

Pantry and Dry Food Storage Chart

WeBeFit.com

Pantry / Dry Storage

Food	Storage Time – Unopened	Storage Time – Opened	Problems
Baking Mixes	1 – 1 1/2 years	N/A	Sour taste, moldy or failure to rise
Baking Powder	18 months - 2 years	18 months - 2 years	Takes on moisture and loses effectiveness
Baking Soda	18 months - 2 years	18 months - 2 years	Takes on moisture and loses effectiveness
Barbecue Sauce	1 year	4 months in refrigerator	
Beans – Dried	1 year	1 year	Can become moldy or hard to cook
Biscuit Mixes	1 year	N/A	Sour taste, moldy or failure to rise
Bread Crumbs – Regular Dried	6 months	6 months if put in the freezer	Can become moldy
Bread Crumbs – Panko	2 months	6 months if put in the freezer	Can become moldy
Broth – Boxed and Canned	5 years	4 days in refrigerator or 3 months in freezer	Sour taste and turns cloudy
Cake Mixes	1 year	N/A	Sour taste, moldy or failure to rise

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Canned Goods	1 year or longer, if it has an expiration date on it	Most items should be transferred to a different container and may stay fresh in refrigerator 2-3 days after opening	Rusting or bulging cans can be moldy and toxic
Catchup	1 year	6 months in refrigerator	Dries out and molds
Chili Sauce	1 year	6 months in refrigerator	Dries out and molds
Chocolate – Semisweet and Unsweetened	1 1/2 years	1 year if resealed properly	Turns white and flavor changes
Chutney	1 year	1 – 2 months in the refrigerator	Molds
Cocktail Sauce	1 year	6 months in refrigerator	Dries out and molds
Cocoa	Indefinitely	1 year if opened and resealed in airtight container	Loses potency
Coconut - Shredded	1 year	6 months in freezer	Dries out and turns yellow
Coffee – Ground	1 year in a can or 4 months in vacuum packed bag	2 weeks in refrigerator and 4 weeks in freezer	Loses flavor and starts to taste stale
Coffee – Instant	1 – 2 years	2 – 3 months in the pantry	Loses flavor and starts to taste stale
Coffee – Whole Beans	1 year in can or 4 months in vacuum packed bag	2 weeks in refrigerator and 4 weeks in freezer	Loses flavor and starts to taste stale

Food	Storage Time – Unopened	Storage Time – Opened	Problems
Cornmeal	1 year	1 year in refrigerator	Begins to develop an off taste
Cornstarch	2 – 3 years	2 – 3 years if kept dry after opening	Takes on moisture and loses effectiveness
Flour – White	6 – 8 months	6 – 8 months if sealed in airtight container	Can attract bugs and mold
Flour – Whole Wheat	1 month	6 – 8 months if sealed in airtight container	Can attract bugs and the high oil content can turn rancid
Frosting – Canned	10 months	1 week covered in the refrigerator	It can turn darker and thicker
Fruit - Dried	6 months	1 month if resealed	Begins to mold
Gelatin – Flavored	18 months - 2 years	3 – 4 months if resealed	Takes on moisture and loses effectiveness
Gelatin – Unflavored	18 months - 2 years	3 – 4 months if resealed	Takes on moisture and loses effectiveness
Grits	1 year	1 year if stored in airtight container	Begins to smell and tastes off
Herbs – Dried	2 – 3 years	2 – 3 years	Takes on other flavors or loses flavor
Honey	Indefinitely if kept sealed	Indefinitely if kept sealed	Can dry out and crystallize

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Horseradish in a Jar	1 year	3 – 4 months in a refrigerator	Turns bland and then begins to taste bitter
Jams & Jellies	1 year	6 months in refrigerator	Begins to smell and mold
Ketchup	1 year	6 months in refrigerator	Dries out and molds
Maple Syrup – Pure and Artificial	1 year	1 year in refrigerator and indefinitely in freezer (it won't freeze)	Begins to mold
Molasses	1 – 2 years	6 months to 1 year in the pantry if resealed tightly	Begins to smell and mold
Mustard	1 – 2 years	6 – 9 months in the refrigerator, if resealed properly	Dries out
Oats	6 months to 1 year	6 months to 1 year if resealed in airtight container	Begins to smell and mold
Oils	1 year	1 – 3 months in pantry, 3 – 5 months in refrigerator	Can become rancid
Olives	1 year to 1 1/2 years	2 weeks in refrigerator	Begins to smell and mold
Pancake Mixes	1 – 1 1/2 years	1 – 1 1/2 years	Developes musty smell and turns moldy
Pasta	1 – 2 years	1 – 2 years if resealed properly	Attracts bugs and can get moldy

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Pasta Sauce - Jarred	1 1/2 years	4 days in the refrigerator	Can mold and become rancid
Peanut Butter	9 months	2 – 3 months unrefrigerated, 3-5 months refrigerated	Can become rancid
Peas – Dried	1 year	1 year	Can become moldy or hard to cook
Pickles and Pickle Relish	1 year	2 – 3 months in refrigerator	They turn mushy and spoil
Popcorn Kernels	2 years	1 year if tightly resealed	Loses moisture and fails to pop
Popcorn Microwave Packs	1 year		Loses moisture and fails to pop
Pudding Mixes	1 year	3 – 4 months if resealed	Can develop a sharp or bitter flavor
Rice – Brown	1 year	6 months	Moisture causes it to spoil
Rice – White	2 years	1 year	Moisture causes it to spoil
Rice – Wild	2 years	1 year	Moisture causes it to spoil
Salsa - Fresh	4 days		Turns moldy
Salsa - Jarred	1 year	1 month	Turns moldy

Food	Storage Time – Unopened	Storage Time – Opened	Problems
Shortening (solid)	1 year	1 year if stored in a cool dry place and sealed	Can become rancid
Soft Drinks (diet)	3 months		Loses sweetness
Soft Drinks (regular)	6 months		Loses carbonation
Soy Sauce	3 years	6 – 9 months in pantry	It can turn darker, stronger and moldy
Spices – Dried	2 – 3 years	2 – 3 years	Takes on other flavors or loses flavor
Sugar – Brown	4 – 6 months	4 – 6 months if resealed stored in airtight container	Takes on moisture and hardens
Sugar – Confectioners	Indefinitely if stored in cool, dry place	Indefinitely if stored in cool, dry place	If it forms lumps, simply break them up
Sugar – Granulated	Indefinitely if stored in cool, dry place	Indefinitely if stored in cool, dry place	If it forms lumps, simply break them up
Sugar - Substitutes	2 years	2 years	Moisture can cause it to clump together
Tea – Bags	18 months	1 year	Loses flavor and starts to taste stale
Tea – Loose	2 years	6 – 12 months in airtight and lightproof container	Loses flavor and starts to taste stale
Teriyaki Sauce	3 years	3 – 6 months	Unpleasant smell or mold forms

Food	Storage Time – Unopened	Storage Time – Opened	Problems
Vanilla – Pure Extract	Indefinitely	Indefinitely	
Vegetable Oil	10 – 12 months	1 – 3 months	May become rancid
Vinegar	2 years	1 year	May become cloudy, but still safe to eat
Worcestershire Sauce	1 year	1 year	Flavor changes
Yeast - Active	See package expiration date.	4 months in the refrigerator or by the expiration date on package	Loses viability

This information should not be considered to supersede what manufacturer's recommend.