than canned. Less than ½ the items have preservatives	Almost none
Nutrition	After a year, vitamins tend to wash out in the water	Good. Vitamins remain in food rather than in water, as in canned. * * Vitamins will degrade over time and this is accelerated by heat.	Good * * Vitamins will degrade over time and this is accelerated by heat.
Preparation	Heat & serve	Rehydrate some in cold water. Cook some 10-15 min. Eat some “as is”.	Add boiling or cold water depending if the product is pre-cooked. Eat some “as is”.
Flavour	“Canned” taste	Very good. Comparable to frozen, some comparable to fresh.	Excellent. Most like fresh.
Container size	Varies from small to very large. Odd shapes make it hard to store.	#2 ½ & #10 cans – 6 per case. Cases stack uniformly. Boxes easy to handle.	#2 ½ & #10 cans – 6 per case. Cases stack uniformly. Boxes easy to handle. Also have foil pouches. Very practical for camping.
Cost of 1 yr supply	Cost of 52 weekly carts of food divided by # in your family.	Per person approx. \$800-\$1400 depending on variety of foods selected.	Per person approx. \$3375
Storage space required	Average of 52 weekly carts of food divided by # in your family.	1 yr supply for one fits under a bed	Fits under 3-4 beds
Suggestions	Have small supply on hand for short emergencies. Store spices, condiments, oil, sugar, salt.	Make this your main food storage. Buy either pre-planned unit of buy what you like to eat.	Supplement your year’s supply with real meats, exotic fruits & vegetables etc.