

Shelf-stable foods	Unopened on shelf	Opened, refrigerated	Opened on shelf
Baby food, jars or cans			
Fruits & vegetables	2 months after date	2-3 days	
Meats & eggs	2 months after date	1 day	
Cereal, dry mixes	Use-by date		2 months
Formula	Use-by date	1-2 days	
Bacon Bits, imitation	4 months		4 months
Baking ingredients			
Baking powder	6 months		3 months
Baking soda	18 months		6 months
Biscuit or pancake mix	15 months		Pkg. use-by date
Cake, brownie and bread mixes	12-18 months		Pkg. use-by date
Cornmeal, regular degerminated	6-12 months	12 months	
stone ground or blue	1 month	2-3 months	
Cornstarch	18 months		18 months
Flour, white	6-12 months		6-8 months
Flour, whole wheat	1 month	6-8 months	
Frosting, canned	10 months	1 week	
Frosting mixes	12 months		3 months
Beans, dried	12 months		12 months
Canned goods, low acid	2-5 years	3-4 days	
(such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)			
Canned goods, high acid	12-18 months	5-7 days	
(such as juices, fruit, pickles, sauerbraut, tomato, soup, and foods in vinegar-based sauce)			
Cereal, ready-to-eat	6-12 months		3 months
cook before eating (oatmeal, etc.)	12 months		6-12 months

Chocolate, unsweetened and semi-sweet, solid	18-24 months		1 year
Chocolate syrup	2 years	6 months	
Cocoa and cocoa mixes	indefinitely		1 year
Coffee			
Whole beans, non-vacuum bag	1-3 weeks	3-4 months	
Ground, in cans	2 years	frozen 2 weeks	
Instant, jars and tins	12 months		2-3 months
Condiments			
Barbecue sauce, bottled	12 months	4 months	1 month
Catsup, tomato; cocktail sauce or chili sauce	12 months	6 months	1 month
Chutney	12 months	1-2 months	
Horseradish, in jar	12 months	3-4 months	
Mayonnaise, commercial	2-3 months	2 months	
Mustard	12 months	1 year	1-2 months
Olives, black and green	12 -18 months	2 weeks	
Pickles	12 months	1-2 months	
Salad dressings, commercial, bottled	10-12 months	3 months	
Salsa, picante and taco sauces	12 months	1 month	
Cookies, packaged	2 months	8-12 months frozen	4 weeks
Crackers	8 months	freeze or refig. 3-4 months	1 month
Diet powder mixes	6 months		3 months
Extracts, vanilla, lemon, etc.	3 years		1 year
Fruits, dried	6 months	6 months	
Garlic, chopped, commercial jars	18 months	Refrigerate; use	

by date on jar		
Gelatin, flavored	18 months	Use all or reseal for 3-4 months
Gelatin, unflavored	3 years	Use all or reseal for 3-4 months
Gravy, jars & cans	2-5 years	1-2 days
dry gravy mixes	2 years	Mix entire packet
Herbs, dried	1-2 years	Store in cool dark place 1 year.
Honey	12 months	12 months
Jams, jellies, preserves	12 months	6 months
Juice, boxes	4-6 months	8-12 days
Lentils, dried	12 months	12 months
Maple syrup, pure genuine	12 months	12 months
Marshmallows, marshmallow creme	2-4 months	1 month
Milk, canned evaporated	12 months	4-5 days
Molasses	12 months	6 months
Mushrooms, dried	6 months	3 months
Oils , olive or vegetable	6 months	4-6 months
walnut, macadamia, other nut oils	6 months	4 months
vegetable oil sprays	2 years	1 year
Nuts, jars or cans	12 months	4-6 months, Freeze 9-12 months
Pasta, dry, made without eggs	2 years	1 year
dry egg noodles	2 years	1-2 months
Peanut butter, commercial	6-9 months	2-3 months
Peas, dried split	12 months	12 months
Pectin	Use by package date	1 mo.
Popcorn , dry kernels in jar	2 years	1 year
commercially popped in bags	2-3 months	1-2 weeks

Microwave packets	12 months	1-2 days popped
Potato chips	2 months	1-2 weeks
Potatoes, instant	6-12 months	6-12 months
Pudding mixes	12 months	3-4 months
Rice , white or wild	2 years	1 year
brown	1 year	6 months
flavored or herb mixes	6 months	Use entire amt.
Sauce mixes, non dairy (spaghetti, taco, etc.)	2 years	Use entire amt.
cream sauces with milk solids	1 year	
Shortening, solid	8 months	3 months
Soda such as carbonated cola drinks, mixers:		
Diet sodas, bottles or cans	3 months after date	2-3 days
Regular sodas, bottles	3 months after date	2-3 days
Regular sodas, cans	9 months after date	n.a.
Soup mixes	12 months	Use entire amt.
Spices , whole	2-4 years	Included in total
ground	2-3 years	Included in total
Paprika, red pepper, chili powder	2 years	Store in refrig.
Sugar , brown	4 months	Sugar nevers spoils
Granulated	2 years	
Confectioners	18 months	
Sugar substitutes	2 years	
Syrup, pancake, maple & other flavors	12 months	12 months
Tapioca	12 months	12 months
Tea, bags	18 months	12 months
Loose	2 years	6-12 months
Instant	3 years	6-12 months
Toaster pastries, fruit filled	6 months	Keep foil packets sealed
non-fruit fillings	9 months	

Tomatoes, sun dried, packed in oil	12 months	6-12 months
packed in cellophane	9 months	3-6 months
Vinegar	2 years	12 months
Yeast, dry, packets and jars	Use-by date	Refrigerate open jars
Water, bottled	1-2 years	3 months
Worcestershire sauce	1 year	1 year