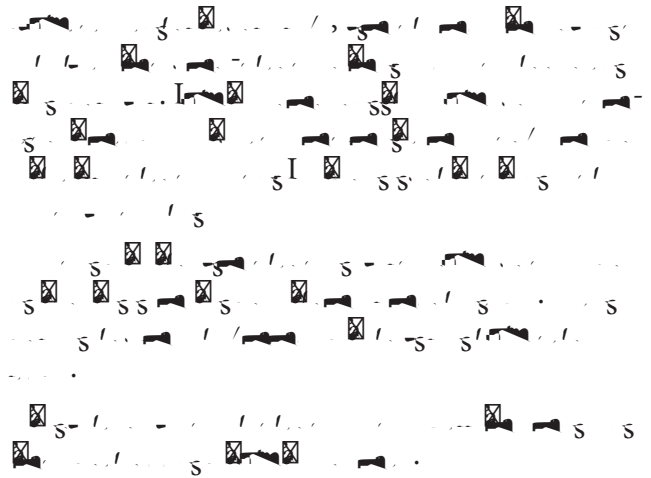
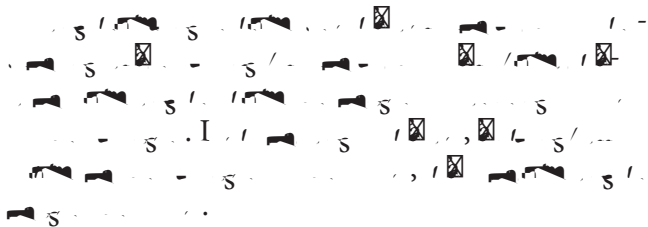


# Drying Fruits & Vegetables

## Drying



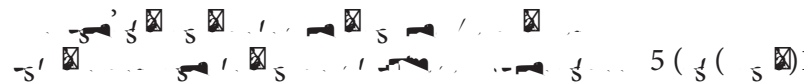
## Procedure



## Foods



## Solar Drying

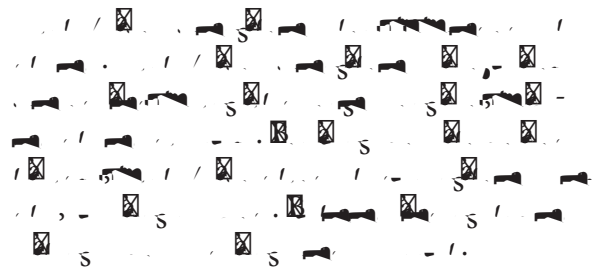
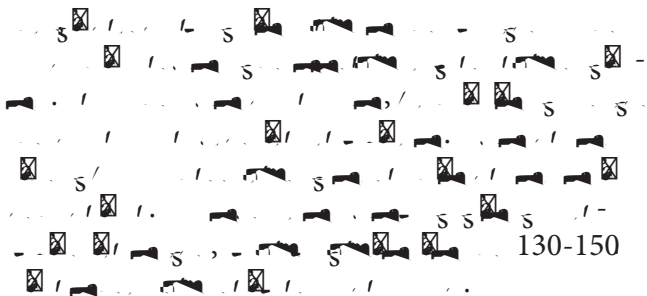


## Sun Drying



# Table For Drying Fruits and Vegetables

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## Packaging

1. The packaging material should be clean, dry, and free of any contaminants. It should also be strong enough to protect the contents from damage during transport and storage.

2. The packaging should be designed to allow for proper ventilation of the contents, especially if they are perishable or sensitive to moisture.

3. The packaging should be clearly labeled with the contents and any handling instructions.

4. The packaging should be sealed properly to prevent leaks or spills.

5. The packaging should be tested for strength and durability before use.

## Keeping Quality

## Use of Dried Foods

1. Dried foods are a convenient and long-lasting source of nutrition. They can be used in a variety of ways, including as a snack, a meal ingredient, or a source of energy.

2. Dried foods are also a good source of fiber and antioxidants. However, they can be high in sodium and sugar, so it's important to choose high-quality products.

3. Dried foods should be stored in a cool, dry place in airtight containers to prevent spoilage.

4. Dried foods should be rehydrated before eating to restore their texture and flavor.

## References

E P  
D F

