

Shelf Life of Food

Grocery product shelf life is based upon the Manufacturers Date Packaged code. Manufacturers encode the Date Packaged somewhere on the product in a form unique to their internal procedures. Remember that these times are the manufacturers recommendations for MAXIMUM freshness and nutrient value. Several vendors indicated their products are edible long beyond the published recommendation dates. The information presented here was retrieved from either the vendors website or via contact with the vendor consumer hotline. In order to maintain freshness within the suggested expiration dates, food should be stored in a dry, cool location. Discard any food product exhibiting changed color, odor, or taste. Storage temperature has a great influence on shelf life.

Per Del Monte – a 15-degree change reduces expected shelf life by 50% (ideal temp is 65; if stored at 80, then shelf life is reduced by 50%). For maximum freshness, the product should remain on your shelf for a maximum of date packaged + 12 months. Once the product is opened, it should remain on your shelf for a maximum of 3 months OR less. Most Canned products will store a minimum of 1 year, most jarred products will store a minimum of 1 1/2 yrs.

About Shelf life of Food Items

What shelf life is:

Shelf life is determined in many ways. Some are determined by manufacturers, others by groups. Shelf life is generally the window of time that a food item maintains quality taste, texture, and nutritional value. Shelf life is based on safety, quality, and nutrition. Many foods are still edible past the shelf life of the product if stored properly, although they may have lost nutritional value.

I compare shelf life data:

I'm no expert on shelf life ; so I scour over charts, books, pamphlets, and Internet sites in search of shelf life data. Sometimes the figures offered from various sources are in disagreement. If they are close, I check further to see which is the most accurate, or give both (i.e. 12-24 months). The resources I use are in the links on this webpage, though it would take too much time to credit each source by each food item. Often the multiple sources provide exactly the same data anyway.

Foods outlasting shelf life vary:

Some foods just won't exceed the shellfire, like brown rice. You're really lucky if you keep it longer without it going rancid. Some foods hardly even need a shelf life, like wheat. If the wheat from the pyramids is not only still good; but also given us crops lost for millennia, I'm convinced that my wheat is going to be fine no matter how long I store it, as long as I store it properly. The shelf life of evaporated milk (as with most foods) varies with the fat content. According to Carnation, this has to do with the stability of the milk proteins and their expected performance in the recipes people use them for. They still have nutrition past the expected shelf life , but will fail performance tests in cakes, etc. The skimmed and low fat versions will also darken faster.

Shelf life data provided:

Shelf life data below gives specific foods and average shelf life assuming optimum storage conditions. Foods kept at lower temperatures extend their shelf life.

Shelf life of Food Items

* NOTE: Shelf life info from various sources. (See links below.)

Conflicts are researched through multiple resources.

Baby Food, canned - 12 months
Baking Powder - 18 months (unopened)
Baking Soda - 18-24 months
Beans, Adzuki - 8-10 years (at 70 degrees F.)
Beans, Blackeye - 8-10 years (at 70 degrees F.)
Beans, Black Turtle - 8-10 years (at 70 degrees F.)
Beans, Dried - 12-24 months (in their original container)
Beans, Dried - indefinitely (resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Beans, can, Baked, Bush - 24-36 months 1-423-509-2361
Beans, can, Black, Progresso - 24 months 1-800-200-9377
Beans, can, Bush Beans Brand - 26 months
Beans, Garbanzo - 8-10 years (at 70 degrees F.)
Beans, Great Northern - 8-10 years (at 70 degrees F.)
Beans, Kidney - 8-10 years (at 70 degrees F.)
Beans, Mung Beans - 8-10 years (at 70 degrees F.)
Beans, Pink - 8-10 years (at 70 degrees F.)
Beans, Pinto - 8-10 years (at 70 degrees F.)
Beans, Refried - 5 years (at 70 degrees F.)
Beans, Small Red - 8-10 years (at 70 degrees F.)
Beans, Soy - 8-10 years (at 70 degrees F.)
Bouillon - 24 months (Keep dry and covered)
Bouillon (Cubes) - 24 months
Bouillon (Granules) - 12 months
Bouillon, Herb Ox - 24 months
Bouillon, Tone - 24 months
Bread, Crackers - 3 months
Bread, Crackers, Saltines - 8 months
Bread, Crackers, Ritz - 8 months
Bread, Crackers, Whole-wheat - 48 months
Bread, Crumbs, dried - 6 months (Store dry and covered)
Bread, fresh, store-bought (original container @ 70° F. basement) - 5 days
Bread, frozen, store-bought (original container @ 0° F. freezer) - 6 months
Bread, Mix, Biscuit Mixes (most) - 9 months
Bread, Mix, Biscuit Mix, Krusteaze, any flavor except mix for bread machines - 24 months
Bread, Mix, Hot-roll mix -18 months (If opened, store in airtight) container
Bread, Rolls (commercial) - 3-5 days (frozen 2-3 months) Homemade breads may have shorter shelf life due to lack of preservatives.
Bread, Tortillas, Corn - 1-2 weeks (refrigerated 2 weeks) May be frozen
Bread, Tortillas, Flour - 1-2 weeks (refrigerated 2 weeks) May be frozen
Bread, wheat, homemade (polyethelene bag @ 70° F. basement) - 3 days
Bread, white, homemade (polyethelene bag @ 70° F. basement) - 5 days
Butter, dehydrated - 5-8 years
Butter (refrigerated) - 1-2 weeks (frozen 6-9 months) Wrap or cover tightly.
Buttermilk Powder - 24-36 months
Buttermilk (refrigerated) - 10-14 days Cover tightly. Flavor not affected if buttermilk separates.
Cake Mix (most) - 9-12 months
Cake Mix, Angel Food - 9 months
Cake Mix, Betty Crocker - 8-12 months

Cake Mix, Jiffy - 24 months
Cake Mix, Pillsbury - 18 months
Candy, hard - 24 months
Casseroles, mix - 9-12 months (Keep cool and dry)
Cereals, cooked - 6 months
Cereal, Corn, dry Ready-to-eat - 12 months
Cereal, Cream of Wheat - 12 months
Cereal, Hominy Grits - 12 months
Cereal, Oatmeal – 12 months
Cereal, Processed (in a Box) - 6-12 months
Cereal (Publix) - 12-18 months 1-800-242-1227
Cereal, Quinoa Cereal - 1-3 months
Cereals, Ready-to-cook, oatmeal, etc. - 12 months
Cereals, Ready-to-eat (unopened) - 6-12 months (opened 2-3 months)
Cereals, ready-to-eat (opened) - 2-3 months (Refold package tightly)
Cereal, Rice cereal, dry Ready-to-eat - 12 months
Cereal, Wheat, shredded, dry Ready-to-eat - 12 months
Cheese, Brick (Hard and wax coated) (opened/refrigerated) - 2 months
Cheese, Brick (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
Cheese, Cheddar (Hard and wax coated) (opened/refrigerated) - 2 months
Cheese, Cheddar (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
Cheese, Cottage cheese (original container @ 38 - 40° F. refrigerator) - 10-15 days
Cheese, Cream cheese (original container @ 38 - 40° F. refrigerator) - 21 days
Cheese, Cream, Neufchatel (refrigerated) - 4 weeks
Cheese, dehydrated - 5-8 years
Cheese, Dry cheeses (original container @ 60 - 70° F. basement) - 3 months
Cheese, Edam (Hard and wax coated) (opened/refrigerated) - 2 months
Cheese, Edam (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
Cheese, Gouda (Hard and wax coated) (opened/refrigerated) - 2 months
Cheese, Gouda (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
Cheese, natural (vacuum package @ 38 - 40° F. refrigerator) - 6 months
Cheese, Parmesan, grated - 12 months
Cheese, Parmesan, Romano (opened/refrigerated) - 2-4 months
Cheese, Parmesan, Romano (unopened) - 10 months
Cheese, processed (vacuum package @ 38 - 40° F. refrigerator) - 8 months
Cheese, Powdered - 36 months
Cheese, Processed Cheese Products (refrigerated) - 3-4 weeks (frozen 4 months)
Cheese, Ricotta (refrigerated) - 5 days
Cheese spreads/dips (original container @ 38 - 40° F. refrigerator) - 21 days
Cheese, Swiss (Hard and wax coated) (opened/refrigerated) - 2 months
Cheese, Swiss (Hard and wax coated) (unopened/refrigerated) - 3-6 months (frozen 6 months)
Chocolate (An Import) - 12 months
Chocolate, Hot Cocoa Mix, Nestles (Individually Wrapped) - 24 months
Chocolate, Nestles Quick - 24 months
Chocolate, Premelted - 12 months Keep cool.
Chocolate, Semi-sweet - 18-24 months Keep cool.
Chocolate syrup, (unopened) - 2 years
Chocolate syrup, (opened) - 6 months (Refrigerate)
Chocolate, Unsweetened - 18 months Keep cool.

Chocolate syrup (opened) - 6 months
Chocolate syrup (unopened) - 24 months
Cocoa - 5 years (in Mylar pouch)
Cocoa mixes - 8 months
Condiments, Catsup - 12-24 months
Condiments, Mustard, prepared yellow (opened) - 6-8 months
Condiments, Mustard, prepared yellow (unopened) - 24 months
Condiments, Mustard, French's (Jar) - 18 months
Condiments, Mustard, French's (squeeze bottle) - 12 months
Cookie Mix, Basic - 5+ years (in #10 can with oxygen absorber)
Corn Meal - 6-18 months (Keep tightly closed. Refrigeration may prolong shelf life.)
Corn Starch - 18 months
Corn Starch, Argo - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Cream, Half and Half, Light and Heavy (refrigerated) - 7-10 days (frozen 2 months)
Cream, ultra pasteurized (unopened/refrigerated) - 21-30 days
Cream, Sour (refrigerated) - 2 weeks
Cream, Sour, Dips, commercial (refrigerated) - 2 weeks
Creamer, non-dairy, Creamora - 24 months
Creamer, Non-Dairy - 9-36 months
Drink Mix, Country Time Lemonade - 24 months
Drink Mix, Crystal Light - 24 months
Drink Mix, Fruit, powdered - 10 years (in Mylar pouch)
Drink Mix, Orange - 10+ years (in #10 can with oxygen absorber)
Drink Mix, powdered, Kool Aid, Kraft Foods - 18-24 months 1-800-543-5335
Drink Mix, Tang - 24 months
Eggs, dehydrated or freeze-dried powdered - 5-8 years
Eggs, fresh (original package @ 38 - 40° F. refrigerator) - 120 days
Eggs, pickled - 1-12 months (cool storage is recommended)
Eggs, powdered - 5+ years (in #10 can with oxygen absorber)
Eggs, processed (original package @ 70° F. cool basement) - 15 months
Extracts; i.e. Vanilla - 18 months
Flour, Rice flour – 1-2 months
Flour, White - 6-9 months (some sources say up to 5 years)
Flour, White enriched - 12 months
Flour, White - 5 years (in Mylar pouch)
Flour, Whole-wheat - 6-9 months (some sources say up to 5 years)
Flour, whole wheat graham - 2 weeks
Frosting, canned (opened) - 3 months (Refrigerate)
Frosting Mix - 8-9 months
Fruit, Apples (can), Comstock - 24-36 months 1-800-270-2743
Fruit, Apples, fresh (separated in boxes @ 32° F. mod. moist cellar) - 6 months
Fruit, Apple Chips, dried - 8+ years (in #10 can with oxygen absorber)
Fruit, Apple Slices, Dried - 24 months [8 years (in Mylar pouch)]
Fruit, Applesauce, Motts - 12 months
Fruit, Bananas - 2-3 days (until ripened, then refrigerate)
Fruit, Banana, Dried Chips - 8 months
Fruit, Bananas, fresh (ventilated container @ 60 - 70° F. basement) - 1 week
Fruit, Berries, fresh (ventilated container @ 38 - 40° F. refrigerator) - 1-2 weeks

Fruit, Canned - 12-24 months (in the original container at 70 degrees F. in a dry basement)

Fruit, Canned fruits (original container @ 70° F. dry basement) - 2 years

Fruit, can, Del Monte - 18-26 months

Fruit, can, Comstock - 18-26 months

Fruit, can, Libby's - 36 months+ 1-888-884-7269

Fruit, Citrus fruit, fresh ventilated container @ 32°F. mod. moist cellar) - 8 weeks

Fruit Cocktail, Canned - 24 months

Fruit, Cherries, Bottled - 24 months

Fruit, Coconut, shredded, canned or packaged - 12 months

Fruits, dried - 6-12 months (Keep cool, in airtight container; if possible)

Fruit, Dehydrated - 6-8 months

Fruit, Dehydrated - 5 years (Hermetically sealed in the absence of oxygen at a stable temperature of 70 degrees F. - They should keep proportionately longer if stored at cooler temperatures.)

Fruit, Dehydrated fruits (air/moisture proof @ 70° F. dry basement) - 8 months

Fruit, Frozen fruits (original container @ 0° F. freezer) - 12 months

Fruit, Jams & Jellies (original container @ 70° F. dry basement) - 18 months

Fruit, Peach, canned - 24 months

Fruit, Peaches, Del Monte - 24-30 months 1-800-543-3090

Fruit, Pear, canned - 24 months

Fruit, Pear halves, Del Monte - 24-30 months 1-800-543-3090

Fruit, Pears, fresh (ventilated container @ 32° F. mod. moist cellar) - 4 months

Fruit, Pie Fillings, Comstock - 18-26 months

Fruit, Pineapple, canned - 24 months

Fruit Smoothie, Del Monte - 12 months

Gelatin - 18 months

Gelatin Mixes – 18 months

Gelatin, flavored, Jello, Kraft Foods - 24 months

Grain, Barley, Whole (a soft grain) - 5-8 years (at room temperature sealed without oxygen)

Grain, Barley, pearled - 12 months

Grain, Buckwheat (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Buckwheat (kasha) - 6-12 months

Grain, Corn, Whole, dry - 2-5 years (indefinitely resealed in a food grade container w/oxygen absorber or vacuum-sealed in a food grade bag)

Grain, Corn, Whole, dry (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Flax (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Kamut® (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Lentils - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Grain, Millet (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Oat Groats (a soft grain) - 8 years (at room temperature sealed without oxygen)

Grain, Oats - 2-5 years (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Grain, Oats, Rolled (a soft grain) - 1-8 years (at room temperature sealed without oxygen)

Grain, Quinoa, Whole (a soft grain) - 5-8 years (at room temperature sealed without oxygen)

Grain, Rice - 24-48 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Grain, Rice, brown – 1-6 months

Grain, Rice, white – 24-48 months

Grain, Rice, white - 4 years (in Mylar pouch)

Grain, Rice, wild – 24-36 months

Grain, Spelt (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen)

Grain, Triticale (a hard grain) - 5-12 years+ (at room temperature sealed without oxygen)

Grain, Wheat, Whole (a hard grain) - 10-12 years+ (at room temperature sealed without oxygen - possibly indefinitely)

Granola - 1-3 months

Herb, Garlic - 5-8 months (Keep in cool, dry, ventilated area.)

Herbs, ground - 6-36 months (in airtight container in dry place away from sunlight and heat)

Herbs, whole - 12-48 months (in airtight container in dry place away from sunlight and heat)

Herb Leaves, flowers, roots, and other herb parts - 12 months after harvesting (in cool place)

Herbs, Frozen (in freezer bags) - 6 months

Herbs, Green, Leafy - 12-36 months

Herbs, Whole Seeds - 3-4 years

Herb or Spice Extracts - 4 years

Herbs, Seasoning Blends - 12-24 months

Herbal Essential oils - indefinitely

Herbal Extracts (Commercially prepared) - expiration date

Herbal Infusions - Make fresh daily. Store in refrigerator or cool place.

Herbal Decoctions - Consume within 48 hours. Store in refrigerator or cool place.

Herbal tablets or capsules (Commercially prepared) - expiration date

Herbal Tea (comfrey leaf or root) - 24 hours

Herbal Tinctures (Alcohol based) - 2-4 years

Herbal Tinctures (Vinegar based) - 12-24 months

Herbal Tinctures, syrups, and essential oils - Keep for several months or years. Store in dark glass bottles in a cool environment away from sunlight. Store syrup in the refrigerator for up to 1 month.

Herbal Ointments, creams, and capsules - Keep for several months. Store in dark glass jars (or plastic containers.)

Honey - 12-24 months (Some sources say indefinitely. Gently heat to remove crystallization.)

Honey - indefinitely (in an airtight container at room temperature) (Watch out for additives in the honey. It is possible to buy honey with water and sugar added. This honey generally doesn't crystallize like pure 100% honey does when stored for a long time. If there are additives, there is no saying how long it will last.)

Hormel (all canned products) - indefinitely in original container

Ice Cream (frozen) - 1-2 months

Ice Milk (frozen) - 1-2 months

Jams - 12-18 months

Jellies - 12-18 months

Juices, can - 12 months

Juice, Apple, Motts - 12 months

Juice, Apple (Whitehouse), Nat'l Fruit Prod. Co. - 24 months 1-800-551-5167

Juice, can, Dole - 24-36 months (800) 232-5942

Juice, Canned fruit juices (original container @ 70° F. dry basement) 24 months

Juice, Dehydrated fruit juice (air/moisture proof @ 70° F. dry basement) - 12 months

Juice, Frozen fruit juices (original container @ 0° F. freezer) - 12 months

Juice, Fruit (canned) - 18-36 months (in a cool, dry place)

Juice, Fruit, Dehydrated - 12 months

Juice, Orange, Bluebird - 24 months 1-800-237-7805

Juice, Pineapple, Del Monte - 18 months

Juice, Snappy Tom Cocktail Juice, Del Monte - 18 months

Juice, Tomato, Del Monte - 24 months 1-800-543-3090

Ketchup (glass & plastic) - 24 months

Legumes, bottled or canned - 24-36 months

Marshmallows - 2-3 months

Marshmallow Creme - 2-3 months
Mayonnaise - 3-4 months
Meat, Beef, canned (original package @ 70° F. cool basement) - 30 months
Meat, Beef, canned (in chunks with natural juices) – 30 months
Meat, Beef, Dried, canned - indefinitely
Meat, Beef, dried (can @ 70° F. cool basement) - 18 months
Meat, Beef, fresh (original package @ 38 - 40° F. refrigerator) - 10-14 days
Meat, Beef, frozen (air & moisture proof @ 0° F. freezer) - 10 months
Meat, Beef, Roast, can - indefinitely (in original container)
Meat, canned (most) - 12-36 months unopened (1-2 months opened, refrigerated)
Meat, canned, Tyson - 36 months
Meat, Chicken, canned - 12-36 months
Meat, Chicken Breast, canned – 36 months
Meat, Chicken Breast (can), Tyson - 36 months
Meat, Chicken, canned, Tyson - 36 months
Meat, Chili, canned – indefinitely
Meat, Chili w/beans and without, can - indefinitely (in original container)
Meat, Chili w/beans, Hormel - indefinite 1-800-523-4635
Meat, Chili, Seafood Cocktail - 24 months
Meat, Fish or shellfish, canned – 12-18 months
Meat, Ham, canned (shelf stable, unopened) - 24 months
Meat, Ham, Country style (unsliced) - 12 months
Meat, Ham Chunks, canned - indefinitely
Meat, Ham, Deviled, can - indefinitely in original container
Meat, Lamb, fresh (original package @ 38 - 40° F. refrigerator) - 7-10 days
Meat, Lamb, frozen (air & moisture proof @ 0° F. freezer) - 8 months
Meat, Pork, cured (vacuum package @ 38 - 40° F. refrigerator) - 4 weeks
Meat, Pork, fresh (original package @ 38 - 40° F. refrigerator) - 4 days
Meat, Pork, frozen (air & moisture proof @ 0° F. freezer) - 4-6 months
Meat, Pork, sausage (original package @ 38 - 40° F. refrigerator) - 4 days
Meat, Poultry, fresh (original package @ 38 - 40° F. refrigerator) - 5 days
Meat, Poultry, frozen (air & moisture proof @ 0° F. freezer) - 8 months
Meat, Seafood, canned – 48-60 months
Meat, Spam, canned - indefinitely (in original container)
Meat, Spam, Hormel - Indefinite 1-800-523-4635
Meat substitutes (air & moisture proof @ 0° F. freezer) - 4 months
Meat, Tuna, canned – 48-60 months
Meat, Tuna, Starkist - 4-6 years 1-800-252-1587
Meat Turkey, can - 12 months
Meat, Turkey and Gravy canned dinners - indefinitely in original container
Meat, Veal, fresh (original package @ 38 - 40° F. refrigerator) - 6 days
Meat, Veal, frozen (air & moisture proof @ 0° F. freezer) - 8 months
Meat, Vienna Sausage, canned – 24 months
Meat, Vienna Sausage, Libby's - 24 months 1-888-884-7269
Milk Alternate, Morning Moo brand powdered - 5 years in original bag (7 years in bucket) <http://www.bluechipgroup.net/>
Milk, aseptic packaging - Pkg. date
Milk, Canned, Condensed - 12 months
Milk, Canned, Sweetened Condensed - 24-36 months
Milk, Canned, Evaporated - 12-36 months (Invert can every 2 months.)

Milk, Evaporated, Publix - 18-24 months
Milk, Powdered (Instant Non-fat) - 6-15 months
Milk, Powdered (Nonfat dry) - 3 years (in Mylar pouch)
Milk, Powdered (Non-Instant) - 24-48 months
Mixes, Biscuit - 5+ years (in #10 can with oxygen absorber)
Mixes, Bread Mix, White - 5+ years (in #10 can with oxygen absorber)
Mixes, Brownie (most) - 9 months
Mixes, Brownie - 5+ years (in #10 can with oxygen absorber)
Mixes, Cookie mixes - 12 months
Mixes, Cornbread - 5+ years (in #10 can with oxygen absorber)
Mixes, Muffin Mix (most) - 9 months
Mixes, Muffin, Blueberry - 5+ years (in #10 can with oxygen absorber)
Mixes, Muffin Mix, Krusteaze, any flavor except mix for bread machines - 24 months
Mixes, Pancake Mix (most) - 6-9 months
Mixes, Pancake, Buttermilk - 5+ years (in #10 can with oxygen absorber)
Mixes, Pie Crust Mix - 8 months
Mixes, Sweet Roll Mix - 5+ years (in #10 can with oxygen absorber)
Molasses (opened) - 6 months
Molasses (unopened) - 12-24 months
Mushrooms, Freeze Dried, Tone - 24 months
Mushrooms, Green Giant - 48 months
Nuts (in the shell) – 24 months
Nutmeats (in vacuum can) – 3 months
Oils (unopened) - 18 months Store in cool place away from heat
Oils (opened) - 6-8 months Store in cool place away from heat
Oil (some) - indefinitely (in original container)
Oil, Canola, Best Foods - 18-24 months 1-800-338-8831
Oil, Corn, Mazola (Best Foods) – 18 months from pkg. Date 1-800-338-8831
Oil, Olive - 24 months
Oil, Salad - 6-9 months
Olives (canned, unopened) - 1-3 months
Pasta - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Pasta, American Beauty - 36 months (in original package)
Pasta, Cup-O-Noodles - 24 months
Pasta, Fusilli - 8+ years (in #10 can with oxygen absorber)
Pasta, Macaroni - 8 years (in Mylar pouch)
Pasta, Macaroni & Cheese - 12 months
Pasta Mixes – 6 months
Pasta, Noodles & Sauce, Chicken Flavor, Lipton - 24 months
Pasta, Noodles, Fettuccine, Montalcino - 18 months+
Pasta, Penne - 8+ years (in #10 can with oxygen absorber)
Pasta & Sauce, Lipton - 12 months
Pasta-Roni – Exp. Date
Pasta Sauce - 24 months (unopened) (2 weeks opened, refrigerated)
Pasta Sauce - Lipton 5 Brothers - 24 months
Pasta Sauce (Ragu-Jar), Lipton - 24 months 1-800-328-7248
Pasta, Shells - 8+ years (in #10 can with oxygen absorber)
Pasta, Spaghetti - 8 years (in Mylar pouch)
Pasta, Spaghetti - 18-24 months

Pasta, Spaghetti, Montalcino - 18 months+

Peanut Butter (opened) - 2-3 months Refrigeration prolongs storage time

Peanut Butter (unopened) - 6-24 months Refrigeration prolongs storage time

Peanut Butter (Jif), Proctor & Gamble - 24 months 1-800-543-7276

Peanut Butter, Jiffy - 24 months

Peanut Butter, Skippy - 24 months

Peanuts – 24-36 months

Peanuts, Planter's - 24-36 months 1-800-622-4726

Pectin, Dry - 3 years

Pectin, Liquid - 12-18 months

Pectin, liquid (opened) - 1 month (Refrigerate)

Pickles (canned, unopened) - 1-3 months

Popcorn - 8+ years (in #10 can with oxygen absorber)

Popcorn, both microwaveable and regular - 24 months

Popcorn, whole kernels - 12-24 months

Popcorn, Pops Rite - 24 months

Potato chips (original container @ 70° F. basement) - 1 month

Pudding Mixes – 12 months

Pudding Mix, Chocolate or Vanilla - 5 years (in Mylar pouch)

Ready Meals, Chicken and Dumplings, can - indefinitely in original container

Ready Meals, Chicken & Dumplings, Sweet Sue - 24 months

Ready Meals, Chicken & Noodles, Sweet Sue - 24 months

Ready Meals, MRE (Meals Ready to Eat) – 3-10 years (stored at 80 degrees or cooler)

Rice, flavored or herb mixes – 6 months

Rice, Minute Rice, Kraft Foods - 18 months

Rice Mixes - 6 months

Rice, parboiled - 6-12 months (stored unopened in cool, dry place)

Rice, White Emerald - 12 months+

Rice & Sauce, Lipton - 12 months

Rice-a-Roni – Exp. Date

Rye (a soft grain) - 5-8 years (at room temperature sealed without oxygen)

Salad dressings, bottled (unopened) - 10-12 months (Store on shelf)

Salad dressings, bottled (opened) - 3 months (Refrigerate after opening)

Salad dressings, made from mix - 2 weeks (Refrigerate, after mixing)

Salt - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)

Salt - indefinitely if stored free of moisture

Sauce, Barbecue - 12 months

Sauce, Chili - 12 months

Sauces, Gravies, powdered mixes (most) - 12 months

Sauce, Hot sauce (commercial) - 24 months

Sauces, powdered mixes (most) - 12 months

Sauce, Salsa (commercial) (unopened) - 12-18 months

Sauces, Sloppy Joe Sauces - 24 months

Sauces (steak, etc.) - 24 months (stored unpacked in cool, dry place)

Sauce, Tabasco Sauce, McIlenny - 5 years

Sauce, Worcesterhire (commercial) - 24 months

Sherbet (frozen) - 1-2 months

Shortenings, solid - 8 months

Shortening, Crisco, Proctor & Gamble - Indefinite 1-800-543-7276

Shortening, Crisco - indefinitely (in original container)
Shortening, Powdered - 5+ years (in #10 can with oxygen absorber)
Soup Base, Tone - 10 years
Soup, Bear Creek - 36 months (435) 654-2660
Soup Broth, Chicken Broth, Swanson - 18 months
Soup, Campbell - 18-24 months 1-800-871-0988
Soup, canned - 3+ years
Soup, Country Kitchen - 36 months
Soup, Progresso - 36 months 1-800-200-9377
Soup Mix, Chicken Noodle, Bear Creek - 18 months
Soup mix (dry) (most) - 12 months
Soup Mix, dry - 5 years (in Mylar pouch)
Spaghetti Sauces - 24 months
Spices - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Spices, ground - 6 months (in airtight container in dry place away from sunlight and heat)
Spices, whole - 12-24 months (in airtight container in dry place away from sunlight and heat)
Spice, Cinnamon sticks, whole - 24 months+ (in airtight container in dry place away from sunlight and heat)
Spice, Cloves, whole - 24 months+ (in airtight container in dry place away from sunlight and heat)
Spice, Nutmeg, whole - 24 months+ (in airtight container in dry place away from sunlight and heat)
Stew, Beef, Dinty Moore - 24-36 months 1-800-523-4635 (some sources say indefinitely in original container)
Sugar - 24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Sugar - indefinitely if stored free of moisture
Sugar, Brown - 4-18 months
Sugar, Confectioners - 18-48 months
Sugar, Granulated – 24-48 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Sugar, Granulated - 20+ years (in Mylar pouch)
Sweetener, Artificial - 24 months
Syrups - 12 months (Refrigerate, after opening)
Tapioca - 12 months (stored unopened in cool, dry place)
Toaster pastries - 2-3 months (Keep in airtight package)
TVP (Textured Vegetable Protein) Meat substitute (bacon bits) - 4 months (Keep tightly closed)
TVP, unflavored - 5+ years (in #10 can with oxygen absorber)
Vanilla Extract (opened) - 12-18 months
Vanilla Extract (unopened) - 24 months
Vegetables, Beets, fresh (ventilated box @ 32° F. moist pit or cellar) - 6 months
Vegetables, Cabbage, fresh (ventilated box @ 32° F. mod. moist pit/cellar) - 6 months
Vegetables, canned - 24-48 months (unopened)
Vegetables, Canned veggies original container @ 70° F. dry basement) - 2 years
Vegetables, can, Bush Beans Brand - 26 months
Vegetables, can, Del Monte - 24 months
Vegetables, can, Green Giant - 24 months
Vegetables, can, Progresso - 24 months
Vegetables, Carrots, fresh (ventilated boxes/bags @ 32° F. moist pit or cellar) - 6 months
Vegetables, Carrots, dehydrated - 10 years (in Mylar pouch)
Vegetables, Corn, canned – 24–36 months
Vegetables, Corn, can, Green Giant - 36 months
Vegetables, Corn, can (whole & creamed), Del Monte - 24 months 1-800-543-3090
Vegetables, Dark green, fresh (flexible package @ 38 - 40° F. refrigerator) - 7 days

Vegetables, Dehydrated veggies (air/moisture proof @ 70° F. dry basement) - 8 months
Vegetables, Dehydrated - 8-12 (at room temperature sealed without oxygen)
Vegetables, dehydrated flakes - 6 months
Vegetables, Green Beans, Del Monte - 24-30 months 1-800-543-3090
Vegetables, Hominy - 12 months
Vegetables, Libby's - 36 months+ 1-888-884-7269
Vegetables, misc. fresh veggies (flexible package @ 38 - 40° F. refrigerator) - 1-2 weeks
Vegetables, Onions, dry - 2-4 weeks (Keep in cool, dry, ventilated area.)
Vegetables, Onions, dehydrated - 8 years (in Mylar pouch)
Vegetables, Onions, fresh, dry (net bag @ 32° F. cool, dry area) - 6 months
Vegetables, Peas, dry - 12-24 months (indefinitely resealed in a food grade container w/oxygen absorber or vacuum sealed in a food grade bag)
Vegetables, Peas, dry - 8+ years (in #10 can with oxygen absorber)
Vegetables, Pillsbury - 24 months 1-800-328-6787
Vegetables, Potato, canned (original container 70° F. dry basement) - 30 months
Vegetables, Potato, dehydrated (original package @ 70° F. dry basement) -30 months
Vegetables, Potato Flakes - 3+ years (in #10 can with oxygen absorber)
Vegetables, Potatoes, fresh – 4 weeks (Keep dry and away from sun. Keep about 50 degrees for longer storage.)
Vegetables, Potato, fresh (ventilated boxes/bags @ 35 - 40° F. mod. moist pit/cellar) - 6 months
Vegetables, Potato, frozen)original package @ 0° F. freezer) - 8 months
Vegetables, Potatoes, sweet – 2 weeks (Don't refrigerate sweet potatoes.)
Vegetables, Potato, sweet, fresh (ventilated boxes/bags @ 55 - 60° F. dry) - 6 months
Vegetables, Potatoes, Instant – 6-12 months
Vegetables, Potatoes, Instant - 3 years (in Mylar pouch)
Vegetables, Potatoes, Instant, Idahoan (in a can) - indefinitely (in original container)
Vegetables, Pumpkin, fresh (ventilated box @ 55° F. mod. dry basement) - 6 months
Vegetables, Squash, pumpkin - 6 months
Vegetables, Squash, acorn - 6 months
Vegetables, Squash, spaghetti - 6 months
Vegetables, Squash, butter-nut - 6 months
Vegetables, Squash, winter, fresh (ventilated box @ 55° F. mod. dry basement) - 6 months
Vegetables, Tomatoes, canned – 30-36+ months (unopened) (2-3 days opened, refrigerated)
Vegetables, Tomatoes, can, Crushed, Flavored Diced - 24 months
Vegetables, Tomatoes, can, Diced, Wedge, Stewed, Whole - 30 months
Vegetables, Tomatoes, can, No Salt Added Stewed - 18 months
Vegetables, Tomatoes, fresh ripe (flexible package @ 38 - 40° F. refrigerator) - 2 weeks
Vegetables, Tomatoes, green (flexible package @ 55 - 70° F. mod. dry basement) - 4 - 6 weeks
Vegetables, Tomatoes, Libby's - 36 months+ 1-888-884-7269
Vegetables, Tomato Paste - 30 months
Vegetables, Tomato Powder - 5+ years (in #10 can with oxygen absorber)
Vegetables, Tomato Sauce - 12-24 months (unopened) (3 days opened, refrigerated)
Vinegar (opened) - 12 months
Vinegar (unopened) - 24 months (some sources say indefinitely in original container)
Yeast - 24 months (or expiration date on package)
Yeast (Fleischman's), Freshlike - 24 months 1-800-435-5300
Yeast, Fleischman's (800) 777-4959 Date is stamped. If you use it past the stamped date, you must first "PROOF" it. Proof it by bringing ¼ cup of water to the temperature in the instructions on the back. Stir in 1 tsp. of sugar and one packet of yeast. After five minutes it should begin to bubble. At the end of 10 minutes, it should have a rounded crown of foam on it. If this happens, yeast is active. (Be sure to deduct ¼ cup of liquid from your recipe)

Packaging Codes

Fruit, Apples, can, Comstock - 24-36 months (800) 270-2743 CODE: On second line, first digit is plant, middle 3 are Julian day of year, next is year, then space, and military time.

Fruit, Applesauce, Motts (Glass Jar) - 12 months (800) 426-4891
CODE: After WA, first number is year, second two are month, next two are day.

Fruit, Prunes, Mariani (Sold at B.J.'s club) - 12 months
CODE: First number is year, next three are Julian calendar.

Beans, black, can, Progresso - 24 months (800) 200-9377
CODE: First letter is month, Next number is year, next letter is mfg plant, next two numbers, day of month. L7N26 = 12/16/97

Beans, can, Green Giant - 24 months (800) 998-9996
CODE: First letter is year, next is month, then year

Beans, can, Joan of Arc - 24-36 months
CODE: First letter is year, next is month, then year

Drink Mix, powdered, Tang (sweetened only) - 24 months (800) 431-1002
CODE: 8315K = 8 is year, 315 is Julian year of 365 days, so was pkg. in Nov "98.

Flour, General Mills – 18 months 1-800-328-6787
CODE: MYDDxx (Month code is A-M (skip I). A=June, B = Jul...

Granola Bars, Nabisco, Snackwells - 6-8 months (800) 622-4726
CODE: First number is year, next three are day,

Juice, Apple, Motts - 12 months (800) 426-4891
CODE: After WA, first number is year, second two are month, next two are day.

Juice, Apple, Nat'l Fruit Product Co., Whitehouse - 24 months (800) 551-5167
CODE: First letter is plant, Next # is year, Next letter is product, Next 2 are day, then shift.

Juice, Apricot, nectar (can), Nestle, Libby - 24 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day Will send info

Juice, Capri Sun (in pouches) - 18 months (800) 227-7478
CODE: First digit is the year (8 = 1998). Next three digits is the day on Julian calendar

Juice (Juicy Juice - most), Nestle - 14 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day

Juice (Juicy Juice - Strawberry), Nestle - 8 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day

Juice, Orange, canned, Bluebird - 24 months (800) 237-7805
CODE: Write words "Chainstore". Under each letter, put a number starting with 1 and ending with a 0 under the "E". This deciphers the code. If Code reads ECCHO = 1/12/98.

Juice, Papaya, nectar (can), Nestle, Libby - 12 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day. Will send info

Juice, Peach, nectar (can), Nestle, Libby - 24 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day. Will send info

Juice, Pear, nectar (can), Nestle, Libby - 24 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day. Will send info

Juice, Strawberry, nectar (can), Nestle, Libby - 6 months (800) 637-8532
CODE: First number is the year, next three are Julian calendar day. Will send info

Juice, V-8, Campbell - 18 months (800) 871-0988
CODE: Stamped with expiration date.

Juice, Welch's (plastic bottle) - 12 months (800) 240-6870
CODE: First number is year, letter is mgt plant, next 2 numbers is day of month, next letter is month A=Jan, B=Feb, etc.

Oil, Canola, American Fare (K-mart) - 12 months (800) 842-7886
CODE: First 3 digits are Julian date. Last number is year. If kept longer, might be okay, but check for odor. Code 139C8

Meat, Chili, can, Hormel, Dinty Moore - 5-8 years (800) 523-4635

CODE: Second and third number is month, next two are day, last number is year.

Meat, Spam, Hormel - 5-8 years (800) 523-4635

CODE: Second and third number is month, next two are day, last number is year

Meat, Tuna, can, Starkist - 4-6 years (800) 252-1587 <http://www.starkist.com/>

CODE: Last letter on second row is year, with G= 1998, F=1997, E=1996. Three numbers before that are Julian calendar day

Mixes, Baking Mixes, Jiffy - 12-24 months

CODE: L8234 = 8 is year, 234 is Julian year

Mixes, Baking Mixes, Krusteaz - 18-24 months

CODE: AB8543 = 8 is year, 543 are month and day

Mushrooms, can, Green Giant - 48 months (800) 998-9996

CODE: First letter is year, next is month, then year

Nestle Carnation products

CODE: First letter is year, next is month, then year

Nestle Contadina products

CODE: First letter is year, next is month, then year

Oil, Canola, American Fare (K-mart) – 12 months (800) 842-7886

CODE: First 3 digits are Julian date. Last number is year. If kept longer, might be okay, but check for odor. Code 139C8

Oil – Crisco (Proctor & Gamble) – 24 months

CODE: YJJJxxx

Oil, Olive (Pompeian) – 24 months

CODE: YMMDDx 410-276-6900

Oil – Puritan (Proctor & Gamble) – 24 months

CODE: YJJJxxx

Pasta, oven ready, American Beauty (Hershey) – 12 months 1-800-468-1714

CODE: YMMDDxxx

Pasta, egg noodle, American Beauty (Hershey) – 24 months 1-800-468-1714

CODE: YMMDDxxx

Pasta, regular, American Beauty (Hershey) – 36 months 1-800-468-1714

CODE: YMMDDxxx

Pasta, canned, Chef Boyardee, International Home Foods in Ontario - 24 months

CODE: B178 = 8 is year, B is month (A thru L) and 17 is day.

Pasta, can - Healthy Choice - 24 months 714-680-1431

CODE: 870T4 = 8 is year, 7 is month.

Pasta, Ravioli, canned, Chef Boyardee, International Home Foods in Ontario - 24 months

CODE: B178 = 8 is year, B is month (A thru L) and 17 is day.

Pasta Sauce (jar) Lipton, Ragu - 24 months (800) 328-7248

CODE: On first line the last four numbers are the Julian day and last number is year.

Peanut Butter, Skippy - 24 months

CODE: First digit is month, next two the day, letter is mfg plant, and last number is year.

Ready Meals, Chicken & Dumplings, can, Sweet Sue - 24 months (800) 633-3294

CODE: On 1st line - last # is year. On 2nd line - first 2 numbers is the month, next 2 are day.

Ready Meals, Chicken & Noodles, can, Sweet Sue - 24 months (800) 633-3294

CODE: On 1st line - last # is year. On 2nd line - first 2 numbers is the month, next 2 are day.

Shortening, Crisco, Proctor & Gamble - indefinite (Should be used within 12 months of opening) (800) 543-7276

CODE: First number is year. Next three are Julian calendar

Shortening, Butter flavor Crisco, Proctor & Gamble - 18 months (Should be used within 6-12 months of opening) (800) 543-7276

CODE: First number is year. Next three are Julian calendar

Soup - Campbell - 18-24 months (800) 871-0988

CODE: Stamped with expiration date.

Soup, can - Healthy Choice - 24 months 714-680-1431

CODE: 870T4 = 8 is year, 7 is month.

Soup, can, Progresso - 36 months (800) 200-9377

CODE: First letter is month, Next number is year, next letter is mfg plant, next two numbers, day of month. L7N26 = 12/16/97

Stew, can, Hormel, Dinty Moore - 5-8 years (800) 523-4635

CODE: Second and third number is month, next two are day, last number is year.

Vegetables, can, Del Monte - 24 months (800) 543-3090

CODE: First number is year, next is Julian calendar day

Vegetables, Green Beans, Canned Cut, Food Club - 24 months (847) 676-3030

CODE: 29681721 = 8 is year, 9 is month, 6 is day

Vegetables, can, Libby - 24 months (315) 926-3225 call collect

CODE: 2nd dig is year, first letter is month, third dig is plant. Next 2 numbers is day of month

Vegetables, Corn, can, Green Giant - 36 months (800) 998-9996

CODE: First letter is year, next is month, then year

Vegetables, Corn, Canned whole kernal, Food Club - 24 months (847) 676-3030

CODE: 48318 = last 8 is year, first 8 is month, 31 is day

Vegetables, Kraut, can, Libby - 18 months (315) 926-3225 call collect

CODE: 2nd dig is year, first letter is month, third dig is plant. Next 2 numbers is day of month

Vegetables, Peas, can, Green Giant - 36 months (800) 998-9996

CODE: First letter is year, next is month, then year

Vegetables, Potatoes, Instant, Hungry Jack - 18 months

CODE: First letter is year, next is month, then year

Vegetables, Potatoes, instant, Idaho Spuds, Pillsbury - 18 months (800) 767-4466

CODE: C8M16 = C is month (A thru L), 8 is year.

Yeast, Fleischman's (800) 777-4959

CODE: Date is stamped. If you use it past the stamped date, you must first "PRROF" it. Proof it by bringing ¼ cup of water to the temperature in the instructions on the back. Stir in 1 tsp of sugar and one packet of yeast. After five minutes it should begin to bubble. At the end of 10 minutes, it should have a rounded crown of foam on it. If this happens, yeast is active. (Be sure to deduct ¼ cup of liquid from your recipe)

Misc. Date Code Info:

Del Monte:

1st is Year, next is Day (Julian calendar which means "238" would be the 238th day of year)

Libby's:

YMDDx

Y: 1 or A = 96

2 or B = 97

3 or C = 98

4 or D = 99

M: 1-9 = Jan - Sept

O = Oct

N = Nov

D = Dec

Nestle Carnation products = CODE: First letter is year, next is month, then year

CODE DEFINITIONS:

Y=Year Packaged

MM or M= Month Packaged

(if only one M then 1-9 = Jan-Sep, A = Oct, B = Nov, C = Dec unless otherwise noted)

DD=Day Packaged

JJJ=Julian Day Packaged (Jan 1 = 001, Dec 31 = 365 or 366)

X= letter or number not significant to product shelf life

Julian calendar - a calendar introduced in Rome in 46 B.C. establishing the 12-month year of 365 days with each fourth year having 366 days and the months each having 31 or 30 days except for February, which has 28, or in leap years 29 days.

Julian date:

1. The sequential day count reckoned consecutively beginning January 1, 4713 B.C. Note: The Julian date on January 1, 1990, was 2,446,892.

2. The sequential day count of the days of a year, reckoned consecutively from the first day of January.

The Julian date is the number of days that have passed since noon on January 1st, 4713 B.C. Julian days begin and end at noon, instead of midnight. By subtracting the Julian dates for two actual dates, you can get the number of days between those dates.

Notes:

1. Note: Noon is actually 12:00 PM. Midnight is 12:00 AM on the day that is just starting. For example, the midnight between January 1st and January 2nd is actually 12:00 AM January 2nd.

2. In modern times, the definition of Julian date has been corrupted to use the first day of the year as the point of reference. To avoid ambiguity with the traditional meaning, "day of year" rather than "Julian date" should be used for this purpose.

Shelf life of Sprouting Seeds

Adzuki - 3 Years

Alfalfa - 2 Years

Almond - 4 Years

Arugula - 4 Years

Barley (hulled) - 18 Months

Basil - 3 Years

Black Turtle Bean - 4 Years

Broccoli - 4 Years

Buckwheat, in hull - 2 Years

Buckwheat, hulled (Groats) - 2 Years

Cabbage, Generic - 4 Years

Cabbage, Green (Early Jersey Wakefield) - 4 Years

Cabbage, Red - 4 Years

Cauliflower, Snowball - 4 Years

Celery - 5 Years

Clover, Crimson - 2 Years

Clover, Red - 2 Years

Cress, Curly - 4 Years

Dill - 3 Years

Fennel (leaf) - 3 Years

Fenugreek - 3 Years

Flax, Brown - 2 Years

Flax, Golden - 2 Years

Garbanzo, Beige - 3 Years

Garbanzo, Black - 3 Years

Garbanzo, Brown - 3 Years

Garlic (Chive) - 18 Months

Hemp Seed - 3 Years

Kale, Red Russian - 4 Years
Kamut® - 18 Months
Leek - 18 Months
Lentil, Black - 5 Years
Lentil, Crimson - 5 Years
Lentil, French (blue) - 5 Years
Lentil, Green (regular) - 5 Years
Lentil, Green (small) - 5 Years
Lentil, Red (in hull) - 5 Years
Lentil, Red (hulled) - 5 Years
Millet - 2 Years
Mizuna - 4 Years
Mung Bean - 2 Years
Mustard, Oriental (yellow) - 4 Years
Oats, in hull - 2 Years
Oats, hullless - 18 Months
Onion - 18 Months
Pea, Bill Jump (small speckled) - 4 Years
Pea, Bounty (sweet shelling) - 4 Years
Pea, Green - 4 Years
Pea, Snow - 4 Years
Pea, Sweet Shoot (speckled) - 4 Years
Pea, Yellow - 4 Years
Peanut, Valencia - 5 Years
Pinto Bean - 4 Years
Popcorn, Red - 8 years
Popcorn, White - 8 years
Pumpkin, Naked Seed - 3 Years
Quinoa - 3 Years
Radish, China Rose - 4 Years
Radish, Daikon - 4 Years
Radish, Oil Seed (generic) - 4 Years
Rice, Brown (short grain) - 2 Years
Rye - 18 Months
Sesame - 2 Years
Soy Bean - 4 Years
Spelt - 18 Months
Sunflower, Black Oil (in hull) - 18 Months
Sunflower, hulled - 2 Years
Tatsoi - 4 Years
Triticale - 2 Years
Wheat, Hard Red Winter - 2 Years

Shelf life of Non-Food Items

Fuel, Coleman (unopened metal gallon container) - 5 years
Fuel, Coleman (opened metal gallon container) - 8-10 months (to prolong the shelf life open infrequently and store in a cool place)
Gasoline (oxygenated/treated) - 12 months
Gasoline (oxygenated/untreated) - 1 month

Gasoline (nonoxygenated) - 12 months (depending on the additives in it)

Gasoline (nonoxygenated/treated) - 10 years

Shelf Life Handouts

(Books, Booklets, Pamphlets, etc.)

Food Storage Cooking School Outstanding Publication! ***

HANDOUT: Shelf Life of Groceries (pdf file)

From Glitchproof File Archive

See: <http://st4.yahoo.com/lib/glitchproof/pn1202.pdf>

Grocery product shelf life is based upon the Manufacturer's Date Packaged (DP) code. ... Discard any food product exhibiting changed color, odor, or taste.

Shelf Life Links

NEW! Food Marketing Institute - For Consumers Foodkeeper contains a searchable database where you can check the proper storage time for any food.

About Shelf Life Gourmet Reserves Products (AlpineAire)

Alpineaire Foods Shelf Life Index

Basic Emergency Considerations - Title

BlueWolf's Advanced Y2K Preparations Shelf life Chart & Can Code Decoder

Can Lid Codes

Cleveland Live - Cooking guidelines on shelf lives of foods

Emergency Food Primer: long shelf-life food, MREs, and others

FareShare Home: Spice Rack Shelf Life

Focus On: Food Product Dating

Foods and Nutrition Solutions Cupboard Storage Chart

Food Expiration Date Food Shelf Life Recommendations (CODES) * Good List *

Food Science Australia Fact Sheet: Storage Life of Foods

Food Storage Central - Shelf Life of Products Gourmet Reserves Products (AlpineAire)

Food Storage FAQ - Shelf Life Shelf Life of Some Common Storage Foods

Food Storage Guidelines for Consumers NEW!

Herbarium - Shelf Life & Storage of Herbs

Kitchen Empire - Storage of Food

Maintaining Food Quality in Storage Shelf life of Perishable & Nonperishable Foods *

mybackyard: Learn to Cook - Shelf Life

Product Shelf-Life Guidelines DEL MONTE® products

Rotating Food Storage

Shelf Life

shelf life

Shelf Life and Other Information *****

Shelf Life and Use Dates

Shelf Life MREs & Emergency Essentials Products

Shelf Life from Family Food Storage Program This shelf life list is a compilation of manufacturers shelf life and from Utah State University Extension. (also has misc. items)

Shelf-Life of Food in Cupboard Is Long but Still Limited

Shelf life of Food Under Various Conditions (TXT file)

Shelf life of oils

Shelf Life of Oxygen Absorbers

Shelf life of supplements

Shelf Lives

Survivalnet.org, where survivalism rocks! - Canned Foods

Understanding the Product Dating Codes and Shelf Life for Turkey

What is the shelf life of x? - You Asked for It at GourmetSpot.com

Yes U Can

General Food Storage Help:

USAID Commodities Reference Guide - Section III: Storage/Shelf Life Specifications

Companies Providing Shelf life Info Online:

Del Monte Foods

McCormick What is the shelf life of spices and herbs?

Shelf Life - HeaterMeals

Water Purification and Storage

Drinking water is disinfected to kill disease-causing micro-organisms (bacteria, viruses and parasites) which may be in it. Many different diseases are spread by drinking water contaminated by micro-organisms, including Campylobacter, cholera, amoebic dysentery, beaver fever (Giardia) [Note: giardia is spread by any four-legged animal] and Cryptosporidia. These organisms usually get into drinking water supplies when source waters (i.e.. lakes, streams) or community water supply pipes or storage reservoirs are contaminated by animal wastes or human sewage.

In general, surface waters such as streams and lakes are more likely to contain disease-causing organisms than groundwater. Deep wells are safer than shallow wells. In fact, shallow dug wells are often as contaminated as lakes or streams.

You should disinfect your drinking water if:

1. your community has been issued a boil water advisory;
2. you are using water directly from a stream, lake or shallow well;
3. lab tests of your water show that it contains "fecal coliforms";
4. an earthquake or other disaster has disrupted your community water supply;
5. you are traveling in an area where water is not well treated (third world countries); or
6. you have a weakened immune system (in which case you should disinfect all of your drinking water).

Methods for long term storage of tap water:

1.) Boiling

Bring water to a rolling boil for 5 to 10 minutes. Boiling is the best way to kill bacteria, viruses and parasites.

NOTE: This is not appropriate for water that is obviously heavily polluted, or subject to chemical contamination.

To remove the flat taste of boiled water, leave the boiled water in a clean covered container for a few hours or pour the cooled boiled water back and forth from one clean container to another.

2.) Chlorine Bleach

Household bleach can be used. This should contain a 5.25% solution of sodium hypochlorite without soap additives or phosphates.

Use 1/8 teaspoon (about 5-8 drops) per gallon of water. Use only 5.25% sodium hypochlorite, such as Clorox bleach -- not scented or colorsafe.

4 drops regular liquid bleach per quart of water
16 drops regular liquid bleach per gallon of water
1 teaspoon regular liquid bleach per 5 gallons of water.
(for you non-metrics out there, like my humble self !)

Amount of Water Amount of 5% Bleach to Add

1 gal. (4.5 litres), 2 drops (0.18 mL)
2-1/2 gal. (10 litres), 5 drops (0.4 mL)
5 gal. (23 litres), 11 drops (0.9 mL)
10 gal. (45 litres), 22 drops (1.8 mL)
22 gal. (100 litres), 3/4 teaspoon (4 mL)
45 gal. (205 litres), 1-1/2 teaspoons (8 mL)
50 gal. (230 litres), 1-3/4 teaspoons (9 mL)
100 gal. (450 litres), 3-1/2 teaspoons (18 mL)
220 gal. (1000 litres), 8 teaspoons (40 mL)
500 gal. (2200 litres), 6 tablespoons (90 mL)
1000 gal. (4550 litres), 6-1/2 ounces or 12 tablespoons (180 mL)

Mix well; wait 30 minutes. Water should have a slight bleach odor. If not, repeat and wait 15 more minutes. Disinfection using bleach works best with warm water. The disinfection action of bleach depends as much on the waiting time after mixing as to the amount used. The longer the water is left to stand after adding bleach, the more effective the disinfection process will be. CAUTION: Bleach does not work well in killing off beaver fever (Giardia) or Cryptosporidium parasites. When the water is not heavily polluted, or when beaver fever (Giardia) or cryptosporidiosis are not a concern the use of unscented household bleach (5% chlorine) is recommended. The amount of bleach needed to kill these parasites makes the water almost impossible to drink. If beaver fever (Giardia) or Cryptosporidium are in your water, boiling is the best way to ensure safe drinking water.

CAUTION: If you are treating water from a lake, stream or shallow well, use twice as much household (5%) bleach as indicated in the chart below and wait twice as long before drinking it because it is more likely to contain chlorine-resistant parasites from animal droppings. Let the water stand for at least an hour after adding the bleach before you start drinking it.

CAUTION: If the water is colder than 10°C or has a pH higher than 8, let the water stand for at least two hours before drinking.
CAUTION: product must contain 5.25% sodium hypochlorite without soap or phosphates.

CAUTION: If bleach is more than one year old, it loses approximately 50% strength. In this case, the amount of bleach should be doubled. After treating with chlorine, mix well and allow water to stand 30 minutes before using. Use this eyedropper for no other purpose. If the bleach is not dated, at time of purchase, note the date on the bottle with a permanent marker

3.) Chlorine Tablets

Follow the manufacturers' directions. When instructions are not available, One or two tablets will purify one quart or one litre of

water depending on contamination of water and length of time allowed for treated water to stand. Follow instructions on the package. CAUTION: While economical and convenient, not every brand of purification tablet kills Giardia.

4.) **Granular Calcium Hypo-chlorite**

Add and dissolve one heaping teaspoon of high-test granular calcium hypochlorite (approximately 1/4 ounce) for each two gallons of water.

To disinfect water, add the chlorine solution in the ratio of one part of chlorine solution to each 100 parts of water to be treated. This is roughly equal to adding 1 pint (16 oz.) of stock chlorine to each 12.5 gallons of water to be disinfected. To remove any objectionable chlorine odor, aerate the water by allowing the water to stand exposed to the air for a few hours or by pouring it from one clean container to another several times to make the taste more pleasing. Granular Calcium Hypo-chlorite has the added benefit of extended shelf life. Providing it is kept dry, cool and in an airtight container, it may be stored up to 10 years with minimal degradation. If one is wanting to keep chlorine in larger quantities, this is the item to store as is readily available at swimming pool supply stores and many hardware and grocery stores carrying pool items and requires less actual storing space than its liquid counterpart. . To make your own fresh bleach take 10 tablespoons of powdered 65% calcium hypochlorite (swimming pool "burn-out" or "shock treatment) must be pure hypochlorite - no algicides or fungicides to one gallon of water in a VERY well ventilated area (ie. outside AWAY from the house). That will give you the same concentration as fresh household bleach, approx. 5.25%. That gallon will treat 5,000 gallons of clear water or 2,500 gal. of cloudy water. Water should be stirred and let sit for at least 30 minutes. Use a 1:10 bleach/water solution for cleaning instruments and surfaces. Tuberculosis organisms are the only organism that chlorine will not kill (including you, so don't make bleach indoors unless you are trying to get rid of insects or rodents the hard way).

Folks, powdered or granulated calcium hypochlorite is REALLY cheap, stock up on this and help save people's lives. A one gallon container of 65% CaCl will treat 125,000 gallons of clear water.

5.) **2% Tincture of Iodine**

To use this add 12 drops per gallon of water. Whenever possible use warm water (20 °C) and let stand a minimum of 20 minutes after mixing and before drinking. For cold water (5 - 15°C) increase the waiting time after mixing to 40 minutes. For cloudy water add ten drops and let the solution stand for at least 30 minutes.

CAUTION: pregnant or nursing women or people with thyroid problems should not drink water with iodine as it may have an effect on the fetus.

CAUTION: Iodine should not be used to disinfect water over long periods of time as prolonged use can cause thyroid problems.

CAUTION: The use of iodine as a means of disinfection may not be effective in guarding against exposure to Giardia or Cryptosporidium. Therefore, iodine use should be limited to the disinfection of well water (as opposed to surface water sources such as rivers, lakes, and springs), because well water is unlikely to contain these disease causing organisms.

6.) **Iodine Tablets**

Use as stated. When instructions are not available, use one tablet for each quart of water to be purified. Generically known as halazone tablets.

CAUTION: The use of iodine as a means of disinfection may not be effective in guarding against exposure to Giardia or Cryptosporidium. Therefore, iodine use should be limited to the disinfection of well water (as opposed to surface water sources

such as rivers, lakes, and springs), because well water is unlikely to contain these disease causing organisms. Follow the manufacturer's directions.

CAUTION: Iodine should not be used to disinfect water over long periods of time as prolonged use can cause thyroid problems. Whenever possible use warm water (20 °C) and let stand a minimum of 20 minutes after mixing and before drinking. For cold water (5 - 15°C) increase the waiting time after mixing to 40 minutes.

7.) Stabilized Oxygen

To purify 8 oz. of Giardia-contaminated water, add 5 - 20 drops of stabilized oxygen. Stabilized oxygen is neither harmful nor has a taste. Conversely, it has a number of health benefits. Reports from people that have used this method feel it is more favorable than iodine and chlorine. Both iodine and chlorine have shown some side effects if used for an extended period of time and these treatments have a taste to them. Non-Toxic - tasteless, Approx. 1260 drops per 2 fl oz (70 ml) bottle, Removes harmful anaerobic bacteria, viruses and chlorine from water Usage: 5-20 drops per 8 oz of Giardia contaminated water. For long term water storage use 10 drops per chlorinated gallon and 20 drops per gallon non-chlorinated water. (Treats approx. 63 to 126 gallons of water at this rate.) To bacterially purify your drinking water, 5 - 20 drops per glass of water will control coliform bacteria. (Treats approx. 4 - 16 gallons of possible contaminated water at this rate.) Widely used in all of North America. United States FDA - Mexico and Guatemala approved for water purification. Kills anaerobic infectious bacteria like: Salmonella, Cholera, Achillea, Giardia Lamblia. Sustains aerobic organisms - Does not harm the beneficial bacteria needed for good health.

Ionized or stabilized Oxygen: This is the most high tech way of purifying water that I know of in the field. It is also good for you! The others generally cause at least some stress on your system. Dollar for dollar, ionized water will purify the same amount of water as the water purification tablets. And something Key: In the event you have to leave your home, the 2 oz bottle is convenient to carry with you.

To Order: I 50 WATER PURIFY Ion Stabilized Oxygen 2 oz dropper BOTTLE 14.98

See <http://waltonfeed.com/ups.html> for shipping costs or call 1-800-269-8563 Monday-Friday 7:30 am-5pm Mountain time.

Mailing Address: Walton Feed 135 North 10th, P.O. Box 307 Montpelier, ID 83254 Voice 800-269-8563 Fax: 208-847-0467

Storage

Store three days' worth of water

(one gallon per person per day)

Water weighs approximately 14-15 pounds per gallon.

If water is bacteria-free and is stored in clean containers it will stay safe for several years. It is a good idea, however, to periodically check your water for purity and taste. It's a good idea to change it every few years .

Assuming clean and deodorized food-grade containers are used, untreated water straight from your tap should keep 6 months, but **MUST** be changed thereafter.

Bacteria-free water, which means successful treatment by one of the accepted methods listed, will keep several years depending on heat, light, degradation of the container, etc.

Listed Methods include:

boiling, liquid chlorine bleach, dry chlorine, iodine, tablets, Store the water in a clean and sanitary glass or plastic container.

Plastic containers are good because they are lightweight and unbreakable. Metal containers should be considered as a last resort because they may corrode and give water an unpleasant taste.. Rotate the water in storage tanks every year. Water should be stored in clean, sanitized containers with tight fitting screw-on caps. Commercial gallon bottles of filtered/purified spring water often carry expiration dates two years after the bottling date. A good rotation program is necessary to ensure your supply of water remains fresh and drinkable. Don't use milk cartons.; it's practically impossible to remove the milk residue. Bleach bottles are recommended by others,. . . apparently bleach manufacturers don't recommend it. Store water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Seal containers tightly, label them and store them in a cool dark place. Rotate water every 6 months Plastic containers, such as soft drink 3 Liter bottles, are best. You can also purchase food grade buckets or drums. Plastic juice and milk containers are less desirable as they tend to crack and leak more readily. CAUTION: Never use a container that has held toxic substances.

Storage Areas

Store your water away from paint and petroleum-based products, acids or anything releasing objectionable odors like fertilizer or household cleaners. While able to hold water, lower grade containers, such as plastic gallon containers, are permeable to certain gases. CAUTION: Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides are present. These vapors penetrate the plastic after a time.

Future Water Supply

The Center for Maximum Potential Building Systems, Austin, Texas, publishes the Texas Guide to Rainwater Harvesting. They can be reached at 8604 F.M. 969, Austin, Texas 78724, telephone 512-928-4786.

Shelf Life of Food