

# How to Find the Right Food Storage Items

Everyone knows there's nothing wrong with keeping a few boxes of food storage at home. The problem is that it can be a challenge to identify which one to buy.

There could be thousands of food storage items out there, but they are not perfect for emergency food supply. You need to know what works and what doesn't, and by doing so, you can limit unnecessary expenses.

Read a detailed [Valley Food Storage review](#) to find the right storage items for your home. Learn exactly what you need to get the best deal.

## What's the First Thing to Know?

When choosing what type of food storage item to use, think about how much you need it and where you will keep it. Typically, the best kind of food storage container is one made from heavy-duty steel or Glass so that it can withstand both changes in temperature and high winds.

## Why a Food Storage Container?

Food storage containers are essential for several reasons.

- First, they keep your food fresh right from the fridge. Making food to sit out for too long stretches allows bacteria and mold to grow.
- Second, storage containers keep foods moist and prevent moisture from seeping through the walls or eating away at the protective barrier protecting your food from moisture.
- Finally, having the proper humidity level inside your food storage container will help prevent mold from

growing on your food as you are eating.

Here are some features to consider before you buy one.

### **Long Shelf Life**

The most crucial factor is whether the container has a shelf life. It is measured in months, not years. Six-month shelf life will last you through many holidays and to come back for more food after a long period of cold weather. Most natural wood cabinets and lockers have a limited shelf life, meaning they are not recommended for long-term storage of food and other nonperishable items.

### **Air Tight**

An airtight seal is an essential component of a suitable storage container. It keeps the oxygen level appropriate for the material stored in the box and protects the contents against rust and corrosion. Your storage container should have an airtight seal, which means that moisture and oxygen can't get in, as it can quickly lead to rust and rot.

### **LeakProof Feature**

You find that whenever you transport your favorite spaghetti sauce in the plastic container, it not only leaks, but the sauce spills out onto other things. If you want a storage container to keep the sauce kind of stuff, it needs to be leakproof.

### **Glass or Plastic Container?**

Some swear that [glass containers preserve food longer](#) than plastic, while others say that plastic containers don't ruin food nearly as much as some suggest. Most people choose their favorite container and then make up their minds to stick with it for storage. Retention or plastic, right? Wrong!

The answer lies in understanding the science behind these

commonly used containers. Glass is an effective barrier against UV light and oxygen. In contrast, plastics are not. Glass is a great deal more vital than you might think, and it's microwave safe too. Plus, it allows for better thermal exchange.

## **Final Words**

All in all, any trusted Valley food storage review would suggest that a great food storage item should be made of a strong material that will last for years to come. It should also feature a high-quality seal so that your food will stay secure for long enough for you to get around to using it.