

Shelf Stable Food Guide

Foods	Shelf Life After Code Date
Baby Cereal - Dry	Expiration date on package
Baby Food - jars & Baby Formula	Expiration date on package
Bacon bits - imitation	1 year
Baking mix - pancake	9 months
Baking mixes - Cake, Cookie, Muffin, Brownie	4 months
Baking powder	6 months
Baking soda	2 years
Beans - canned	2 years
Beans - canned in sauce	2 years
Beans - dried	1 year
Bread crumbs	1 year
Broth - All	2 years
Candy - caramel	9 months
Candy - chocolate covered bars	18 months
Candy - hard	36 months
Cereal - hot or cold	1 year
Cheese - Parmesan	6 months
Chocolate - baking & chocolate chips	2 years
Cocoa-baking	indefinitely
Cocoa mixes	36 months
Coffee - ground	1 year
Coffee - instant & whole bean	1 year
Coffee creamer - liquid shelf stable	9 months
Coffee Creamer - Powdered	18 months
Cookies	4 months
Cornmeal - regular	1 year
Crackers - includes Matzoh	8 months
Drinks (Ensure, boost, etc.)	3 months
Extracts - lemon, vanilla etc.	3 years



Fish - salmon, tuna, sardines	2 years
Flour - white	1 year
Flour - whole wheat	3 months
Frosting - canned	10 months
Frosting - mixes	1 year
Fruit - dried	6 months
Fruit (cans & jars: includes applesauce & cranberry sauce)	18 months
Granola Bars	6 months
Gravy - Dry mixes, jars, and cans	2 years
Hamburger Helper casserole mixes	9 months
Herbs - dried	1 year
Honey	2 years
Iced Tea - dry mix	2 years
Instant Breakfast (Dry)	6 months
Instant Breakfast (Liquid)	Expiration date on package
Jello - flavored	18 months
Jelly & Jam	1 year
Juice - bottle, canned	1 year
Juice - boxes	4 months
Ketchup - bottle or packet	1 year
Macaroni & Cheese Mix	1 year
Marshmallows	4 months
Mayonnaise: Jar, bottle, or packet	3 months
Meat - canned: beef, chicken, pork, turkey	2 years
Milk - evaporated	1 year
Milk - non-fat dry	1 year
Milk - Parmalat	6 months
Milk - Rice or soy milk, shelf stable	3 months
Milk - sweetened condensed	1 year
Molasses	1 year
Mushrooms - dried	1 year



Mustard - Jar, bottle, or packet	1 year
Nuts - in shell & shelled in bag	6 months
Nuts - jars & can	1 year
Oils - olive & vegetable	6 months
Oils - vegetable oil sprays	2 years
Olives	18 months
Pancake mix	9 months
Pasta - All Dry	2 years
Pasta - canned w/ tomato sauce	18 months
Peanut butter	1 year
Peanut butter - Natural	6 months
Pickles	1 year
Popcorn - Kernels in a jar	2 years
Popcorn - Microwave packets	1 year
Popcorn - popped and bagged	2 months
Potato chips	2 months
Potatoes - instant	1 year
Pretzels	6 months
Pudding - mixes	1 year
Pudding - prepared shelf stable	1 week
Rice - Brown	1 year
Rice - mixes flavored or herb	6 months
Rice - White & Wild	2 years
Salad dressings - Bottles	1 year
Salad dressings - Dry Mix, Dip mix	1 year
Salsa - Bottled	1 year
Sauce - Barbecue sauce (bottles)	1 year
Sauce - Soy	2 years
Sauce - Spaghetti, canned & jarred	18 months
Sauce - Tomato	18 months
Sauce mixes - Cream sauces with milk solids	6 months



Sauce mixes - Nondairy, Spaghetti, taco	2 years
Sauerkraut	18 months
Shortening - solid	1 year
Soda - bottles	3 months
Soda - Diet cans	3 months
Soda - Regular cans	9 months
Soup (except tomato)	2 years
Soup - dry mixes and bouillion	1 year
Soup - Ramen noodles	6 months
Soup - Tomato	18 months
Spices - Ground	2 years
Spices - Whole	3 years
Stew - canned	2 years
Stuffing mix	1 year
Sugar - Brown	Indefinitely - discard if hard
Sugar - Confectioners	Indefinitely - discard if hard
Sugar - granulated	Indefinitely - discard if hard
Sugar Substitute	2 years
Syrup - chocolate	2 years
Syrup - pancake & maple	1 year
Taco shells (hard)	1 year
Tea - bags	18 months
Tea - instant	2 years
Tea - loose leaf	2 years
Toaster pastries (Pop-Tarts)	6 months
Tomatoes - crushed, paste, stewed, whole, diced, sauce	18 months
Vegetables - canned - except sauerkraut	2 years
Vinegar	2 years
Water	Indefinitely
Worcestershire sauce	1 year
Yeast - dry packets and jars	Use-by-date

