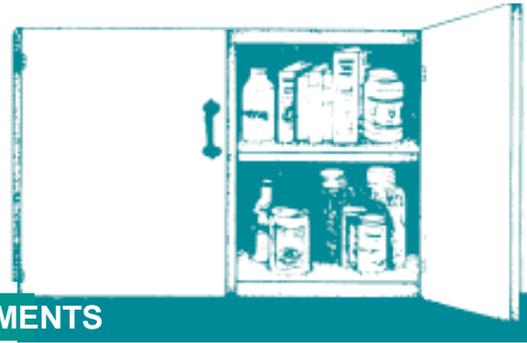


# CUPBOARD

## 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. Keep refrigerated. Store in airtight container.
Gelatin:		
all types	18 months	Keep in original container.
Grits	4-6 months	Store in airtight container.
Honey	12 months	Cover tightly. If it crystalizes, warm open jar in a pan of hot water. Cover tightly. Refrigerate after opening.
Jellies, jams	12 months	
Molasses:		
unopened	12 months	Keep tightly covered to extend storage life.
opened	6 months	
Marshmallow cream, unopened	3-4 months	Cover tightly. Refrigerate after opening to extend storage life.
Marshmallows	2-3 months	Keep in airtight container.
Mayonnaise, unopened	Several months	Refrigerate after opening. Check package date.

PRODUCT	AT 70°F	COMMENTS
Milk:		
condensed or evaporated		
unopened	12 months	Invert cans every 2 months.
nonfat dry, unopened	3-6 months	
Pasta:		
spaghetti, macaroni, etc.	1-2 years	Once opened, store in airtight container.
egg noodles	6 months	
Pectin,		
liquid or dry	1 year or expiration date	
Rice:		
brown	6 months	
white	1-2 years	Keep tightly covered.
flavored or herb	6 months	
Salad dressings:		
bottled, unopened	10-12 months	Refrigerate after opening.
made from mix	2 weeks	Refrigerate prepared dressing.
Vegetable oils:		
unopened	Several months	
opened	1-3 months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
Shortening	8 months	Refrigeration not needed. Store in cool, dark place in tightly closed container.
Sugar:		
brown	4 months	Put in airtight container.
confectioners	18 months	Put in airtight container.
granulated	2 years	Cover tightly.
Syrups	12 months	Refrigerate to extend storage life.
Tea:		
bags	18 months	Put in airtight container.
instant	3 years	Cover tightly.
loose	2 years	Put in airtight container.
Vinegar:		
unopened	2 years	
opened	12 months	Keep tightly covered. Slightly cloudy appearance doesn't affect quality.

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### MIXES AND PACKAGED FOODS

Biscuit, brownie,		
muffin mix	9 months	Keep cool and dry.
Cakes:		
purchased	1-2 days	Refrigerate if whipped cream or custard filling.
mixes	9 months	Keep cool and dry.
—angel food	12 months	
Casserole mix:		
complete or add meat	9-12 months	Keep cool and dry. After preparation, store refrigerated or frozen.
Cookies:		
homemade	2-3 weeks	Put in airtight container.
packaged	2 months	Keep tightly closed.
Crackers	3 months	Keep tightly closed.
Frosting:		
canned	3 months	Store leftovers in refrigerator.
mix	8 months	
Hot roll mix	18 months	If opened, put in airtight container.
Pancake mix	6-9 months	Put in airtight container.
Piecrust mix	8 months	Keep cool and dry.

PRODUCT	AT 70°F	COMMENTS
Potatoes, instant mix	6-12 months	Keep in airtight package.
Pudding mixes	12 months	Keep cool and dry.
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	Stored in covered containers or original packages.
Nuts: in shell, unopened	4 months	Refrigerate after opening; freeze for longer storage. Unsalted and blanched keep longer than salted.
vacuum can, unopened	3 months	
package or can, opened	2 weeks	
Peanut butter: unopened	6-9 months	Refrigeration not needed.
opened	2-3 months	Keeps longer if refrigerated. Use at room temperature.

PRODUCT	AT 70°F	COMMENTS
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.
Whipped topping, dry	12 months	Keep cool and dry.
Yeast, dry	Expiration date on package	Freeze to extend shelf life.

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

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