

# FOOD SHELF LIFE RECOMMENDATIONS

Food is almost always good past the expiration date! Remember if something doesn't look right, err on the side of caution. When in doubt, toss it! If you don't see a specific food on this list, please visit [Stilltasty.com](http://Stilltasty.com) or [Foodsafety.gov](http://Foodsafety.gov) to search your item.

Here are the recommended amounts of time each food is good past the expiration or best by date.



## CANNED GOODS

Beans	3 years
Evaporated Milk	1 year
Frosting	10 months
Fruit, Pickles, Tomatoes, Baked Beans and Applesauce	1 year
Meats	3 years
Pie Filling	3 years
Seafood	4 years
Vegetables, Sauces, Gravy and Stews	2 years



## DRY GOODS

Baking Mixes, Cake, Muffin, Brownie, Etc	1 year	Powdered Milk	3-5 years
Baking Powder	2 years	Bars; Granola, Protein, Cereal	18 months
Bouillon, Beef or Chicken	1 year	Nuts	2 years
Casserole Mix	9 months	Oil; Olive, Vegetable, Salad	2 years
Cereal and Oatmeal	1 year	Pancake Mix	9 months
Cookies	4 months	Pasta	2 years
Cornmeal	1 year	Peanut Butter	18 months
Crackers and Pretzels	8 months	Popcorn, Microwavable	1 year
Dried Beans and Lentils	2 years	Potato Chips	6 months
Dried Fruit	6 months	Pudding Mix	1 year
Flour	6 months	Rice	2 years
Graham Crackers	2 months	Sauce/Gravy Mix	6 months
Grits	1 year	Shortening, Vegetable	18 months
Instant Mashed Potatoes	1 year	Spices	1 year
Jerky	1 year	Stuffing Mix	9 months
Macaroni & Cheese Mix	2 years	Toaster Pastries	6 months
		Tortillas	3 months



## JUICE & OTHER DRINKS

Bottled Juice	1 year
Canned Juice	6 months
Carbonated Drinks	1 year
Coffee and Hot Chocolate	18 months
Drink Mix	2 years
Tea Bags	2 years



## INFANT CARE

Baby Food	Exp. Date
Formula	Exp. Date



## ASEPTICALLY-PACKAGED LIQUID PRODUCTS

Broth; Beef, Chicken or Vegetable	3 years
Ensure	1 year
Fruit	3 years
Soup	3 years
Soy, Rice or Almond Milk (Shelf-Stable)	6 months
UHT (Ultra High Temperature) Milk	1 year
Vegetables	3 years



## CONDIMENTS & SPICES

Barbeque Sauce	1 year	Mustard	2 years
Chocolate Syrup, Corn Syrup, Pancake Syrup	2 years	Olives	18 months
Gravy, Dry Mix Packet	2 years	Pickles	18 months
Jams, Jellies and Preserves	18 months	Salad Dressing	2 years
Ketchup	18 months	Salsa	2 years
Mayonnaise	18 months	Spaghetti Sauce	18 months
Molasses	2 years	Spices	1 year
		Steak Sauce	2 years
		Worcestershire Sauce	2 years



## FOODS THAT WILL LAST FOREVER IF STORED PROPERLY:

- Honey
- Rice
- Sugar
- Maple Syrup
- Salt
- Baking Soda
- Pure Vanilla Extract
- Distilled White Vinegar
- Cornstarch