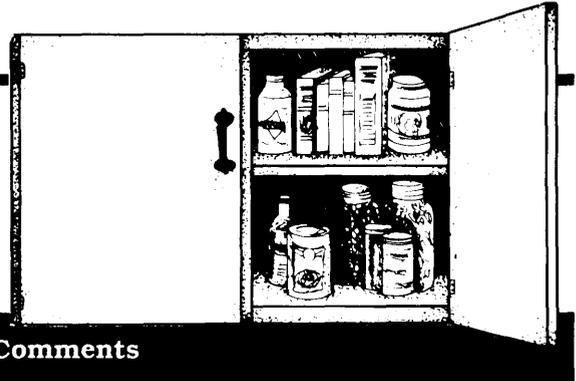


# CUPBOARD

## Approximate Storage Times



Product	At 70° F	Comments
<b>STAPLES</b>		
Baking powder	18 months or expiration date on can	Keep dry and covered.
Baking soda	2 years	Keep dry and covered.
Bouillon cubes or granules	2 years	Keep dry and covered.
Bread crumbs, dried	6 months	Keep dry and covered.
Cereals:		
Ready-to-eat, unopened	6-8 months	Refold package liner tightly after opening.
Ready-to-eat, opened	2-3 months	
Hot cereal, dry	6 months	
Chocolate:		
Semi-sweet	18 months	Keep cool.
Unsweetened	18 months	Keep cool.
Chocolate syrup:		
Unopened	2 years	Cover tightly. Refrigerate after opening.
Opened	6 months	
Cocoa mixes	8 months	Cover tightly.
Coffee:		
cans, unopened	2 years	Refrigerate after opening: keep tightly closed. Use dry measuring spoon. Freeze to extend shelf life.
cans, opened	2 weeks	
instant, unopened	1-2 years	
instant, opened	2 months	
Coffee whiteners:		
unopened, dry	9 months	Keep tightly covered.
opened, dry	6 months	Keep tightly covered.
Cornmeal	4-6 months	Keep tightly covered. Freeze for indefinite storage.
Cornstarch	18 months	Keep tightly covered.
Flour:		
white	6-8 months	Freeze for indefinite storage.
whole wheat	6-8 months	Keep in airtight container.
Gelatin:		
all types	18 months	Keep refrigerated. Store in airtight container.
Grits	4-6 months	Keep in original container.
Honey	12 months	Store in airtight container.
Jellies, jams	12 months	Cover tightly. If it crystallizes, warm open jar in a pan of hot water.
Molasses:		
unopened	12 months	Cover tightly. Refrigerate after opening.
opened	6 months	
Marshmallow cream, unopened	3-4 months	Keep tightly covered to extend storage life.
Marshmallows	2-3 months	Cover tightly. Refrigerate after opening to extend storage life.
Mayonnaise, unopened	Several months	Keep in airtight container.
		Refrigerate after opening. Check package date.

<b>Product</b>	<b>At 70° F</b>	<b>Comments</b>
<b>Milk:</b>		
condensed or evaporated unopened	12 months	Invert cans every 2 months.
nonfat dry, unopened	3-6 months	
<b>Pasta:</b>		
spaghetti, macaroni, etc.	1-2 years	Once opened, store in airtight container.
egg noodles	6 months	
<b>Pectin,</b>		
liquid or dry	1 year or expiration date	
<b>Rice:</b>		
brown	6 months	Keep tightly covered.
white	1-2 years	
flavored or herb	6 months	
<b>Salad dressings:</b>		
bottled, unopened	10-12 months	Refrigerate after opening.
made from mix	2 weeks	Refrigerate prepared dressing.
<b>Vegetable oils:</b>		
unopened	Several months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
opened	1-3 months	
<b>Shortening</b>		
	8 months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
<b>Sugar:</b>		
brown	4 months	Put in airtight container.
confectioners	18 months	Put in airtight container.
granulated	2 years	Cover tightly.
<b>Syrups</b>		
	12 months	Refrigerate to extend storage life.
<b>Tea:</b>		
bags	18 months	Put in airtight container.
instant	3 years	Cover tightly.
loose	2 years	Put in airtight container.
<b>Vinegar:</b>		
unopened	2 years	Keep tightly covered. Slightly cloudy appearance doesn't affect quality.
opened	12 months	
<hr/> <b>MIXES AND PACKAGED FOODS</b>		
<b>Biscuit, brownie,</b>		
muffin mix	9 months	Keep cool and dry.
<b>Cakes:</b>		
purchased	1-2 days	Refrigerate if whipped cream or custard filling.
mixes	9 months	Keep cool and dry.
- angel food	12 months	
<b>Casserole mix:</b>		
complete or add meat	9-12 months	Keep cool and dry. After preparation, store refrigerated or frozen.
<b>Cookies:</b>		
homemade	2-3 weeks	Put in airtight container.
packaged	2 months	Keep tightly closed.
<b>Crackers</b>		
	3 months	Keep tightly closed.
<b>Frosting:</b>		
canned	3 months	Store leftovers in refrigerator.
mix	8 months	
<b>Hot roll mix</b>		
	18 months	If opened, put in airtight container.
<b>Pancake mix</b>		
	6-9 months	Put in airtight container.
<b>Piecrust mix</b>		
	8 months	Keep cool and dry.
<b>Potatoes,</b>		
instant mix	6-12 months	Keep in airtight package.
<b>Pudding mixes</b>		
	12 months	Keep cool and dry.

<b>Product</b>	<b>At 70° F</b>	<b>Comments</b>
Rice mixes	6 months	Keep cool and dry.
Sauce and gravy mixes	6-12 months	Keep cool and dry.
Soup mixes	12 months	Keep cool and dry.
Toaster pastries	2-3 months	Keep in airtight package.
<b>CANNED AND DRIED FOODS</b>		
Canned fruit juices	9 months	Keep cool.
Canned foods, unopened	12 months or longer	Keep cool.
Fruits, dried	6 months	Keep cool in airtight container. Refrigerate if possible.
Vegetables: dried	1 year	Keep cool in airtight container.
dehydrated flakes	6 months	Refrigerate if possible.
<b>SPICES; HERBS, CONDIMENTS, EXTRACTS</b>		
Catsup, chili sauce: unopened	12 months	
opened	1 month	Refrigerate for longer storage.
Mustard, prepared yellow: unopened	2 years	
opened	6-8 months	May be refrigerated. Stir before using.
Spices and herbs: whole spices	1-2 years	Store in airtight containers in dry places away from sunlight and heat. Check aroma; if faded, replace. Whole cloves, nutmeg, and cinnamon sticks maintain quality beyond 2 years. Can be stored in freezer to extend shelf life.
ground spices	6 months	
herbs	6 months	
herb, spice blends	6 months	
Vanilla: unopened	2 years	
opened	12 months	Keep tightly closed. Volatile oils escape.
Other extracts, opened	12 months	Keep tightly closed. Volatile oils escape.
<b>OTHER GOODS</b>		
Cheese, parmesan, grated	10 months	Refrigerate after opening; keep tightly covered.
Coconut: shredded, canned or packaged, unopened	12 months	Refrigerate after opening.
Meat substitutes (imitation bacon, etc.)	4 months	Keep tightly covered; refrigerate for longer storage.
Powdered breakfast mixes, liquid breakfast formulas	6 months	Store in covered containers or original packages.
Nuts: in shell, unopened	4 months	
vacuum can, unopened	3 months	Refrigerate after opening; freeze for longer storage.
package or can, opened	2 weeks	Unsalted and blanched keep longer than salted.
Peanut butter: unopened	6-9 months	Refrigeration not needed.
opened	2-3 months	Keeps longer if refrigerated. Use at room temperature.
Peas, beans, dried	12 months	Store in airtight container.
Popcorn	2 years	Store in airtight container.
Vegetables, fresh: onions	2 weeks	Keep dry and away from sun.
potatoes: — white	2-4 weeks	For longer storage, keep below 50°F
— sweet	1-2 weeks	Don't refrigerate sweet potatoes.

<b>Product</b>	<b>At 70° F</b>	<b>Comments</b>
Whipped topping, dry	12 months	Keep cool and dry.
Yeast, dry	Expiration date on package	Freeze to extend shelf life.

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Adapted from materials prepared by USDA and by the University of Missouri Extension Service.

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