

# FATS & OILS HANDOUT

3 month supply of oil and fats (2.5 qts. per person)

## DEFINITION:

**Fats:** Solid at room temperature (shortening, margarine, butter, mayonnaise, salad dressings, peanut butter) **Oils:** Liquid at room temperature (Canola, vegetable, sesame, peanut, olive, or coconut oil.)

## STORAGE AMOUNTS AND TYPES

Types, storage amounts, and shelf life of oils/fats that should be stored in your food storage.

Year Supply: 10 quarts per person (2.5 quarts per person= 3 month supply)

- ✓ Canola, vegetable, and other cooking oils (2 jars per person—year supply) Shelf Life: 1 1/2 to 2 YEARS
- ✓ Olive oil (1 jar per person—year supply) Shelf life: 1 YEAR
- ✓ Shortening (1 tub per person—year supply) Shelf life: 1 YEAR
- ✓ Butter (5-10 lbs. per person—year supply) Shelf life: 1 YEAR FREEZER
- ✓ Margarine (5-10 lbs. per person—year supply) Shelf life: 1 YEAR FREEZER
- ✓ Mayonnaise (3 jars per person—year supply) Shelf life: 2 YEARS
- ✓ Salad dressings (3 jars per person—year supply) Shelf life: 2 YEARS
- ✓ Peanut butter (4 jars per person—year supply) Shelf life: 2 YEARS

## BUYING AND STORING OILS AND FATS

Storing oils and fats long term can be problematic. These problems occur when the oil and fats become rancid. This process is called oxidation. Eating rancid foods is unhealthy and should be avoided where possible. Although fats and oils can turn rancid somewhat quickly, there are a **few tips** to help your storage of oils/fats successfully:

- 1-Heat, air and light are the enemies of oil! Keeping oil away from these three factors will help your oils/fats last longer.
- 2-Store opened (and unopened) oil containers in the fridge (if at all possible). This will help your oils last MUCH longer. If your oils when stored in the fridge turn cloudy, they are still fine for cooking. If left at room temperature, the cloudiness will go away.
- 3-If possible, buy your oils in opaque, airtight containers.
- 4-Store oils in a cool place that is less than 50 degrees, instead of in a warm pantry. If stored in your kitchen, try to keep away from stoves, microwaves or other heat sources.
- 5-Store oils in the dark (place in a box or cabinet with a lid).
- 6-Buy oils in smaller containers. This way you won't be exposing a large quantity of oil to the air after opening. This will help them not go rancid so quickly.
- 7-Think of your oil storage as an insurance policy. You may have to discard a portion of your stored oils and fats after 1 to 2 years, but you will be glad you had it if you needed to live long term out of your storage.
- 8-When purchasing oils at the store, choose the ones from the back of the shelf that have been kept further away from direct light.
- 9-Some oils and fats like margarine, butter and olive oil, can be frozen for later. When ready to use, just bring back to room temperature and then stir thoroughly before use.
- 10-Rotate your oils at least yearly. Date the containers of oils in your storage with their estimated expiration date so you know to use the older oils before the newer ones. Keep updated on your oil and fat storage every 6-12 months.

## WHY STORE FATS AND OILS

Fats and oil are a valuable source of concentrated calories in your diet. These calories could be of real importance if faced with a diet consisting largely of unrefined grains and legumes. For small children, infants, nursing mothers, and the elderly, they may not be able to consume the volume of food that would be necessary in a day, to get all of the calories they would need to avoid possible malnutrition. Oils /fats would help them receive these necessary calories in their diet.

Fats also play an important role in our perception of taste and texture in the food we are used to eating. The absence of fat in our diet would make many foods more difficult to prepare and consume. Also, a small amount of dietary fat is necessary for our bodies to properly absorb fat soluble vitamins like A,D,E and K.

## USES FOR FATS AND OILS IN COOKING

- ✓ Frying food & breads (scones, potatoes, fry bread, fried onions, wontons, chips, etc.)
- ✓ Basic ingredient for nearly all breads and baked goods
- ✓ Used to make homemade dressings and dips
- ✓ Important for sautéing or browning vegetables or meats
- ✓ Gives flavor to bland or tasteless food



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