

Food Handlers' Storage Guide

Cupboard

General guidelines for the shelf life of common foods. Read the label and check "best before" dates if applicable. Most foods are safe to eat if stored longer, but flavor and nutritional value will deteriorate. Discard if there is evidence of spoilage.

Room temperature unless otherwise specified, times apply to unopened packages.

CEREAL GRAINS

(Once opened, store in airtight containers away from light and heat)

Bread crumbs (dry)	3 months
Cereals (ready-to-eat)	8 months
Cornmeal	6-8 months
Crackers	6 months
Pasta	several years
Rice	several years
Rolled oats	6-10 months
White flour	1 year
Whole wheat flour	3 months

CANNED FOODS

(Once opened, store covered in an airtight container in refrigerator)

Evaporated milk	9-12 months
Other canned foods	1 year

DRY FOODS

(Once opened, store in airtight containers away from light and heat)

Baking powder, baking soda	1 year
Beans, peas, lentils	1 year
Chocolate (baking)	7 months
Cocoa	10-12 months
Coffee (ground)	1 month
Coffee (instant)	1 year
Coffee whitened	6 months
Fruit (dried)	1 year
Gelatin	1 year
Jelly powder	2 years
Mixes (cake, pancake, tea biscuit)	1 year
Mixes (pie filling and pudding)	18 months
Mixes (main course side dishes)	9-12 months

Potatoes (flakes)	1 year
Skim milk powder - unopened	1 year
- opened	1 month
Sugar (all types)	several years
Tea bags	1 year

MISCELLANEOUS FOODS

Honey	18 months
Jam, jellies (once opened, store covered in refrigerator)	1 year
Mayonnaise, salad dressings	
- unopened	6 months
- opened (covered in refrigerator)	1-2 months
Molasses	2 years
Nuts	1 month
Peanut butter - unopened	6 months
- opened	2 months
Pectin - liquid	1 year
- opened (store covered in refrigerator)	1 month
- powdered	2 years
Sandwich spread (once opened, store covered in refrigerator)	8 months
Syrups - corn, maple, table	1 year
Vegetable oils (once opened, store covered in refrigerator)	1 year
Vinegar	several years
Yeast (dry)	1 year

VEGETABLES

Potatoes, rutabaga, squash	1 week
Tomatoes	1 week
Cool room (7-10°C, 45-50°F)	
Onions (dry, yellow skin)	6 weeks
Potatoes (mature)	6 months
Rutabaga (waxed)	several months
Squash (winter)	several months