

# 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