

FOOD STORAGE TIMES

TOPIC: Staples

REFERENCE: Cupboard Storage Chart - Michigan State University

STAPLES	RECOMMENDED STORAGE AT 70F.	HANDLING HINTS
Baking Powder	18 mon. or expir.	Keep dry and covered
Baking soda	2 years	" " " "
Cereals		
unopened	6 - 12 mon.	Refold package liner tightly after opening
opened	2 - 3 mon.	
cooked	6 mon.	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 mon.	" "
Cocoa mixes	8 mon.	Cover tightly
Chocolate syrup		
unopened	2 years	" "
opened	6 mon.	Refr. after opening
Coffee		
cans-unopened	2 yrs.	
cans-opened	2 wks.	Refr. after opening
instant-unopened	1 - 2 yrs.	
instant-opened	2 wks.	
Cornmeal	18 mon.	Keep tightly closed
Cornstarch	6 - 8 mon.	" " "

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Flour			
white	6 - 8 mon.		Keep in air tight cont.
whole wheat	6 - 8 mon.		Keep refr. Store air tight
Honey	12 mon.		Cover tightly. Refr. after opening to extend life
Molasses			
unopened	12 mon.		Keep tightly closed
opened	6 mon.		Refr. to extend life
Marshmallows	2 - 3 mon.		Keep air tight
Mayonnaise			
unopened	2 - 3 mon.		Refr. after opening
Milk			
condensed or evaporated	12 mon.		Once opened, store in
non-fat dry			
- unopened	6 mon.		air tight containers
- opened 3 mon.			
Pasta	2 yrs.		Once opened, store air tight
Salad dressings			
bottled			
- unopened	10-12 mon.		Refr. after opening
- opened	3 mon.		
made from mix	2 wks.		
Salad oils			
unopened	6 mon.		Refr. after opening
opened	1-3 mon.		&quot;      &quot;      &quot;
Shortenings -solid	8 mon.		Refr. not needed
Sugar			
brown	4 mon.		Airtight containers
confectioners	18 mon.		&quot;      &quot;
granulated	2 yrs.		Cover tightly
Vinegar			
opened	1 yr.		&quot;      &quot;

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TOPIC: Mixes and Packaged Foods

REFERENCE: Cupboard Storage Chart - Michigan State University

MIXES AND PACKAGED FOODS	RECOMMENDED STORAGE AT 70°F.	HANDLING HINTS
Biscuit, brownie, & muffin	9 mon.	Keep cool and dry
Cake mixes	9 mon.	" " " "
angel food	1 yr.	
Casseroles		
complete or add own meat	9 - 12 mon.	" " " "
Cookies		
homemade	2 - 3 wks.	Airtight containers
packaged	2 mon.	Keep box tightly closed
Crackers	8 mon.	" " " "
Frosting		
canned	3 mon.	Ref. leftovers
mix	8 mon.	
Hot roll mix	18 mon.	Airtight container
Pancake mix	6 - 9 mon.	" "
Pie crust mix	8 mon.	Keep cool and dry
Potatoes		
instant	6 - 12 mon.	" " " "
Pudding mixes	12 mon.	" " " "
Sauce and gravy mixes	6 - 12 mon.	" " " "

Soup mixes                      12 mon.                      &quot;   &quot;   &quot;   &quot;

TOPIC: Canned and Dried Foods

Canned and Dried Foods	RECOMMENDED STORAGE AT 70F.	HANDLING HINTS
Canned foods, unopened	12 mon.	Keep cool
Canned foods, opened		
baby food	2 - 3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits - dried	6 mon.	Keep cool, air tight
Canned fruit juices	9 mon.	&quot;   &quot;
Vegetables - dried	1 yr.	&quot;   &quot;   &quot;   &quot;

\*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

TOPIC: Spices, Herbs, Condiments and Extracts

REFERENCE: Cupboard Storage Chart, Michigan State University

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SPICES, HERBS, & CONDIMENTS	RECOMMENDED STORAGE AT 70F	HANDLING HINTS
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Catsup, chili sauce		
unopened	12 mon.	
opened	1 mon.	
Mustard, prepared yellow		
unopened	2 yrs.	
opened	6-8 mons.	May be refrigerated
Spices and herbs		
whole	1-2 mons.	Store airtight, dry, away from sunlight and heat
ground	6 mon.	
herbs	6 mon.	
herb/spice blend	6 mon.	
Vanilla - unopened	2 yrs.	Keep tightly closed
opened	1 yr.	" " "
Other extracts		
opened	1 yr.	" " "

Utah State Extension Service