

Shelf-Stable Foods	Shelf Life After Code Date
<b>Baby Food</b>	
Cereal: dry mixes	Expiration date on package
Food in Jars, cans	Expiration date on package
Formula	Expiration date on package
Juice	1 year
<b>Canned Food</b>	
Beans	3 years
Fish: salmon, tuna, sardines, mackerel	3 years
Frosting, canned	10 months
High-acid foods	
- fruit (including applesauce, juices)	} 1-2 years
- pickles, sauerkraut	
- baked beans w/mustard/vinegar	
- tomatoes, tomato-based soups & sauces	
Low-acid foods	
- gravy, soups/broths that aren't tomato-based	} 2-3 years
- pasta, stews, cream sauces	
- vegetables (not tomatoes)	
Meat: beef, chicken, pork, turkey	2-3 years
Pie filling	3 years
<b>Condiments, Sauces, Syrups</b>	
UHT milk	
Broth: beef, chicken or vegetable	
Soup	
Fruits	
Vegetables	
<b>Condiments, Sauces, Syrups</b>	
Barbeque sauce (bottled)	1 year
Frosting, canned	10 months
Gravy (dry mix envelopes)	2 years
Honey	2 years --remains safe after crystallization. To use, simply immerse closed container in hot (not boiling) water until honey liquifies
Jams, jellies, preserves	18 months
Ketchup, cocktail, or chili sauce: jar, bottle, or packet	18 months
Mayonaise, jar, bottle or packet	3-6 months
Molasses	2 years
Mustard: jar, bottle or packet	2 years
Olives	18-24 months
Pickles	1 year canned 2 years, jarred--discard if inside of lid is rusty open opening
Salad dressings: bottled	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
<b>Condiments, Sauces, Syrups (continued)</b>	
Spaghetti sauce, canned	18 months
Spaghetti sauce, jarred	18 months
Syrup, chocolate	2 years
Syrup, corn	2 years
Syrup, pancake	2 years
Vinegar	2 years
Worcestershire sauce	2 years
<b>Dry Goods</b>	
Baking Mix, pancake	9 months
Baking mixes (brownie, cake, muffin, etc.)	12-18 months
Baking powder	18 months
Baking soda	indefinite if kept dry
Beans, dried	1 year
Bouillon: beef or chicken	12-24 months
Bouillon: vegetable	12-24 months
Bread , commercially prepared (including rolls)	3-5 days
Cakes, commercially prepared	3-5 days at room temp 3 months stored frozen
Candy (all, including chocolate)	9 months, caramel 18 months, chocolate 36 months, hard candy
Casserole Mix	9-12 months
Cereal, cold	1 year
Cereal, hot	1 year
Cookies	4 months
Cornmeal	1 year at room temp 2+ years frozen
Crackers	8 months Except graham crackers, 2 months
Flour, white (all purpose or cake)	1 year
Flour, whole wheat	6 months (keeps longer if refrigerated or frozen)
Fruit, dried	6 months (keeps longer if refrigerated or frozen)
Macaroni and Cheese, mix	6-12 months
Nuts, out of shell	6-12 months, bagged 12-24 months, canned
Nuts, in shell	6-12 months, bagged 12-24 months, canned
Oatmeal	12 months
Oil, olive, vegetable , salad	6 months
Pasta, dry (egg noodle)	2-3 years
Pasta, dry (no egg)	2-3 years
Peanut Butter	18 months
Popcorn, kernels	2 years
Popcorn, commercially popped and bagged	2-3 months
Popcorn, microwave packets	1 year

Shelf-Stable Foods (continued)	Shelf Life After Code Date
<b>Dry Goods (continued)</b>	
Potatoes, mashed, instant flakes	1 year
Pretzels	6-8 months
Pudding, prepared/shelf stable	1 week
Rice, brown	1 year
Rice, white	2 years
Rice-based mixes	6 months
Shortening, vegetable	8-12 months
Spices	up to 4 years, whole spices up to 2 years, ground spices Spices lose flavor over time but remain safe to use indefinitely
Stuffing mix	9-12 months
Sugar, brown (light or dark)	18 months
Sugar, confectioners	18 months
Sugar, white	2+ years
Sugar substitute	2 years
Toaster pastries	6 months, fruit 9 months, no fruit
Tortillas	3 months, shelf or refrigerator 6 months, freezer Do not use if they develop mold or harden
<b>Shelf -Stable Beverages</b>	
Cocoa Mixes	36 months
Coffee Creamer, liquid shelf stable	9-12 months
Coffee creamer, powdered	2 years
Coffee, ground	2 years
Coffee, instant	1-2 years
Coffee, whole bean	1 year, vacuum packed
Instant breakfast	6 months
Juice, bottle, shelf-stable	9 months
Juice, box	4-6 months
Juice, canned	18 months
Juice concentrate, shelf-stable	
Milk, evaporated	1 year
Milk, non-fat dry	1 year
Milk-shelf stable UHT	6 months
Milk, sweetened condensed	1 year
Nutritional aid supplements (Boost, Ensure, etc.)	1 year
Rice milk, shelf stable	6 months
Carbonated beverages (soda/seltzer water)	3 months, bottles (all) 3 months, diet (cans) 9 months, regular soda or seltzer (cans)
Soy milk, shelf stable	6 months
Tea, bagged	18 months
Tea, instant	3 years

Shelf-Stable Foods	Shelf Life After Code Date
<b>Shelf -Stable Beverages (continued)</b>	
Water	indefinite: store in cool, dark place away from chemicals
Water, flavored	indefinite: store in cool, dark place away from chemicals