

FREE
FOOD
SHELF-LIFE
GUIDE
(PRINTABLE)

PLAN AND PREPARED

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FOOD SHELF-LIFE GUIDE

HOW LONG COMMON FOODS ACTUALLY LAST

Use this guide to build a smarter, longer-lasting food supply.



REALITY CHECK

Shelf life depends heavily on storage conditions. Cool, dark, and dry environments extend longevity. Heat, light, and air will shorten it significantly. *When in doubt: inspect, smell, and use common sense.*

QUICK REFERENCE: THE MOST COMMON FOODS

FOOD	TYPICAL SHELF LIFE
Rice (white)	Indefinite
Beans (dry)	1 – 5 years
Canned foods	1 – 5+ years
Powdered milk	2 – 5 years
Honey	Indefinite
Sugar (white)	Indefinite
Pasta	2+ years
Coffee (canned)	~2 years unopened
Oils	6 – 12 months
Salt	Indefinite



REMEMBER: Proper storage beats expiration dates every time. Rotate your stock. Use what you store. Store what you use.

FULL REFERENCE: DETAILED FOOD SHELF LIFE



DRY GOODS & GRAINS

- Rice, white Indefinite
- Pasta 2+ years
- Oats Up to 8 years
- Flour (unopened) Up to 5 years
- Cornmeal Up to 5 years



BEANS & LEGUMES

- Beans (dry) 1 – 5 years
- Lentils 1 – 4 years
- Soybeans 1 – 5 years



CANNED & PACKAGED

- Canned foods 1 – 5+ years
- Bouillon / broth cubes ~1 year
- Dry soup mixes 1 – 2 years



BAKING & COOKING

- Baking powder 18 – 24 months
- Baking soda ~2 years
- Cake mixes 6 – 9 months
- Yeast See package date
- Vanilla extract ~1 year



SWEETENERS

- Honey Indefinite
- Sugar (white) Indefinite
- Sugar (brown) 4 – 6 months
- Molasses 2 – 3 years
- Corn syrup 3 – 5 years
- Jams / jellies 1 – 3 years



DAIRY & POWDERED

- Powdered milk 2 – 5 years
- Evaporated milk (unopened) 6 – 12 months



DRINKS & MIXES

- Coffee (canned) ~2 years unopened
- Coffee (vacuum packed) 8 – 12 months
- Tea bags 18 months
- Instant tea ~2 years
- Drink mixes 1 – 2 years



OILS & FATS (SHORTER LIFE)

- Vegetable oil 6 – 12 months
- Shortening ~3 months
- Peanut butter 1 – 3 years



SPICES & EXTRAS

- Spices 1 – 3 years
- Salt Indefinite
- Vinegar 2 – 3 years
- Gelatin 6 – 12 months
- Pectin ~1 year



OTHER

- Popcorn 1 – 2 years
- Crackers ~3 months
- Salad dressings (unopened) ~1 year
- Supplements 1 – 3 years



BOTTOM LINE: Your storage environment matters more than the date on the package. Keep it cool, dark, and dry—and your food will last.