

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.

Keep dry and covered.

Bread crumbs, dried

6 months

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

cans, opened

2 weeks

tightly closed. Use dry measuring

instant, unopened

1-2 years

spoon. Freeze to extend shelf life

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.

| Item | At 70° F | Comments |
|----------------------------------|---------------------------|--|
| 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

Soup mixes
Toaster pastries
Tortillas

At 70° F

12 months
2-3 months
1-2 weeks

Comments

Keep cool and dry.
Keep in airtight package.
Refrigerate after opening or freeze.

CANNED AND DRIED FOODS

Canned fruit juices
Canned foods, unopened
Fruits, dried
Vegetables:
dried
dehydrated flakes

9 months
12 months
6 months
1 year
6 months

Keep cool
Keep cool
Keep cool in airtight container. Refrigerate if possible.
Keep cool in airtight container.
Refrigerate if possible.

SPICES, HERBS, CONDIMENTS, EXTRACTS

Catsup, chili sauce:
unopened
opened
Hot sauce, worcestershire, etc.
Mustard, prepared yellow:
unopened
opened
Spices and herbs:
whole spices
ground spices
herbs
Vanilla:
unopened
opened
Other extracts, opened
Commercial salsa, unopened

12 months
1 month
1 year
1 year
6-8 months
1-2 years
6 months
6 months
6 months

Refrigerate for longer storage.
Refrigerate after opening.

May be refrigerated. Stir before using.

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.

Keep tightly closed. Volatile oils escape.
Keep tightly closed. Volatile oils escape.
Refrigerate after opening. Use within 1-2 months.

Item**OTHER GOODS**

Cheese, parmesan, grated

At 70° F

10 months

Comments

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

package or can, opened

2 weeks

Refrigerate after opening; freeze for longer storage.

Unsalted and blanched keep longer than salted.

Peanut butter:

unopened

6-9 months

opened

2-3 months

Refrigeration not needed.

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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