

# FOOD STORAGE SHELF LIFE

Item	Min Shelf Life*	Item	Min Shelf Life*
<b>BREAD, CEREAL, RICE and PASTA</b>		<b>CANNED VEGETABLES</b>	
Cornmeal / Polenta	1 year	Artichoke Hearts	3-4 years
Flour, White, enriched	1 year	Asparagus	2 years
Popcorn Kernels	2 years	Bean, Green	2 years
Ramen Noodles	2 years	Carrots	8 years
Rice, brown	1 year	Corn/Peas	2 years
Rice, white enriched	2 years	Enchilada Sauce	2 years
Spaghetti / Macaroni	2 years	Popcorn, unpopped	3 years
Spaghetti w/ sauce, canned	2 years	Potatoes, flaked	2 years
Breakfast Bars	6 months	Pumpkin	4 years
Cream of Wheat	1 year	Spaghetti Sauce	2 years
Oats, rolled	18 months	Tomato Paste	2 years
		Tomatoes, peeled	2 years
<b>MEATS &amp; FISH</b>		<b>MILK AND DAIRY</b>	
Corned Beef, canned	1-2 years	Cheese, Processed	9 months
Spam	5 years	Coffee Mate	2 years
Chicken, canned	1-2 years	Milk, powdered	2 years
Ham, canned	1-2 years	Parmesan, grated	9 months
Tuna	1.5 years	Evaporated milk (cans)	1 year
Salmon, canned	2-3 years	Sweetened Condensed Milk	1 year
Jerky	6 months		
<b>LEGUMES, BEANS, PEAS</b>		<b>FRUITS</b>	
Beans, Borlotti, dry	1 year	Applesauce	3 years
Beans, Chick Peas, dry	1 year	Banana, Dried Chips	8 months
Beans, Kidney, dry	1 year	Fruit Salad/Cocktail, canned	2 years
Beans, Pinto or Pink, dry	1 year	Fruit Juice	2 years
Beans, Mexe (Old El Paso)	2 years	Oranges, canned	2 years
Beans, Refried (Old El Paso)	2 years	Peach, slices, canned	18 months
Beans, 4-Bean Mix	2 years	Pear halves, canned	3 years+
Lentils, dry	1 year	Pie Filling	2-3 years
Peanut Butter	9 months	Pineapple, Crushed	3 years+
		Pineapple, Slices	2 years
<b>SOUP</b>		<b>BAKING ITEMS</b>	
Dry Soup Mix	1 year	Baking Powder	2 years
Soup, condensed	2 - 3 years	Baking Soda	2 years
Soup, ready to eat	2 - 3 years	Yeast, Dry	18 months
Broth, powdered	2 years	Cornstarch/Cornflour	18 months

**CONDIMENTS & SPICES**

BBQ Sauce	2 years
Jams	18 months
Ketchup	2 years
Lemon Juice	1 year
Mustard	2 years
Olives	2 years
Pickles	2 years
Vinegar	1 year
Salt	indefinite
Pepper, ground	2 years
Spices, in jars	2 years
Seasoned Salt	2 years

**COMFORT FOODS**

Cake/Brownie Mix	9 months
Chocolate Chips	2 years
Crackers	8 months
Hard Candy	2 years
Muffin Mix	9 months
Pancake Mix	6-9 months
Pudding, canned	1-2 years
Saltines	8 months

**PET SUPPLIES**

Cat Food, Canned	18 months
Cat Food, Dry	18 months
Cat Food, Foil Pouches	12 months
Catnip Toys	18 months
Dog Bones	18 months

**FATS, OILS and SWEETS**

Corn Oil	2 years
Crisco, solid, plain	2 years
Mayonnaise	6 months
Olive Oil	6-9 months
Salad Dressing	1 year
Equal	2 years
Corn Syrup	1 year
Honey	1 year
Maple Syrup	2 years
Molasses	1 year
Sugar, brown	6 months
Sugar, granulated / powdered	2 years

**BEVERAGES**

Water (tap water)	6 months
Coffee, instant	2 years
Tea	3 years
Cocoa, powdered	1-2 years
Cranberry Juice	2 years
Tang / Gator Aide	2 years
Ovaltine	18 months
Powdered Drink/Kool Aid	2 years

**BATTERIES**

Batteries	4 years
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**SHELF LIFE:** For most products, the recommended MINIMUM shelf life is shown. Many food products list the expiration date right on the package. For products not marked with an expiration date, be sure to write on the product with a permanent marker the date of purchase.

Shelf Life can be greatly increased by vacuum or nitrogen packing or other method of hermetically sealing foods stored in the dark, freezing the items and leaving packaging unopened from time of purchase to usage. Storing foods at a constant 68 degrees F (20 degrees C) or lower will greatly lengthen shelf life.

Many foods can be safely consumed months after the expiration date as long as the container is intact, but using foods by their expiration date will insure finest nutritional quality and taste.