

Long Shelf Life Foods

Foods That Last Indefinitely

Foods & Foodstuffs	Shelf Life	Notes
Salt	Indefinite	Requires airtight container. No temperature control needed.
Sugar	Indefinite	Requires airtight container. No temperature control needed.
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.
Maple Syrup	Indefinite	Store in glass. No temperature control needed. Must be pure MAPLE SYRUP.
Hard Liquor	Indefinite	
Water	Indefinite	Tastes flat after extended storage.
Vinegar	Indefinite	This includes Apple Cider Vinegar
Baking Soda	Indefinite	
Hard Candy	Indefinite	Sticks together into a hard mass over time.
Corn Syrup	Indefinite	For best quality, use within 2-3 years.

Foods That Last 25 to 30+ years

Foods and Foodstuffs	Shelf Life	Notes
White Rice	25 to 30yrs	5gal bucket = 16,400 calories or 8 days 1 person
Wheat Berries	20 to 30yrs	Red or white wheat berries
Dried Legumes	20 to 30yrs	Pinto Beans, Black Beans etc. For best quality, use within 10 years. Beans harden over time and take longer to cook.
Waxed Cheese	25yrs+	Waxed hard cheese in cool storage. Flavor and texture changes over time.
Dehydrated fruit and vegetables	5yr to 25+ years	Acidic fruits keep better in storage. Airtight containers with O2 absorbers or vacuum sealed containers last longest.
Freeze Dried Fruits & Vegetables	25 – 30 yrs	For best shelf life, seal in airtight containers with O2 absorbers.
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. For best quality, use within 5 years.
#10 Can Instant Coffee	20yrs to 30yrs	Instant coffee from a supermarket likely will only keep a few years as most store coffee isn't sealed well
Dried corn (dent or flint corn)	10yrs to 25yrs	
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	5 to 20+yrs	Storage life varies. Check use by dates on packaging.

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	
White Flour	3yr to 5yrs	Freeze the flour first, then package for long term storage.
		How to store flour long term
Ghee	2+ years	Clarified butter. Indefinite in freezer.
#10 can powdered Lowfat Milk	7 to 20yrs	Shelf life depends on fat content
Powered sour cream	5-10 years	
Canned Goods	2-5 yrs, 12-18 months	2 to 5 years for low acid-foods like meat, soups, and vegetables, 12 to 18 months for high acid foods
Wine	2 years+	Some wines age poorly, others improve with age.

Foods That Last 2 to 5 Years

Foods and Foodstuffs	Shelf Life	Notes
Virgin Coconut Oil	up to 5 years	Virgin coconut oil lasts up to 5 years, refined up to 2 years.
Mustard Powder	3-4yrs	
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	
Flavored Liquor	6mo-2yrs	Flavored liquor, or liquor mixes such as: Kahlua, Baileys, Bloody Mary Mix etc
Pemmican	1-5yrs	American Indian long term food preparation. Shelf life depends on moisture and fat content + temperature.
Flavored Gelatin	3+yrs	Dry jello mix or unflavored gelatin will last indefinitely, but flavors fade with age.
Jelly	2yrs+	Full sugar recipes keep the longest.
Jam	1yr+	
Canned Fruit	1-2yrs	Varies with the fruit and how much sugar is used
Pickled veggies	1-2yrs+	Veggies soften with age, but are still edible.
Peppercorns	1-4yrs	Store in Mylar or glass. Will need a pepper grinder to grind them into pepper.
Popcorn	3 years	Kernels dry out in storage and don't pop as well when they get old.
Soy sauce	3 years	Varies with contents, look for a simple ingredients list and glass jar
Wild Rice	2 yrs	Lasts longer in the freezer.

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.
Vegetable oil	1 year	
Powdered Milk, whole	1 to 1.5yrs	Tastes much better than non-fat milk, but doesn't keep as well and is more expensive.
Dried Raisins/Cranberries /Cherries	up to 2yrs (varies)	Varies with moisture and sugar content
		Freeze dried last much longer
Gatorade bottle	1-3 years	
Eggs, Mineral Oil Coated	6mo-1yr	Mineral oil coated eggs store 6mo-1yr.
Homegrown Garlic	4-12 months	

Pancake mix	1yr in original container	
Rolled oats/buckwheat groats	2 years	
Dry Yeast, and baking powder	4mo to 2yrs	Varies with storage. Loses 10-25% of its potency per year (in good storage), more in bad conditions.
Ground Pepper	4mo to ?	Doesn't go bad, but loses flavor over time

Foods That Last 3 to 9 months

Foods and Foodstuffs	Shelf Life	Notes
Winter Squash, thick skinned	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 our poultry 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	Storage varieties such as Russets will last 3 to 6 months in cool storage.
Long storage potatoes	6-9 months	
Brown Rice	6-9 months	
Short storage potatoes	weeks to 3 months	These are potatoes that tend to be softer and get spongy in storage
Breakfast Cereals	6-16 months unopened	
Farm Fresh (unwashed) Eggs	up to 3mo	Supermarket eggs only store 3-5 weeks. Unwashed eggs have a coating that lets them keep longer.
Granola Bars	3-6mo	
Microwave Popcorn bags	2-3months past package expiration	
Supermarket Garlic Cloves	3-6mo	
Vanilla beans	6mo-1yr	
Maple Flavored Syrup	6mo-1yr	Artificial flavoring will break down, as will the plastic bottle. It will still be edible past the best by date.
Storage Onions	4mo-9mo	Hot onions tend to store better than sweet onions.

Beer	3mo-6mo	
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Long Shelf Life Fresh 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	Up to several months	Storage varieties of pears may hold for several months in cool storage.
Short Storage Apples	1-2 weeks	Might only last a couple weeks on the counter
Winter Squash & Pumpkins, thin skinned	3weeks to 3months	Pie pumpkins and other thin skinned varieties don't keep as well as others known for storage.
Walnuts	2+ years in the shell	Whole walnuts in the shell last for years at room temp.

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