

Mason Jars vs Mylar Bags for Freeze-Dried Food Storage

Both mason jars and Mylar bags have their place in storing freeze-dried food. Here's a quick comparison of the pros, cons, and best use cases for each to help you decide which method fits your needs.

	Mason Jars	Mylar Bags
Best For	Short-term pantry storage	Long-term emergency storage
Shelf Life	Weeks to months (longer if vacuum sealed)	10–25 years with O2 absorbers
Light Protection	None (clear glass)	Excellent (lightproof)
Air Protection	Moderate (better if vacuum sealed)	Excellent when heat sealed
Durability	Breakable, bulky	Durable, lightweight
Reusability	Yes	No (single use)
Visibility	See-through for rotation	Not visible (label required)
Convenience	Great for snacks and frequent use	Best for bulk and prepping

Quick Summary

Use Mason Jars: For pantry snacks, everyday-use items, and short-term storage.
Use Mylar Bags: For long-term storage, emergency prepping, and space-saving bulk preservation.

Bonus tip: Use both! Store small daily-use portions in jars and seal bulk batches in Mylar.