

FOOD STORAGE TIMES

STAPLES	RECOMMENDED STORAGE AT 70F.	HANDLING HINTS
Baking Powder	18 mon. or expir.	Keep dry and covered
Baking soda	2 years	" "
Cereals		
unopened	6 - 12 mon.	Refold package liner tightly after opening
opened	2 - 3 mon.	
cooked	6 mon.	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 mon.	" "
Cocoa mixes	8 mon.	Cover tightly
Chocolate syrup		
unopened	2 years	" "
Chocolate syrup		
opened	6 mon.	Refr. after opening
Coffee		
cans-unopened	2 yrs.	
cans-opened	2 wks.	Refr. after opening
instant-unopened	1 - 2 yrs.	
instant-opened	2 wks.	
Cornmeal	18 mon.	Keep tightly closed
Cornstarch	6 - 8 mon.	" "
Flour		
white	6 - 8 mon.	Keep in air tight cont.
whole wheat	6 - 8 mon.	Keep refr. Store air
Honey	12 mon.	Cover tightly. Refr. after opening to extend
Molasses		
unopened	12 mon.	Keep tightly closed
opened	6 mon.	Refr. to extend life
Marshmallows	2 - 3 mon.	Keep air tight
Mayonnaise		
unopened	2 - 3 mon.	Refr. after opening
Milk		
condensed or evaporated	12 mon.	Once opened, store in
non-fat dry		
- unopened	6 mon.	air tight containers
- opened	3 mon.	
Pasta	2 yrs.	Once opened, store air
Salad dressings		
bottled		
- unopened	10-12 mon.	Refr. after opening
- opened	3 mon.	
made from mix	2 wks.	
Salad oils		

unopened	6 mon.	Refr. after opening
opened	1-3 mon.	" "
"		
Shortenings -solid	8 mon.	Refr. not needed
Sugar		
brown	4 mon.	Airtight containers
confectioners	18 mon.	" "
granulated	2 yrs.	Cover tightly
Vinegar		
opened	1 yr.	" "

Mixes and Packaged Foods

MIXES AND PACKAGED FOODS	RECOMMENDED STORAGE AT 70F.	HANDLING HINTS

Biscuit, brownie, &		
muffin	9 mon.	Keep cool and dry
Cake mixes	9 mon.	" "
" "		
angel food	1 yr.	
Casseroles		
complete or		
add own meat	9 - 12 mon.	" "
" "		
Cookies		
homemade	2 - 3 wks.	Airtight containers
packaged	2 mon.	Keep box tightly closed
Crackers	8 mon.	" "
" "		
Frosting		
canned	3 mon.	Ref. leftovers
mix	8 mon.	
Hot roll mix	18 mon.	Airtight container
Pancake mix	6 - 9 mon.	" "
Pie crust mix	8 mon.	Keep cool and dry
Potatoes		
instant	6 - 12 mon.	" "
" "		
Pudding mixes	12 mon.	" "
" "		
Sauce and gravy		
mixes	6 - 12 mon.	" "
" "		
Soup mixes	12 mon.	" "
" "		

Canned and Dried Foods

Canned and Dried Foods	RECOMMENDED STORAGE AT 70F.	HANDLING HINTS

Canned foods, unopened	12 mon.	Keep cool

Canned foods, opened		
baby food	2 - 3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits - dried	6 mon.	Keep cool, air tight
Canned fruit juices	9 mon.	" "
Vegetables - dried	1 yr.	" "
" "		

*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

Spices, Herbs, Condiments and Extracts

SPICES, HERBS, & CONDIMENTES	RECOMMENDED STORAGE AT 70F	HANDLING HINTS

Catsup, chili sauce		
unopened	12 mon.	
opened	1 mon.	
Mustard, prepared yellow		
unopened	2 yrs.	
opened	6-8 mons.	May be refrigerated
Spices and herbs		
whole	1-2 mons.	Store airtight, dry,
ground	6 mon.	away from sunlight and
herbs	6 mon.	heat
herb/spice blend	6 mon.	
Vanilla - unopened	2 yrs.	Keep tightly closed
opened	1 yr.	
Other extracts		
opened	1 yr.	