

Shelf stable foods	Stored in airtight or Unopened Container in a cool, dark, and dry place	Notes
<b>Baby food</b>		
Fruits & vegetables	1-2 years	
Cereal, dry mixes	1 year	
Formula	2 years	
<b>Baking ingredients</b>		
Baking powder	2 years	
Baking soda	3 years	
Biscuit or pancake mix	15 months	When stored properly an unopened container can be consumed 1-2 years after the <b>best by date</b> on the box
Cake, brownie and bread mixes	12-18 months	
Cornmeal, regular degerminated	6-12 months	
Cornstarch	Indefinitely	When sealed and stored properly cornstarch does not expire
Flour, white	1 year	
Flour, whole wheat	1 year	
Oatmeal	2 years	
Dark Chocolate	2 years	
Milk Chocolate	1 year	
Cocoa and cocoa mixes	Indefinitely	when stored in sealed pouches or airtight containers cocoa mixes to not expire
Vanilla Extract	Indefinitely	When stored in original container vanilla extract does not expire
Shortening	2 years	
Sugar, brown	2 years for best taste	Sugar technically never expires
Granulated	2 years for best taste	Sugar technically never expires.
Confectioners	2 years for best taste	Sugar technically never expires.
Sugar substitutes	2 years	
<b>Cooking Ingredients</b>		
Soup mixes	2 years	
Ramen	2 years	
Tea bags	2 years	
Yeast	2 years	
Worcestershire sauce	3 years	

Dried beans	2 years	
Dried lentles	1 year	
Peas, dried split	2 years	
Dried Herbs	2-3 years	
Ground spices	2-3 years	
Salt	Indefinitely	
Boullion Cubes	2-5 years	
Canned goods, low acid - (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)	2-5 years	High calorie canned goods are essential for long term prepping. Canned tuna and chicken are good sources of calories and protein. Soups, pastas, and vegetables will provide additional nutrients. Always opt for the low sodium versions to minimize salt intake.
Canned goods, high acid - (fruit, pickles, salsa, and tomatoes)	12-18 months	
Cream of Wheat	2 years	
Cereal	Indefinitely	Cereal is best eaten within a year of purchase. However, it will remain safe to eat for many years
Commercial chopped garlic	18 months	
Can or Jar of Gravy	2-5 years	
Dry gravy mixes	2 years	
Canned milk	2 years	
Powdered milk	20 years	
White rice	Indefinitely	
Brown rice	6 months	
Flavored or herb mixes	6 months	
Cream sauces with milk solids	1 year	
Molasses	10 years	
Instant Potatoes	2 years	
Dried mushrooms	Indefinitely	It is advised they be eaten within a year but they remain safe to eat indefinetely.
Dry Pasta	2 years	
Dry egg noodles	2 years	
Walnut, macadamia, other nut oils	6 months	
Vegetable oil sprays	2 years	
Apple Cider Vinegar	Indefinitely	The taste can degrade but the vinegar will never not be usable
Vinegar	Indefinitely	The taste can degrade but the vinegar will never not be usable
Oils, olive or vegetable	6 months	

Coffee		
Ground coffee in can	2 years	
Vacuum sealed coffee	9 months	
Instant coffee	12 months	
Condiments		
Barbecue sauce	12 months	
Ketchup, cocktail sauce or chili sauce	12 months	
Horseradish	12 months	
Mayonnaise	2-3 months	
Miracle whip	1 year	
Mustard	2 years	
Black and green olives	12 -18 months	
Pickles	12 months	
Salad dressings	10-12 months	
Chocolate syrup	2 years	
Ghee	9 months	
Pure maple syrup	12 months	
Snacks		
Crackers	9 months	
Dried fruit	6 months	
Freeze dried fruit	20 years	
Salsa, picante and taco sauces	12 months	
Honey	Indefinitely	
Jams, jellies, preserves	12 months	
Marshmallows, marshmallow creme	2-4 months	
Nuts	12 months	
Peanut butter	6-9 months	
Popcorn, dry kernels in jar	2 years	
Commercially popped in bags	2-3 months	
Microwave packets	12 months	
Potato chips	2 months	
Pudding mixes	12 months	
Soda and Juice Cartons		
Diet sodas, bottles or cans	3 months	

Regular sodas, bottles	9 months	
Juice, boxes	1 year	

Frozen Foods	Frozen	Notes
Bagels	2 months	
Bread dough, commercial	Use-by date	
Bread, commercial	3 months	
Bread, flat (tortillas, pita)	4 months	
Fruit such as berries, melons	4-6 months	
Guacamole	3-4 months	
Ice cream	2-4 months	
Juice concentrates	6-12 months	
Pancakes, waffles	2 months	
Sausages, uncooked	1-2 months	
Sherbet, sorbet	2-4 months	
Topping, whipped	6 months	
TV dinners, entrees, breakfast	3 months	
Vegetables	8 months	

Produce and Vegetables	Frozen	Notes
Fruits		
Apples	Cooked, 8 mos.	
Berries, cherries	4 months	
Coconut	Shredded, 6 months	
Vegetables		
Asparagus	8 months	
Beans, green or wax	8 months	
Beets	6-8 months	
Cabbage	10-12 months	
Carrots, parsnips	10-12 months	
Celery	10-12 months	
Eggplant	6-8 months	

Garlic, ginger root	1 month	
Greens	10-12 months	
Herbs, fresh	1-2 months	
Leeks	10-12 months	
Mushrooms	10-12 months	
Okra	10-12 months	
Onions, dry	10-12 months	
Peppers, bell or chili	6-8 months	
Potatoes Cooked/mashed	12 months	
Rutabagas	8-10 months	
Spinach	10-12 months	
Squash	10-12 months	
Turnips	8-10 months	
Tomatoes	2 months	
<b>Dairy products</b>		
Butter	6-9 months	
Cheese, hard (such as cheddar, Swiss)	6 months	
Cheese, soft (such as Brie, Bel Paese)	6 months	
Margarine	12 months	
Milk	3 months	
<b>Eggs</b>		
Eggnog	6 months	
Dried Eggs	25 Years	
Raw whites	12 months	
<b>Deli foods</b>		
Entrees, cold or hot	2-3 months	
Store-sliced lunch meats	1-2 months	
<b>Dough</b>		
Ready-to-bake pie crust	2 months	
Cookie dough	2 months	
<b>Fresh Meat</b>		
Beef, lamb, pork, or veal chops; Steaks, roasts	4-12 months	

Ground meat	3-4 months	
Cooked meats (after home cooking)	2-3 months	
<b>Smoked or Processed Meat</b>		
Hot dogs, sealed in package	Indefinetely	
Sausage, raw, bulk type	1-2 months	
Sausage, smoked links, patties	1-2 months	
Sausage, hard, dry (pepperoni), sliced	1-2 months	
Bacon Bits, imitation	4 months	
<b>Fresh Poultry</b>		
Chicken or turkey, whole	12 months	
Chicken or turkey, parts	9 months	
<b>Cooked or Processed</b>		
Chicken nuggets, patties	1-3 months	
Cooked poultry dishes	4-6 months	
Ground turkey or chicken	3-4 months	
Rotisserie chicken	4 months	