

## Shelf – Stable : What to Look for

### Safe at Room Temperature

- When choosing food for your Duke of Ed Expedition, it's important to choose food that will not spoil ... even after a few hot days stuffed in your rucksack.
- Shelf-stable food is food that can be safely stored at room temperature in a sealed container.
- It could also include foods you would normally store in the fridge but which have been processed so they can be safely stored without refrigeration.
- Shelf-stable foods have undergone preservation processes to ensure they will not spoil and can be safely stored at room temperature without posing a health risk due to going off.

### Shelf - Stable Packaging

- Canned or tinned foods.
- Glass jars with pop-top screw.lids
- Foil pouches.
- Snap pots.
- Tetra long life cartons.
- Squeeze pouches.
- Tubes.
- Shrink wrapped.



**Food is only shelf-stable if it has not been opened.**

### Remember

**Once opened, shelf-stable foods deteriorate just like other fresh foods and need refrigeration to remain safe to eat.**