

# Pantry Food Storage Chart: Common Shelf Life {Cheat Sheet}

Note: Always Look At Expiration Dates And "When In Doubt, Throw It Out"

Food Item	Storage Time	Packaging
Baking powder	1 year	
Baking soda	2 years	
Beans and peas, dried	18 months	
Biscuit mix	12-18 months	
Bread crumbs	2-4 months	
Cake, brownie and cookie mixes	1 year	
Canned fruit	1 year	Unopened
Canned meats and gravies	1 year	Unopened
Canned vegetables	1 year	Unopened
Cereals, ready to eat	6-12 months 2-3 months	Unopened Opened
Cereals, hot	1 year	
Chocolate chips, semi-sweet	1 year	

Food Item	Storage Time	Packaging
Chocolate, unsweetened	18 months	
Cocoa powder	2 years	
Coconut, grated	1 year	Unopened
Coffee, ground	3-5 months (after printed date) 3-5 months	Unopened After opening
Coffee, instant	2 years	
Coffee, whole bean	6-9 months (after printed date) 6 months	Unopened After opening
Cookies, packaged	2-4 months	
Cornmeal	1 year	
Cornstarch	18 months	
Crackers	6 months	

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Croutons	6 months	
Flour, cake	6 months	
Flour, white	10-15 months	Opened, in airtight container
Flour, whole wheat	6-8 months	Opened in fridge
Frosting, canned	8 months	Unopened
Fruit, dried	6 months	
Gelatin	12-18 months	
Grits, instant	8 months	
Grits, regular	10 months	
Honey, molasses and syrup	1 year	
Hot chocolate mixes	6-12 months	
Infant formula	12-18 months	
Jelly, jam and preserves	1 year 8 months	Unopened Opened in fridge

Food Item	Storage Time	Packaging
Juice, canned citrus	6 months	Unopened
Juice, canned non-citrus	1 year	Unopened
Ketchup, barbeque sauce	1 year 5 months	Unopened Opened, in fridge
Marshmallows	3 months	
Mayonnaise	4 months 2 months	Unopened Opened in fridge
Milk, evaporated	1 year	Unopened
Milk, non-fat powdered	1-2 years	
Milk, sweetened condensed	1 year	Unopened
Mustard	2 years 1 year	Unopened Opened, in fridge
Nuts, unshelled	8 months	

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Oils (canola, corn or vegetable)	1-2 years 6-8 months	Unopened Opened
Oil, olive	2 years	
Onions	4-6 weeks	Dry dark place, with lots of air circulation
Pancake mix	6 months	
Pasta, dried	2 years	Once opened, keep in airtight containers
Peanut butter	6-9 months	
Pickles, olives, relishes	1 year 3 months	Unopened Opened in fridge
Popcorn, unpopped kernels (not in microwavable bags)	1-2 years	
Popcorn, microwaveable	6-8 months	

Food Item	Storage Time	Packaging
Potatoes, white or sweet	3-5 weeks	Dry dark place, with lots of air circulation
Potatoes, instant	1 year	
Pudding mixes	8-12 months	
Rice, brown	1 year	
Rice, mixes	6 months	
Rice, white	2 years	
Salad dressing	10 months 3 months	Unopened Opened in fridge
Salt	Indefinitely	
Sauces, condiments	1 year	Unopened
Shortening	8 months 6 months	Unopened Opened
Soft drinks	6-9 months	Unopened
Spices (and herbs), dried and ground	1-2 years	Airtight containers, discard when scent fades

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Food Item	Storage Time	Packaging
Spices, dried and whole	2-3 years	Airtight containers, discard when scent fades
Sports drinks, bottled	9 months	
Stuffing mix	6 months	
Sugar, brown	4 months	
Sugar, granulated	2 years	
Sugar, powdered	18 months	
Tea, bags and loose	6-12 months	
Tea, instant	1 year	
Vinegar (balsamic, cider, rice, red wine, white, and white wine)	Indefinitely	Do not store in metal containers
Yeast (active, dry)	Follow package date	

The estimates provided are that, only estimates. Read all information on packaging regarding expiration and use by dates, and how long the item is safe to consume after opening. If a date on a package is shorter or longer than the dates listed, rely on the dates on the package instead.

These listed dates are for pantry shelf-life of foods, and if it states “unopened” for the packaging, there is typically a shorter shelf life once the item is opened, and in addition may need to be refrigerated. Look at the packaging for details. You can find out more about [refrigerated food storage guidelines here](#).

Also, use your senses of sight and smell to be sure food is safe to eat. Even if it says it’s within the expiration date periods, if it smells or looks funny throw it out!

Get more free printables and checklists, including more food storage guidelines here: <http://www.home-storage-solutions-101.com/how-to-get-organized.html>

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