

Sources & Resources:

(Note: All links active at time of this writing (2023).)



- **MIAB Recipes:** Available for download at www.ApproachingReady.com in the handouts section. Meal-in-a-jar recipes can also be adapted. (Note: Site also contains other preparation-related information.)
- **Bulk Foods:** WinCo Foods, Chef's Store, Cash and Carry, Costco, other restaurant supply stores, etc.
- **Vegetables - Dehydrated / Freeze Dried:**
 - #10 Cans: Commercial Vendors: [Honeyville](#); [Thrive](#); [Augason Farms](#); [Emergency Essentials](#); [Walmart](#); Costco;
 - Church of Jesus Christ of Latter-day Saints: [Online Store](#) (e.g. Carrots)
 - Dehydrates Inc: www.Dehydratesinc.com (800-983-4443) has "Deluxe Carrot Mix" – 40 lb carton of dehydrated Mixed veggie blend.
 - Home Dehydrating or Freeze Drying – personal use... [If processing it yourself, make sure to dehydrate or freeze dry completely. Store protected from moisture or humidity while stored; sealed, O2 absorber, silica desiccant bag, etc.]
 - Freeze Dryer: [Harvest Right](#) www.harvestright.com Hint: Talk to an owner first; [visit/join Facebook group](#)...
 - Dehydrator: [Excalibur brand](#)- from Amazon or other retailers.
- **Vacuum Sealers:** Get a model that has an "accessory port" that allows use of a mason jar lid sealer.
 - [Cabelas](#) ; [Vacmaster](#); [Food Saver](#); [Sorbent Systems](#); Costco; [Amazon](#);
 - Mason Jar Sealer: [Foodsaver](#)
- **Portable Heat Sealer / Impulse Sealers:**
 - [Vacuum Sealers Unlimited](#); [Sorbent Systems](#); [6" Portable Hand Operated Heat Sealer](#)
 - Flat irons – like used for hair; search [Amazon](#). Also find them at Goodwill & thrift stores
- **Vacuum Seal Bags:** Google for sources, or see links below
 - [Sorbent Systems](#); Amazon.com
 - Pint bags (6x10") http://shop.vacuumsealersunlimited.com/ULTRA-Vacuum-Sealer-Bags_c279.htm
 - Quart bags (8x12")
 - http://shop.vacuumsealersunlimited.com/ULTRA-Vacuum-Sealer-Bags_c279.htm
 - Gallon Bags – (you'll want some eventually for other general purposes)- available at above online outlets.
- **Mylar Bags:** Google for other sources. Most commonly used are one-gallon size, and 5-gallon (for buckets of bulk dry food).
 - [Discount Mylar Bags](#); [Sorbent Systems](#); [Mylarbagsdirect](#); [TopMylar](#);
 - [LDS Online Store](#): (This is a thick 7 mil bag which is very good! LDS only has one-gallon size.)
- **Desiccant Packets:** (Use silica gel desiccant packets packaged in Tyvek® which are FDA approved food grade)
 - [Sorbent Systems](#);
- **O2 absorbers:** [LDS Online Store](#) (store.lds.com); [Discount Mylar Bags](#); [Sorbent Systems](#); [Mylarbagsdirect](#); Google search
- **Sandwich Bags:** Folding top style: local grocery store or [Amazon](#):
- **Books:**
 - ["The Ultimate Dehydrator Cookbook"](#) by Tammy Gangloff,
 - ["The Meals in a Jar Handbook"](#), by Stephanie Petersen
 - ["Dinner Is in The Jar"](#), by Kathy Clark:
 - ["It's in The Bag"](#) by Michelle Snow:
 - ["The Prepper's Cookbook"](#) by Tess Pennington:
 - ["Meals In A Jar"](#) by Julie Languille

Video Tutorials: (note: Search for "Meal in a Jar", "Dehydrate food", etc. on YouTube): Examples:

- Dehydrate 2 Store: https://www.youtube.com/results?search_query=dehydrate2store
- Meals in a Jar: https://youtu.be/IQ8--eiudHw?list=PLWoOHAKAkB_06yUR1vkRfoCJNhJftalNg

Websites: (Note: There are many).

- Self-Reliant School: <http://selfreliantschool.com/introduction-meals-in-jars-chili-jar/>
- The Survival Mom: <http://thesurvivalmom.com/>