

## Indefinite

Foods & Foodstuffs	Shelf Life	Notes
Salt	Indefinite	Requires airtight container. No temperature control needed. Storage: Dry, Sealed.
Sugar	Indefinite	Requires airtight container. No temperature control needed Storage: Dry, Sealed.
RAW Honey	Indefinite	Store in glass. No temperature control needed. Must be PURE RAW HONEY if anything is added, including water, it will limit shelf life Storage: Dry, Sealed, no sunlight, preferably cool.
Maple Syrup	Indefinite	Store in glass. No temperature control needed. Must be MAPLE SYRUP if anything is added, including water, it will limit shelf life. Many products labeled as maple syrup are NOT real pure maple syrup Aunt Jemima Maple Syrup is NOT pure maple syrup.
Liquor	Indefinite	Hard alcohol, wine* (*some wines improve with age, others do not)
Jello	Indefinite	Dry jello mix or unflavored gelatin will last indefinitely, but may develop off flavors over time .
Water	Indefinite	Water will store pretty much forever, but water can leach chemicals from the container, and will pick up chemicals from the air if not sealed. We recommend filtering ALL stored water for drinking using a Berkey Filter or ZeroWater filter.
Vinegar	Indefinite	This includes Apple Cider Vinegar
Baking Soda	Indefinite	
Frozen Ghee	Indefinite	
Hard Candy	Indefinite	
Corn Syrup	Indefinite	
Popcorn	Indefinite	Whole kernel popcorn lasts for years, but packaged microwave popcorn only lasts 2-3months past the expiration date.



Foods that last 25 to 30+ years		
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White Rice	25 to 30yrs	5gal bucket = 16,400 calories or 8 days 1 person
Wild Rice	25 to 30yrs	Not related to Asian rice.
Grains	20 to 30yrs	Flour, rolled oats, corn, buckwheat, or red/white winter wheat – cool dry place – Bulk Grain – Where to Get it, How to Store it
Dried Legumes	20 to 30yrs	Pinto Beans, Black Beans etc. 5gal bucket = 19,600 calories or 9 days 1 person
Waxed Cheese	25yrs+	Waxed hard cheese in cool storage. Flavor and texture changes over time.
Dehydrated fruit slices	30 years	
Freeze Dried Eggs	15-30yrs	Varies with fat content and manufacturer
Vanilla Extract	15-25yrs	Store in a glass container. Imitation Vanilla extract is only 2-4yrs.
Dry Yeast, and baking powder		
#10 Can Instant Coffee (freeze dried)	20yrs to 30yrs	Instant coffee from a supermarket likely will only keep a few years as most store coffee isn't sealed well
Hard red, white winter wheat Rolled oats, buckwheat, Dried corn (dent or flint corn)	10yrs to 25yrs	You need a hand grinder/mill to use these. Practice baking with fresh ground grain before you buy bulk. – Bulk Grain – Where to Get it, How to Store it
Hardtack	30yrs to 50+yrs	Hard baked flour and salt, not tasty but lasts 50+ years
Soy Sauce	5-25yrs	Varies with contents, look for a simple ingredients list and glass jar
Freeze dried meals	15yrs to 35yrs	Valley Food Storage, Readywise, MREs, Mountain House, Augason Farms and Backpackers Pantry



## Foods that last 5 to 25 years

Foods and Foodstuffs	Shelf Life	Notes
Raw Molasses	up to 10 years	Must NOT have other ingredients stored in glass jars or heavy sealed food grade buckets (not squeezable plastic)
Powdered Eggs	5-10yrs	
Dehydrated carrots	5-20 years	Shelf life depends on the volume of moisture left in the carrots
White Flour	3yr to 5yrs	Freeze it the flour first, then package for long term storage in Mylar and a food grade bucket with oxygen absorbers
Ghee	10yrs to 15yrs	Clarified butter. This can be canned at home. Indefinite in freezer
#10 can powdered Lowfat Milk	7 to 20yrs	Shelf life depends on fat content
Powered sour cream	5-10 years	
Favorite Canned Goods	1yr to 25 yrs	Varies widely with the contents. Higher fat lower shelf life.
Freeze dried Bacon	1yr – 10yrs	Varies. Longer storage life, has fat removed and is more like jerky.
Freeze Dried Fruit	10 to 25yrs	Freeze dried blueberries, apples, and other fruits will last much longer than just “dried” fruit



## Foods that last a 2 to 5 Years

Foods and Foodstuffs	Shelf Life	Notes
Virgin Coconut Oil	up to 5 years	Tastes like coconut
Spices	Varies	Airtight container, out of sunlight in a cool dry place depending on the spice. Some spices don't react well to either oxygen absorbers or moisture absorbers.
Mustard Powder	3-4yrs	Stored in mylar
Dark Chocolate	2-5yrs	Varies with fat content of the dark chocolate
Cocoa Powder	1-5yrs	Varies with fat content of the cocoa
Dried Pasta / Macaroni	2-4 years	
Shell Beans	2-3yrs	Note note DRIED BEANS, these are the same but havent been dried.
Most Canned Soup and Chili	3-5yrs	
Canned Tuna, Chicken, Beef	2-5yrs	Supermarket canned. Note: #10 canned freeze dried tuna, chicken or beef shelf life is closer to 15 to 30 years.
Flavored Liquor	6mo-2yrs	Flavored liquor, or liquor mixes such as: Kahluha, Baileys, Bloody Mary Mix etc
Pemmican	1-5yrs	American Indian long term food preparation. Shelf life depends on moisture and fat content + temperature.
Frozen Eggs	10mo-3yrs	Supermarket eggs only store 3-5 weeks. Unwashed eggs have a membrane that lets them keep longer up to 3mo. Mineral oil coated eggs store 6mo-1yr. Frozen eggs will last 10mo to 3 years
Jelly	2yrs+	Depends on sugar content and amount of fruit remaining. Full sugar recipes keep the longest.
Jam	1yr+	Depends on sugar content and amount of fruit remaining Low sugar generally have shorter shelf life
Canned Fruit	1-2yrs	Varies with the fruit and how much sugar is used
Pickled veggies	1-2yrs	Pickles whether from a store or canned at home will be safe to eat after they are no longer palatable
Peppercorns	1-4yrs	Store in Mylar or glass. Will need a pepper grinder to grind them into pepper.



## Foods that last 1-2 years

Foods and Foodstuffs	Shelf Life	Notes
Regular Beef Jerky	up to 2yrs	Shelf life varies with moisture and fat content.
Bouillion Cubes	up to 2yrs	The less fats and oils they have the longer they last. Do NOT use oxygen or moisture absorbers with them. Store cool and dry.
Canned Tomato Sauce, Salsa and other Tomato based products	1-2 years	
Store vegetable oil	1 year	
Powdered Milk, whole	1 to 1.5yrs	
Peanut Butter	up to 2yrs	if low fats/oils (check jar for details)
Dried Raisins/Cranberries/Cherries	up to 2yrs (varies)	Varies with moisture and sugar content, the freeze dried fruit generally last much longer
Gatorade bottle	1-3 years	
Mineral Oil Coated Eggs	6mo-1yr	Mineral oil coated eggs store 6mo-1yr.
Vitamins	varies	
Homegrown Garlic	4-12 months	– How to Grow Garlic in the Garden – From Planting to Harvest
Pancake mix	1yr in original container	
Ground Pepper		Doesn't go bad, but loses flavor over time
Frozen Broccoli, corn off the cob	9mo-18mo	They last longer in the freezer vacuum sealed
Vacuum Sealed Frozen Meat	9mo-18months	



## Foods that last 3 to 9 Months

Foods and Foodstuffs	Shelf Life	Notes
Hard Winter Squash	up to 9 months+	Some of our spaghetti squash last from one harvest to the next. We eat it and also cook and feed it to the chickens to supplement their feed.
Peanut Butter	2-9 months	depending on brand (ones with more oils go bad faster)
Long Storage Apples	6-9 months	Varieties such as Russets will last a few 3 to 6 months in a cool root cellar.
Long storage potatoes	6-9 months	Some good storage varieties include: Elba, Katahdin, Red Chieftain, Yukon Gold, Burbank Russet, German Butterball, Yukon Gem, Red Pontiac, All Blue, and Kennebec.
Brown Rice	6-9 months	
Short storage potatoes	weeks to 3 mont	These are potatoes that tend to be softer and get spongy in storage
Breakfast Cereals		
Block Cheese	2-4mo	2 to 4 months stored in a refrigerator
Farm Fresh (unwashed) Eggs	up to 3mo	Supermarket eggs only store 3-5 weeks. Unwashed eggs have a membrane that lets them keep longer up to 3mo. Mineral oil coated eggs store 6mo-1yr. Frozen eggs will last 10mo to 3 years
Granola Bars	3-6mo	
Home Grown Carrots or Parsnips	4-6mo	We store ours in a root cellar or in the garden
Microwave Popcorn bags	2-3months past package expiration	
Supermarket Garlic Cloves	3-6mo	
Vanilla beans	6mo-1yr	
Storage Onions	4mo-9mo	Yellow onions Stuttgarter Reisen and Yellow of Parma are our favorite storing onions. Hot onions tend to store better than sweet onions.
Sausage	6mo-1yr	varies
Beer	3mo-6mo	varies
Store packaged frozen meat	4mo-12mo	Hamburger, turkey, chicken, beef, other poultry, veal, pork, lamb etc



## Foods that last a couple of weeks to 3 months

Foods and Foodstuffs	Shelf Life	Notes
Sweet Onions	3weeks to 2mo	Sweet (soft) onions last from weeks to a couple months at most
Minced jarred garlic	3w-3mo	
Pears	3day-10yr	3-6days in fridge, some pears are "harder" and store much better dried (dehydrated) pears 6-12mo, canned pears 18-24mo, freeze dried 10-25yrs
Short Storage Apples	1-2 weeks	might only last a couple weeks on the counter
Supermarket eggs	3-5weeks	Supermarket eggs only store 3-5 weeks. Unwashed eggs have a membrane that lets them keep longer up to 3mo. Mineral oil coated eggs store 6mo-1yr. Frozen eggs will last 10mo to 3 years
Regular Squash	3weeks to 3mon	Pie pumpkins, acorn squash, and other thin skinned varieties don't keep as well as others known for storage
Strawberries	Varies	3-7days fridge, 8-12months frozen, 4-12months dehydrated, 10-25years freeze dried.
Walnuts	2-3mo	2-3months refrigerated, 18-36 months frozen (flavor starts to go at 24mo)
Garden Tomatoes	Up to 4 weeks	When hard frost threatens, we pick all tomatoes near full size and bring them inside in trays. They will ripen over the following weeks.
Pumpkin	2-3mo	Whole fresh pumpkin stores 2-3mo, refrig 3-5mo some harder squash pumpkin varieties will keep longer, canned or processed last longer.
Supermarket tomatoes	1 week to 2 wee	Remember they are a week to as much as month old before you buy them
Asparagus	3days to 12mo	3-5days fridge, 6mo-12mo freezer

