



Can I Re-Seal Mylar Bags?

Firstly, YES, your Mylar bags can be resealed after opening and if resealing for long term storage, should be heat-sealed. Mylar bags with zip locks are for convenience and if you will be consuming your food within 3 months then you can use the zip lock feature without heat-sealing. However, for long term food storage, heat-sealing your Mylar Bags is necessary. Always use Oxygen Absorbers. Before you start your long-term food storage process you should understand Oxygen Absorbers and how they work. There is some information on the Misconceptions about Oxygen Absorbers and Mylar Bags you may probably want to read before carrying out your long-term food storage process.

Understanding Oxygen Absorbers

Get everything prepared so you can spend as little time as possible having your Oxygen Absorbers exposed to air.

It takes about 2 hours in the open air for an Oxygen Absorber to become fully exposed but you should try and get sealing done within 10 minutes. 20 minutes is the maximum amount of time you should have your oxygen absorbers exposed.

The Oxygen Absorber Packs are vacuum sealed so your oxygen absorbers should be fresh to begin with. Fresh oxygen absorbers indicators should be a shade of pink or red, **NOT** dark blue. Fresh oxygen absorbers have a reddish brown or pink hue indicator. Indicators turn dark blue when oxygen is present.

Fresh oxygen absorbers will feel soft, as if to contain powder. When the oxygen absorber is fully exposed and no longer fresh it will feel hard and crunchy.

How do I Save Unused Oxygen Absorbers?

You can place unused oxygen absorbers back in the bag they came in and vacuum seal them properly. You can also place unused oxygen absorbers in a mason jar and closed very tightly. If you only have a few oxygen absorbers and a large jar, you can fill the jar with marbles or similar to take up most of the empty space and place your oxygen absorbers in the jar.

What is the process?

1. Gather your Materials
2. Prepare your Assembly Line
3. Heat Seal Mylar Bags (Partially)
4. Add Oxygen Absorbers
5. Heat Seal Mylar Bags (Completely)

What are the Heat-Sealing Methods Available?

4 heat-sealing options to use are:

- Vacuum Sealer

- Household Iron
- Hair-Straightening Iron
- Impulse Sealer

How do I Heat-Seal Mylar Bags?

Firstly, fill each bag using scoop or funnel and pack the bag as full as possible. Remember to leave some room for cutting and resealing your bag again if you were to re-use your Mylar Bag by leaving approximately 10cm to 12cm of room from the top. Push as much air out of the bag as you prepare to seal your Mylar Bag. And use Oxygen Absorbers.

Vacuum Sealer: This is an easy method of sealing/resealing Mylar Bags. If using oxygen absorbers there is no need to vacuum seal, simply switch off vacuum pump and use the sealing feature. Heat-sealing is still necessary. After sealing with vacuum sealer it is recommended you use hair-straightening iron or household iron to heat seal Mylar Bag.

Impulse Sealer: This is a commercial sealing option which can be expensive but the easiest way to heat seal Mylar Bags.

Hair-Straightening Iron: If you are using a hair straightening iron use the highest heat setting. Push out as much air as possible from the Mylar Bag and begin sealing as close to the food as possible, clamping down on the iron for 2 seconds (or longer if needed). Seal almost all the way but not completely. Drop Oxygen Absorber/s into the bag. Now completely seal the Mylar Bag. Repeat the heat-sealing one more time.

Household Iron: The iron heat setting should be on Cotton setting (400°C). Using a 2 x 4 piece of wood or anything similar to elevate the top of the Mylar Bag will be helpful. Push as much air out and starting on one side of the bag start to iron the top of the Mylar Bag pressing down for 2 seconds (or longer if needed) as you go along. When almost sealed drop Oxygen Absorber/s into the bag and completely seal the bag with the iron. Repeat the ironing process one more time.