

CUPBOARD STORAGE CHART



Temperature: Store food in your coolest cabinets, away from appliances which produce heat.

Time: Many staples and canned foods have a relatively long shelf life, but buy only what you expect to use within the use time recommended in the chart for each product. Date food packages and use the oldest first. Geographic area will affect recommended storage time. Warm and humid climates shorten the shelf life of foods.

Purchasing: Buy fresh looking packages. Dusty cans or torn labels may indicate old stock. Carefully check dented cans before buying. Do not purchase bulging cans.

Food	Recommended Storage Time at 70 degrees F	Handling Hints
STAPLES		
Baking Powder	18 months or expiration date on can	Keep dry and Covered
Baking soda	2 years	Keep dry and covered
Bouillon cubes or granules	2 years	Keep dry and covered
Bread crumbs, dried	6 months	Keep dry and covered
Cereals: Ready-to-eat (unopened) Ready-to-eat (opened) cooked	6-12 months* 2-3 months 6 months	Refold liner tightly after opening
Chocolate. Pre-melted Semi-sweet unsweetened	12 months 2 years 18 months	Keep Cool
Chocolate syrup (unopened) (opened)	2 years* 6 months	Cover tightly refrigerate after opening.
Cocoa mixes	8 months	Cover tightly
Coffee: Cans (unopened) Cans (opened) Instant (unopened) Instant (opened)	2 years* 2 weeks 1-2 years* 2 weeks	Refrigerate after opening; keep tightly closed. Use dry measuring spoon.

*Total time unopened product can be stored at home. If recommendation is for opened product, subtract this time from the total home storage or "unopened time"

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Coffee lightners (dry) Unopened Opened	9 months* 6 months	Keep lid tightly closed
Cornmeal	12 months	Keep tightly closed
Cornstarch	18 months	Keep tightly closed
Four: White Whole wheat	6-8 months 6-8 months	Keep in airtight container. Keep refrigerated in airtight container
Gelatin, all types	18 months	Keep in original container
Grits	12 months	Store in airtight container
Honey	12 months	Cover tightly. If it crystallizes, warm jar in pan of hot water.
Jellies and jams	12 months	Refrigerate after opening
Molasses: Unopened Opened	12 months* 6 months	Keep tightly closed. Refrigerate to extend storage life.
Marshmallow cream Unopened	3-4 months	Cover tightly. Refrigerate after opening to extend storage life. Serve at room temperature.
Marshmallows	2-3 months	Keep in airtight container.
Mayonnaise unopened	2-3 months	Refrigerate after opening
Milk: Condensed or evaporated(unopened) Nonfat dry (unopened) Nonfat dry (opened)	12 months 6 months* 3 months	Invert cans every 2 months. Put in airtight container
Pasta: (Spaghetti, macaroni, Etc.)	2 years	Once opened, store in airtight container.
Pectin liquid (opened)	1 month	Recap and refrigerate.
Rice White Flavored or herb	2 years 6 months	Keep tightly closed
Salad dressings: Bottled (unopened)	10-12 months*	

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Bottled (opened) prepared	3 months 2 weeks	Refrigerate after opening Refrigerate prepared dressing
Salad oils: Unopened opened	6 months* 1-3 months	Refrigerate after opening
Shortenings, solid	8 months	Refrigeration not needed.
Sugar: Brown Confectioners Granulated Artificial sweeteners	4 months 18 months 2 years 2 years	Put in airtight container Put in airtight container Cover tightly Cover tightly
Syrups	12 months	Keep tightly closed. Refrigerate to extend life.
Tea: Bags Instant Loose	18 months 3 years 2 years	Put in airtight container Cover tightly Put in airtight container
Vinegar: Unopened Opened	2 years* 12 months	Keep tightly closed. Slightly cloudy appearance doesn't affect quality. Distilled vinegar keeps longer than cider vinegar.
MIXES AND PACKAGED FOODS		
Biscuit, brownie, muffin mixes	9 months	Keep cool and dry
Cakes, purchased	1-2 days	If cake contains butter cream, whipped cream, or custard frosting or filling refrigerate.
Cake mixes Angel Food	9 months 12 months	Keep cool and dry
Casserole mixes, complete or add own meat	9-12 months	Keep cool and dry
Cookies: Homemade Packaged	2-3 weeks 2 months	Put in airtight container Keep box tightly closed

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Crackers	8 months	Keep box tightly closed
Frosting: Canned Mix	3 months 8 months	Store leftover in refrigerator
Hot roll mix	18 months	If opened put in airtight container
Pancake mix	6-9 months	Put in airtight container
Piecrust mix	8 months	Keep cool and dry
Pie and pastries	2-3 days	Refrigerate whipped cream, custard and chiffon fillings
Potatoes, instant	6-12 months	Keep in airtight package
Pudding mixes	12 months	Keep cool and dry
Rice, mixes	6 months	Keep cool and dry
Sauce and gravy mixes	6-12 months	Keep cool and dry
Soup mixes	12 months	Keep cool and dry
Toaster pastries	2-3 months	Keep in airtight packet
Vegetable, dehydrated flakes	6 months	
OTHERS		
Cheese, Parmesan grated Unopened Opened	10 months* 2 months	Refrigerate after opening. Keep tightly closed.
Coconut, shredded canned or packaged. Unopened Opened	12 months 6 months	Refrigerate after opening
Meat substitutes and textured protein products (e.g. imitation bacon bits)	4 months	Keep tightly closed. For longer storage, refrigerate.
Metered-caloric products, (e.g. instant breakfast)	6 months	Keep in can, closed jars, or original packets.
Nuts: In-shell (unopened) Nutmeats vacuum can	4 months* 1 year*	Refrigerate after opening. Freeze for longer storage. Unsalted and blanched butts keep longer than salted

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Other packaging Nutmeats (unopened)	3 months* 2 weeks	
Peanut butter: Unopened Opened	6-9 months* 2-3 months	Keeps longer if refrigerated. Use at room temperature.
Peas, beans-dried	12 months	Store in airtight container in cool place.
Popcorn	2 years	Store in airtight container
Vegetables, Fresh: Onions Potatoes, white Sweet potatoes	2 weeks 2 weeks 2 weeks	Keep dry and away from sun. For longer storage, keep at about 50 degrees F. Don't refrigerate sweet potatoes.
Whipped topping (dry)	12 months	Keep cool and dry
Yeast dry	Expiration date on package	

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Reference: www.USDA.gov