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| --- | --- |
| Shelf Stable Foods | Shelf life after sell by date |
| Baby Food | Expiration date on packaging |
|  |  |
| Canned Foods |  |
| High Acid Fruit and Vegetables (Tomato sauce, pickles, applesauce, vinegar based) | 2 Years |
| Low Acid Fruit (pears, peaches, etc) | 3 Years |
| Low Acid Vegetables (beans, corn, carrots) | 3 Years |
| Meat (tuna, chicken, sardines, etc) | 3 Years |
| Pie Filling | 3 Years |
| Soups/ Stews/Broth | 3 Years |
|  |  |
| Condiments, Sauces, Syrups |  |
| Barbeque Sauce | 1 Year |
| Dry Mixes (Gravy, dressing, sauce) | 2 Years |
| Frosting | 10 Months |
| Honey | 2 Years |
| Jams, jellies, ketchup, chili sauce | 18 Months |
| Mayonnaise | 6 Months |
| Mustard | 2 Years |
| Olives | 2 Years |
| Pickles | 2 Years Jarred  1 Year Canned |
| Salad Dressing | 1 Year |
| Salsa | 18 Months |
| Spaghetti Sauce | 18 Months |
| Syrup (Corn, Maple, Chocolate) | 2 Years |
| Vinegar | 2 Years |
| Worchester Sauce | 2 Years |
|  |  |
| Dry Goods |  |
| Baking Mixes (cakes, brownies, cookies, etc) | 18 Months |
| Baking Powder | 18 Months |
| Baking Soda | Indefinite if kept dry |
| Brown Rice | 1 Year |
| Bullion (beef, chicken, veggie, etc) | 2 Years |
| Candy | 36 Months Hard Candy  18 Months Chocolate  9 Months Caramel |
| Casserole Mixes (Hamburger Helper) | 1 Year |
| Cereal | 1 Year |
| Chocolate Chips | Unsweetened 18 Months  Sweet, Semi-sweet 1 Year |
| Cocoa Powder | 2 Years |
| Coconut (Dried) | 1 Year |
| Cookies | 9 Months |
| Dry Goods Cont. |  |
| Cornmeal | 1 Year |
| Crackers | 6 Months |
| Croutons | 6 Months |
| Dried Beans | 1 Year |
| Evaporated Milk | 1 Year |
| Gelatin | 18 Months |
| Grits | Instant 8 Months  Regular 10 Months |
| Jerky (Beef, Chicken, Pork, Etc) | 1 Year |
| Mac & Cheese | 1 Year |
| Marshmallows | 3 Months |
| Nuts | 1 Year |
| Nutella | 1 Month |
| Pasta | 2 Years |
| Peanut Butter | 18 Months |
| Potato Flakes | 1 Year |
| Popcorn | Kernels 2 Years  Microwave Packets 1 Year  Commercially Popped 3 Weeks |
| Pretzels | 8 Months |
| Pudding Cups | 1 Week |
| Pudding Mix | 1 Year |
| Oatmeal | 1 Year |
| Oils | Vegetable, Canola, etc. 2 Years  Olive 6 Months |
| Shortening | 1 Year |
| Spices | Whole 4 Years  Ground 2 Years |
| Stuffing Mix | 1 Year |
| Sugar (Brown and Confectioners) | 18 Months |
| Sugar | Substitute (Stevia, Splenda, Sweet & Low) 2 Years  White 2 Years |
| Sweetened Condensed Milk | 1 Year |
| Toaster Pastries | No Fruit 9 Months  Fruit 6 Months |
| Tortillas | Hard Shells 1 Year  Flour and corn 1 Week |
| Tortilla Chips | 3 Months |
| White Rice | 2 Years |
| Yeast | Expiration Date on Package |
| Beverages |  |
| Coffee | Instant 2 Years  Whole Bean 6 Months  Ground 5 Months |
| Coffee Creamer | Dry 2 Years  Liquid 1 Year |
| Hot Chocolate Mix | 1 Year |
| Juice | Canned Non-Citrus 1 Year  Bottled 9 Months  Boxes 6 Months  Canned Citrus 6 Months |
| Milk | Shelf Stable 1 Year  Rice 6 Months  Almond 4 Weeks |
| Powdered Milk | 2 Years |
| Soft Drinks | 9 Months |
| Tea (Loose, Bags, and Instant) | 2 Years |



Discard the following:



* Cans with dents on the top or the bottom
* Severe side dents
* Cans missing labels
* Bloated Cans
* Leaking/punctured cans
* Rusted cans



* Opened containers
* If it has internal packaging, make sure it is intact and tape box closed
* If air can get to the food, throw it away!
* Rips/Tears in bags
* If taped over, throw away
* Alcohol flavors and logos
* Anything with actual alcohol in it



* Jars missing safety seal
* ALWAYS check for the seal unless there is an outer safety seal
* If glass jar lids “pop” throw it out



* Signs of pests
* Gnaw marks
* Droppings
* Dead/Living creatures (Yes, it happens)
* Throw away all items that seem to be in contact with pests



* Any medication
* Any supplements
* Any items with supplemental facts or drug active ingredients



* Signs of mold
* Bad odors
* Unusual liquids



If in doubt, ASK