

FOOD STORAGE FACTS

Approximate Storage Times

Item

At 70° F

Comments

STAPLES

Baking powder	18 months or expiration date on can	Keep dry and covered.
Baking soda	2 years	Keep dry and covered.
Bouillon cubes or granules	2 years	Keep dry and covered.
Bread, room temperature	1-3 days	Refrigeration speeds staling, but can retard mold growth. Freeze for longer storage. Store in moisture- and vapor-proof wrap.
Bread crumbs, dried	6 months	Keep dry and covered.
Cereals:		
Ready-to-eat, unopened	6-12 months	
Ready-to-eat, opened	2-3 months after opening.	Refold package liner tightly
Hot cereal, dry	6 months	
Chocolate:		
Semi-sweet	2 years	Keep cool.
Unsweetened	18 months	Keep cool.
Premelted	12 months	Keep cool.
Chocolate syrup:		
Unopened	2 years	
Opened	6 months	Cover tightly. Refrigerate after opening.
Cocoa mixes	8 months	Cover tightly.
Coffee:		
cans, unopened	2 years	Refrigerate after opening; keep tightly closed. Use dry measuring spoon. Freeze to extend shelf life
cans, opened	2 weeks	
instant, unopened	1-2 years	
instant, opened	2 months	
Coffee whiteners:		
unopened, dry	9 months	Keep tightly covered.
opened, dry	6 months	Keep tightly covered.
Cornmeal	12 months	Keep tightly covered. Freeze for indefinite storage.
Cornstarch	18 months	Keep tightly covered.

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Flour:		Freeze for indefinite storage.
white	6-8 months	Keep in airtight container.
whole wheat	6-9 months	Keep refrigerated or freeze. Store in airtight container.
specialty	6-8 months	
Gelatin:		
all types	18 months	Keep in original container.
Grits	12 months	Store in airtight container.
Honey	12 months	Cover tightly. If it crystalizes, warm open jar in a pan of hot water.
Jellies, jams	12 months	Cover tightly. Refrigerate after opening.
Molasses:		
unopened	12 months	
opened	6 months	Keep tightly covered. Refrigerate to extend storage life.
Marshmallow cream, unopened	3-4 months	Cover tightly. Refrigerate after opening to extend storage life.
Marshmallows	2-3 months	Serve at room temperature.
Mayonnaise, unopened	3-4 months	Keep in airtight container.
Milk:		Refrigerate after opening. Check package date.
condensed or evaporated unopened	12 months	
nonfat dry, unopened	6 months	Invert cans every 2 months.
nonfat dry, opened	3 months	Store in airtight container.
Pasta:		
spaghetti, macaroni, etc	1-2 years	Once opened, store in airtight container.
egg noodles	6 months	
Pectin, liquid or dry	1 year or expiration date	
Rice:		
brown	1 year	
white	1-2 years	Keep tightly covered.
flavored or herb	6 months	
Salad dressings:		
bottled, unopened	10-12 months	Refrigerate after opening.
bottled, opened	3 months	
made from mix	2 weeks	Refrigerate prepared dressing.
Shortening	8 months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
Sweeteners, artificial	2 years	Cover tightly.

Item	At 70° F	Comments
Sugar:		
brown	4 months	Put in airtight container.
confectioners	18 months	Put in airtight container.
granulated	2 years	Cover tightly.
Tea:		
bags	18 months	Put in airtight container.
instant	3 years	Cover tightly.
loose	2 years	Put in airtight container.
Vegetable oils:		
unopened	6 months	
opened	1-3 months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
Vinegar:		
unopened	2 years	
opened	12 months	Keep tightly covered. Slightly cloudy appearance doesn't affect quality.

MIXES AND PACKAGED FOODS

Biscuit, brownie, muffin mix	9 months	Keep cool and dry.
Cakes: purchased	1-2 days	Refrigerate if contains whipped cream or custard filling.
mixes	9 months	Keep cool and dry.
angel food mixes	12 months	
Casserole mix:		
complete or add meat	9-12 months	Keep cool and dry. After preparation, store refrigerated or frozen.
Cookies:		
homemade	2-3 weeks	Put in airtight container.
packaged	2 months	Keep tightly closed.
Crackers	3 months	Keep tightly closed.
Frosting:		
canned	3 months	Store leftovers in refrigerator.
mix	8 months	
Hot roll mix	18 months	If opened, put in airtight container.
Pancake mix	6-9 months	Put in airtight container.
Pie crust mix	8 months	Keep cool and dry.
Potatoes, instant mix	6-12 months	Keep in airtight package.
Pudding mixes	12 months	Keep cool and dry.
Rice mixes	6 months	Keep cool and dry.
Sauce and gravy mixes	6-12 months	Keep cool and dry.

Item	At 70° F	Comments
Soup mixes	12 months	Keep cool and dry.
Toaster pastries	2-3 months	Keep in airtight package.
Tortillas	1-2 weeks	Refrigerate after opening or freeze.
CANNED AND DRIED FOODS		
Canned fruit juices	9 months	Keep cool
Canned foods, unopened	12 months	Keep cool
Fruits, dried	6 months	Keep cool in airtight container. Refrigerate if possible.
Vegetables:		
dried	1 year	Keep cool in airtight container.
dehydrated flakes	6 months	Refrigerate if possible.
SPICES, HERBS, CONDIMENTS, EXTRACTS		
Catsup, chili sauce:		
unopened	12 months	
opened	1 month	Refrigerate for longer storage.
Hot sauce, worcestershire, etc.	1 year	Refrigerate after opening.
Mustard, prepared yellow:		
unopened	1 year	
opened	6-8 months	May be refrigerated. Stir before using.
Spices and herbs:		
whole spices	1-2 years	Store in airtight containers in dry places away from sunlight and heat. Check aroma; if faded, replace. Whole cloves, nutmeg, and cinnamon sticks maintain quality beyond 2 years. Can be stored in freezer to extend shelf life.
ground spices	6 months	
herbs	6 months	
herbs	6 months	
Vanilla:		
unopened	2 years	
opened	12 months	Keep tightly closed. Volatile oils escape.
Other extracts, opened	12 months	Keep tightly closed. Volatile oils escape.
Commercial salsa, unopened	12-18 months	Refrigerate after opening. Use within 1-2 months.

Item	At 70° F	Comments
OTHER GOODS		
Cheese, parmesan, grated	10 months	Refrigerate after opening; keep tightly covered.
Coconut: shredded, canned or packaged, unopened	12 months	Refrigerate after opening.
Meat substitutes (imitation bacon, etc.)	4 months	Keep tightly covered; refrigerate for longer storage.
Powdered breakfast mixes, liquid breakfast formulas	6 months	Stored in covered containers or original packages.
Nuts:		
in shell, unopened	4 months	
vacuum can, unopened	3 months	Refrigerate after opening; freeze for longer storage.
package or can, opened	2 weeks	Unsalted and blanched keep longer than salted.
Peanut butter:		
unopened	6-9 months	Refrigeration not needed.
opened	2-3 months	Keeps longer if refrigerated. Use at room temperature.
Peas, beans, dried	12 months	Store in airtight container.
Popcorn	2 years	Store in airtight container.
microwave popcorn	1 year	
Vegetables, fresh:		
onions	2-4 weeks	Keep cool, dry, well ventilated and away from sun.
potatoes:		
—white	2-4 weeks	For longer storage, keep below 50°F. Store unwashed and away from sun.
—sweet	1-2 weeks	Do not refrigerate sweet potatoes.
garlic	5-8 months	Keep cool, dry and well ventilated.
winter squash	1 week	Pumpkin, acorn, spaghetti, butternut
Whipped topping, dry	12 months	Keep cool and dry.
Yeast, dry	Expiration date on package	Refrigerate or freeze after opening to extend shelf life.

Item

Fruit, fresh
apples
bananas
citrus
tomatoes

At 70° F

1-2 days
2-3 days
2 weeks
3-5 days

Comments

Refrigerate up to 1 month.
Freeze ripe bananas for baking.
Keep cool and dry.
Ripen at room temperature away from sun.
For best flavor, use at room temperature.
Refrigerate when fully ripened.

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