



Dry Goods			
Product	Months	Product	Months
baking powder	6	tuna or chicken in a pouch	24
baking soda	18	pudding mix	12
dried beans	12	brown rice	12
biscuit or pancake mix	15	flavored or herb rice	6
boxed dinners	36	white or wild rice	24
cake, bread, brownie, cookie mix	18	solid shortening	8
cereal, cook before eating or ready to eat	12	soy beverage powders	6
chocolate, chocolate syrup	24	spices	24
cocoa and cocoa mixes	3 years	brown sugar	4
coffee, instant jars and tins	12	confectioner sugar	18
coffee non-vacuum bag grounds, in cans	24	granulated sugar or sugar substitutes	24
packaged cookies	2	syrup	12
crackers	8	tea bags	18
drink mix	6	textured soy protein	24
dry soup	12	toaster pastries, fruit filled	6
energy bars	12	toaster pastries, non-fruit filled	9
flour, white	12	vinegar	24
flour whole wheat	1	popcorn, microwave packets	12
frosting, canned	10	popped popcorn	3
frosting mixes	12	potato chips, pretzels	2
dried fruits	6	instant potatoes	12
gelatin, flavored	18		
unflavored gelatin	3 years		
dried herbs	24		
jerky	12		
marshmallow, marshmallow cream	4		
mustard	12		
nuts, canned or jar	12		
dry pasta	24		
peanut butter	9		

Source: www.foodsafety.gov



Canned or Jarred Goods	
Product	Months
barbecue sauce, soy sauce, marinades	12
canned goods high acid such as fruit, juices, pickles, sauerkraut, tomatoes, tomato soup, and foods in vinegar based sauce	18
canned goods low acid such as beans, carrots, corn, fish, gravy, meat, pasta, peas, potatoes, poultry, soup, spinach, stew	5 years
gravy , dry mix	24
gravy jars and cans	5 years
honey	12
horseradish	12
jams, jellies, preserves	12
ketchup, cocktail or chili sauce	12
mayonnaise	3
milk, canned evaporated	12
oils, nut, olive, or vegetable	6
vegetable oil spray	24
olives, black or green	18
pickles	12
salad dressing, bottled	12
salsa, picante, and taco sauces	12
sauce , creamy, milk solids	12
sauce mixes, nondairy such as spaghetti, taco	18

Beverages	
Product	Months
energy drinks	6
juice , bottles or can	18
juice boxes	6
nutritional drinks	6
soda , diet bottles or cans	3
soda , regular bottles	3
soda , regular cans	9
soy or rice beverages, shelf stable	3
sports drinks	9