

Food Storage: Shelf Life, storage facts and nutrition information

Shelf life given represents recommendations from the manufacturer when food remains in original container unless otherwise noted. We are discovering the shelf life can be extended significantly when foods are stored in a cool, dark, and dry location with the oxygen removed.

Please note that dry pack foods can be stored with an oxygen absorber or vacuum sealed to remove the oxygen. Any food with moisture (canned fruits and vegetables, beans, meat) must be processed in a pressure or water bath canner to remove the threat of botulism or other food poisoning. Please visit the Food Preservation section of our website or contact your local extension agency for more information.

This food storage guide provides information on foods in the following categories:

Wholesome Herbs - All foods from the plant kingdom

- (1) Plant Proteins
- (2) Vegetables
- (3) Healthy Oils
- (4) Herbs and Spices

Animal Products – Includes Dairy, Eggs, Meats, Fish

Fruits

Grains

Baking Needs and Condiments

Wholesome Herbs – Plant Proteins: Storage Facts

Item	Market Unit	Volume per unit	Servings per unit	Protein per serving (gm)	Shelf life
Canned beans	16 oz		4 servings	7 gm	2 years <i>1 lb canned beans = 1/2 lb dried</i>
Dried beans	1 lb	2 ¼ cups	5 ½ servings	14 gm	1 year 30 years with oxygen absorbers
Lentils	1 lb	2 ½ cups	5 (1 cup) servings	16 gm	1 year 30 years with oxygen absorbers
Quinoa	1 lb	3-5 cups	10-12 servings	13 gm	1 year Store in glass jars in fridge
Rice	1 lb	2 cups	7	4 gm	2 year 30 years with oxygen absorbers
Amaranth	1 lb	2 ¼ cups	9 servings ¼ cup	7 gm	1 year – cool, dark and dry
Almonds	1 lb		15 servings	6 gm	1 year Cold storage extends shelf life
Almond Milk	1 qt	4 cups	4 servings	2 gm	1 year unopened 7-10 days in fridge after opening
Buckwheat	1 lb		16 servings 3 TB	4 gm	Refrigerator: 2-3 months Freezer: 6 months
Cashews	1 lb	3 cups	12 servings	5.24 gm	Fridge 6 months; Freezer 1 year Vacuum seal for longer life
Chia Seeds	1 lb		30 servings (2 TB)	4 gm	2 years – cool and dry
Flax Seeds	1 lb		21 servings (2 TB)	4 gm	Whole seed – unlimited Milled seed – 9 months Refrigerate to improve shelf life
Millet	1 lb		16 servings ¼ cup	5.5 gm	2 months – shelf 4 months – refrigerator 6 months - freezer
Peanuts	1 lb	3 cups	12 servings	9 gm	Fridge - 9 months
Peanut Butter	1 lb	2 cups	14 servings 1 TB	9 gm	9 months
Pecans	1 lb	3 cups	12 servings	3 gm	SHELLED – 3 months Fridge 12 months; Freezer 24 months Vacuum sealed 24 months
Pistachio Nuts	1 lb	3 cups	¼ cup 12 servings	5 gm	UNSHELLED Fridge 3 months; Freezer 1 year Vacuum sealed 1 year Do not freeze shelled nuts Shelled in fridge – 3 months
Pumpkins Seeds (no shell)	1 lb		¼ cup 16 servings	10 gm	Store in fridge or vacuum seal for up to six months
Pumpkin seeds(in shell)	1 lb		13 servings	8 gm	Store in fridge or vacuum seal for up to six months
Sunflower Seeds	1 lb		3 TB 16 servings	6 gm	1 year in original package Fridge, freezer or vacuum seal for longer shelf life

Item	Market Unit	Volume per unit	Servings per unit	Protein per serving (gm)	Shelf life
Sesame Seeds	1 lb		22 servings 2 TB	4 gm	2 years – cool and dry; Vacuum seal for longer shelf life
Teff	1 lb		8 servings ¼ cup	7 gm	1 year – cool, dark and dry Vacuum seal for longer life
Wild Rice	1 lb		21 servings ¼ cup dry	6 gm	Uncooked: Indefinitely – cool, dark and dry Cooked – up to 6 months in freezer

Wholesome Herbs – Vegetables: Storage Facts

Item	Storage Conditions	Shelf life
Fresh potatoes	Ventilated box or bag (34-50 F) in moderately moist pit or cellar	6 months
Dehydrated potatoes	Dark, cool and dry basement	30 months
Onions	Net bag, cool and dry (32 F)	6 months
Carrots, fresh	Ventilated box, (55 F) moist pit or cellar	6 months
Squash	Ventilated box (55 F) in moderately dry basement	6 months
Fresh apples	Separated in boxes (38-40 F), moderately moist cellar	6 months
Dehydrated apples	Cool, dark and dry	1 year 30 years with oxygen absorbers
Canned fruits and vegetables	Dry basement – 70 F or less	2 years
Frozen fruits and vegetables	0 F	1 year
Dehydrated fruits and vegetables	Cool, dark and dry	1 year
Dehydrated carrots	Cool, dark and dry	1 year 20 years with oxygen absorbers (must have less than 10% humidity to avoid botulism)
Canned fruit juices	Dry basement	1 year
Sprouting seeds	Store 40-50 lbs per person Cool, dark and dry	4-5 years Freezing will increase shelf life 4-5 times Refrigerating will double shelf life

Wholesome Herbs – Healthy Oils: Storage Facts

Always store oils in a dark container and in a cool, dry place. Wipe rim of bottle after each use to avoid contamination. Refrigerator storage is preferable. Some oils will solidify in the refrigerator and will need to be warmed to room temperature to liquefy.

Item	Storage Conditions and Use	Shelf life
Olive Oil	Keep cool and dry. Refrigerating or freezing will increase shelf life – it will need to be warmed to room temperature to liquefy Cooking and salad dressings	1-3 years - unopened
Flax Seed Oil	Store in refrigerator Use as a base for salad dressings, mixed with butter to make a spread, sprinkle on pasta, rice, other grains, add to yogurt or cottage cheese, add to mashed potatoes for cooked cereal Egg Replacement: 1 TB ground flax seed with 3 TB water.	6 weeks after opening
Grapeseed Oil	This will deteriorate rapidly if exposed to excessive heat	3 months on shelf 6 months in fridge
Canola Oil	Use for Cooking. Keep cool and dry.	4-6 months on shelf, cool and dry 9 months in fridge
Sunflower Oil	Cooking and baking. Keep cool and dry.	Store in fridge for up to 6 months
Safflower Oil	Cooking and baking. Keep cool and dry.	Store in fridge for up to 6 months
Coconut Oil	Keep cool and dry. Solid at room temperature, you may want to warm slightly before using to make it easier to measure proper amount. Cooking and baking	Cool dry place for many months Refrigerator storage will extend shelf life
Salad Dressings	Unopened; cool and dry	10-12 months

Wholesome Herbs – Herbs/Spices: Storage Recommendations

Keep herbs and spices cool and dry. Most spices begin to lose flavor after 12 months
Purchase fresh or dehydrated foods that have been handled with care – low temperature and low pressure and NOT irradiated.

The flavors of spices and dried herbs start to deteriorate once they are ground or cut. Whole spices and herbs keep about two years, with the exception of sesame seeds and poppy seeds, which last three months. Ground spices and herbs have a shelf life of six months to one year. They should have a strong, clear aroma. Faded color also signals a loss of flavor. Although herbs and spices, in general, don't go bad, old ones won't deliver the same kick, so if you do cook with them, adjust your proportions. To prolong the fridge life of your fresh herbs, place them in a jar filled halfway with water and cover with a plastic bag

Animal Products: Storage Facts

The RDA for protein is about 60 gm per person per day. One small serving of meat each day will provide 1/3 of your protein needs.. The remaining 40 gm of protein needed each day can be easily reached by eating plant proteins and grains, with a small amount of eggs and dairy products..

Item	Market Unit	Volume per unit	Servings per unit	Protein per serving (gm)	Shelf life
Powdered Milk	3 lbs #10 can	10-11 cups	15 quarts	8 gm	20 years with oxygen absorbers or nitrogen packed. Cool, dry place
Canned evaporated milk	14 ½ oz can	1 2/3 cups	3 1/3 cups reconstituted	8 gm	2 years – cool and dry
Powdered buttermilk	16 oz can			5 gm	5 years – cool and dry
Butter	1 lb	2 cups	32 TB		3 years or longer in cool, dry place
Grated cheese			¼ cup	7 gm	6 months in freezer
Hard cheese			1 oz	7 gm	Refrigerated for 6 months or longer To keep cheese from becoming moldy, wrap in a piece of cheesecloth lightly dampened with white distilled vinegar and place in a plastic bag before refrigerating.
Cream Cheese	8 oz		2 TB serving	2 gm	Good for 1 month past the “best when purchased by” date if unopened. 10 days after opening
Parmesan or Romano	16 oz	2 cups	32 servings 1 TB	2 gm	10 months cool and dry
Fresh eggs	1 dozen	12	12	6 gm	4-5 weeks in refrigerator 6 months – Rub with shortening or oil and store in fridge to keeps eggs fresh up to 6 months
Frozen eggs				6 gm	1 year
Dehydrated eggs	1lb	5 ¼ cup	42 eggs	6 gm	36 months Egg whites indefinitely if stored in a cool, dry, airtight container
Canned meat	12 oz 1 lb	1 can 1 pint	4	20 gm	3 years
Bacon	1 lb	16-20 slices	2 slices	20 gm	1 year in freezer when left in original vacuum packed carton
Canned fish	7 oz		2	24 gm	1 year
Frozen meats			3 oz serving	20 gm	0 to -15 F. Will store from 1-2 years if wrapped well to prevent freezer burn
Dehydrated meats			1 oz serving	17 gm	Jerky has 6-18 month shelf life depending on recipe. Store in fridge or freezer. Make sure all moisture is removed. .
Chicken Soup Stock	1 quart	4 cups	1 cup serving	1 gm	12 months – unopened in cool, dry place
Beef Soup Stock	1 quart	4 cups	1 cup serving	1 gm	12 months – unopened in cool, dry place

Grains: Storage Facts

Item	Market Unit	Volume per unit	Servings per unit	Shelf life
White flour	1 lb	3 ¼ cup		1 year
Oatmeal	1 lb	6 ¼ cup	12 ½ cups	1 year 30 years with oxygen absorbers
Cornmeal	1 lb	3 cups	16 2/3 cups	1 year
Ready-to-eat cereals				1 year (unopened)
Popcorn	1 lb		16 (1 oz) servings	Indefinite if stored in a cool, dry place in an airtight container
Pearled Barley	#10 can	11-12 cups	47 (¼ cup) servings	8 years
Pasta noodles	1 lb		8-10 servings	2 years 30 years with oxygen absorbers
Cracked wheat cereal	1 lb	2 cups	8 servings	1 year
Wheat	1 lb	2 cups	3 cups flour	25 years

Fruits: Storage Facts

Eat fruits in season. Dehydrate or freeze to use during the winter months

Item	Storage Conditions	Shelf life
Frozen fruit juice concentrate	0 F	6 months
Frozen fruits	0 F	1 year
Canned fruits	Dry basement	2 years
Dehydrated fruits	Air and moisture proof container, dry basement	8 months
Canned fruits juice	Dry basement	1 year
Freezer jam	0 F	12 months
Canned jellies and jams	Cool and dry. For best results store in refrigerator even before opening	1 year
Bananas	Bananas can be frozen for later use in breads and smoothies. You can leave them in the peel or taking the peel off before freezing.	1 year

Baking Needs and Condiments: Storage Facts

Store all items in an airtight container, in a cool, dark and dry place.

Item	Shelf life
Salt	Indefinite
Baking powder	18 months unopened; 6 months after opening
Baking Soda	2 years unopened; 6 months after opening
Better Than Bouillon	18 months in refrigerator
Baking Cocoa	24 months unopened
Yeast	2 years unopened on shelf 5 years in fridge
Gluten	6 months
Dough Enhancer	2 years
Mustard	2 years unopened; 6-8 months in fridge after opening
Ketchup	1 year unopened
Sugar	indefinite
Honey	indefinite
Molasses	12 months unopened
Pure Maple Syrup	6-8 months unopened on shelf Specially coated jugs will increase shelf life to 1 year Store in freezer to extend shelf life
Brown Sugar	4 months before lumps begin to form. I buy brown sugar in 4 lb. plastic bags from the warehouse clubs. I leave it in the original bag and store it in a bucket. I have not had any lumps form when I store it this way.
Powdered Sugar	4 months before lumps begin to form. I recommend storing powdered sugar in the original bag.
Xylitol	2 years
Malted Barley	1 year
Stevia	1 year

