

# shelf life guide

## grains

| Product                 | Optimum Shelf Life | Opened Shelf Life |
|-------------------------|--------------------|-------------------|
| Whole Wheat Flour       | 5 years            | 2 years           |
| White Flour             | 5 years            | 2 years           |
| Hard White Winter Wheat | 30 years           | 30 years          |
| 6 Grain Pancake Mix     | 8 years            | 1 year            |
| Spaghetti               | 8 years            | 2 years           |
| Egg Noodle Pasta        | 8 years            | 2 years           |
| Quick Oats              | 8 years            | 1 year            |
| White Rice              | 30 years           | 30 years          |
| Instant White Rice      | 30 years           | 30 years          |
| Pearled Barley          | 8 years            | 18 months         |
| Cornmeal                | 5 years            | 1 year            |
| 9 Grain Cracked Cereal  | 5 years            | 1 year            |
| Elbow Macaroni          | 8 years            | 2 years           |
| Germade                 | 5 years            | 18 months         |

## vegetables

| Product                        | Optimum Shelf Life | Opened Shelf Life |
|--------------------------------|--------------------|-------------------|
| Bell Peppers                   | 8 years            | 2 years           |
| Split Green Peas               | 8 years            | 2 years           |
| Mushroom Pieces (Freeze Dried) | 25 years           | 2 years           |
| Potato Chunks (Freeze Dried)   | 25 years           | 2 years           |
| Sweet Corn (Freeze Dried)      | 25 years           | 2 years           |
| Tomato Powder                  | 8 years            | 1 year            |
| Sweet Potatoes                 | 8 years            | 2 years           |
| Green Peas (Freeze Dried)      | 25 years           | 2 years           |
| Cauliflower (Freeze Dried)     | 25 years           | 2 years           |
| Carrot Dices                   | 8 years            | 2 years           |
| Broccoli (Freeze Dried)        | 25 years           | 2 years           |
| Celery (Freeze Dried)          | 25 years           | 2 years           |
| Celery                         | 25 years           | 2 years           |
| Spinach (Freeze Dried)         | 25 years           | 2 years           |
| Onions (Freeze Dried)          | 25 years           | 2 years           |

## fruits

| Product                     | Optimum Shelf Life | Opened Shelf Life       |
|-----------------------------|--------------------|-------------------------|
| Apple Chips                 | 7 years            | 1 year                  |
| Peach Slices (Freeze Dried) | 25 years           | 1 year                  |
| Raspberries (Freeze Dried)  | 25 years           | 1 year                  |
| Strawberries (Freeze Dried) | 25 years           | 1 year                  |
| Blueberries (Freeze Dried)  | 25 years           | 1 year                  |
| Blackberries (Freeze Dried) | 25 years           | 1 year                  |
| Applesauce                  | 7 years            | 6 months (refrigerated) |
| Apple Slices                | 30 years           | 30 years                |
| Banana Chips                | 7 years            | 1 year                  |
| Blackberries                | 25 years           | 1 year                  |

| dairy                      |                    |                    |
|----------------------------|--------------------|--------------------|
| Product                    | Optimum Shelf Life | Opened Shelf Life  |
| Chocolate Drink Mix        | 25 years           | 1-2 years          |
| Cheese Powder              | 15 years           | 1-2 years          |
| Non-Fat Powdered Milk      | 25 years           | 1-2 years          |
| Meats and Beans            |                    |                    |
| Product                    | Optimum Shelf Life | Opened Shelf Life  |
| Black Beans                | 30 years           | 5 years            |
| Small Red Beans            | 30 years           | 5 years            |
| Sloppy Joe TVP             | 10 years           | 1 year             |
| Whole Eggs                 | 5 years            | 6 months           |
| Taco TVP                   | 10 years           | 1 year             |
| Sausage TVP                | 10 years           | 1 year             |
| Pinto Beans                | 30 years           | 5 years            |
| Chicken TVP                | 10 years           | 1 year             |
| Beef TVP                   | 10 years           | 1 year             |
| Ham TVP                    | 10 years           | 1 year             |
| Kidney Beans               | 30 years           | 5 years            |
| Lima Beans                 | 30 years           | 5 years            |
| Lentils                    | 30 years           | 5 years            |
| Bacon TVP                  | 10 years           | 1 year             |
| basics                     |                    |                    |
| Product                    | Optimum Shelf Life | Opened Shelf Life  |
| Orange Drink               | 3 years            | 6 months to 1 year |
| Iodized Salt               | 30 years           | 2 years            |
| Chicken Bouillon           | 5 years            | 2 years            |
| Peach Drink                | 3 years            | 6 months to 1 year |
| White Sugar                | 30 years           | 2 years            |
| Powdered Sugar             | 30 years           | 12 to 18 months    |
| Baking Soda                | 30 years           | 2 years            |
| Apple Drink                | 3 years            | 6 months to 1 year |
| Baking Powder              | 30 years           | 2 years            |
| Beef Bouillon              | 5 years            | 2 years            |
| Brown Sugar                | 10 years           | 1 year             |
| Baked Potato Cheese Soup   | 8 years            | 1 year             |
| Broccoli Cheese Soup       | 8 years            | 1 year             |
| Creamy Chicken Noodle Soup | 8 years            | 1 year             |

\* Best storage conditions are a cool dry environment under 70 degrees.

Try to avoid storing food in a garage or warm pantry.

\* Optimum shelf life is the shelf life with the best taste and nutritional value.

Life sustaining shelf lives can be much longer than the optimum shelf life.

\* This chart was taken from shelfreliance.com