

## Cupboard Storage Chart

Food	Recommended Storage Time at 70°F	Handling Hints	Food	Recommended Storage Time at 70°F	Handling Hints
Staples			Jellies, jams	12 months	Cover tightly. Storage life lengthened if refrigerated after opening.
Baking powder	18 months or expiration date on can	Keep dry and covered.			
Baking soda	2 years	Keep dry and covered.	Molasses (unopened)	12 months*	Keep tightly closed. Refrigerate to extend storage life, remove any light surface mold and use.
Bouillon cubes or granules	2 years	Keep dry and covered.	(opened)	6 months	
Cereals			Marshmallow cream (unopened)	3 to 4 months	Cover tightly. Refrigerate after opening to extend storage life. Serve at room temperature.
ready-to-eat (unopened)	6-12 months*				
ready-to-eat (opened)	2-3 months	Refold package liner tightly after opening.	Marshmallows	2 to 3 months	Keep in airtight container.
cooked (before preparation)	6 months		Mayonnaise (unopened)	2 to 3 months	Refrigerate after opening.
Chocolate			Milk		
premelted	12 months	Keep cool.	Condensed or evaporated (unopened)	12 months	Invert cans every two months.
semi-sweet	18 months	Keep cool.	non-fat dry (unopened)	6 months*	Put in airtight container.
unsweetened	18 months	Keep cool.	(opened)	3 months	
Chocolate syrup (unopened)	2 years*	Cover tightly, refrigerate after opening.	Pasta (spaghetti, macaroni, etc.)	2 years	Once opened, store in airtight container.
(opened)	6 months		Cover tightly.	Pectin, liquid (opened)	1 month
Cocoa mixes	8 months		Pectin, liquid or dry	1 year or exp. date.	
Coffee			Rice		
cans (unopened)	2 years*		white	2 years+	Keep tightly closed.
cans (opened)	2 weeks		flavored or herb	6 months	
instant (unopened)	1-2 years*	Refrigerate after opening. Keep tightly closed, use dry measuring spoon.	Salad dressings bottled (unopened)	10 to 12 months*	Refrigerate after opening. Refrigerate prepared dressing.
instant (opened)	2 months			bottled (opened)	
Coffee lighteners (dry) (unopened)	9 months*		made from mix	2 weeks	
(opened)	6 months	Keep lid tightly closed.	Salad oils (unopened)	6 months*	Refrigerate after opening.
Cornmeal	12 months	Keep tightly closed.	(opened)	1 to 3 months	
Cornstarch	18 months	Keep tightly closed.	Shortenings, solid	8 months	Refrigeration not needed.
Flour					
white	6 to 8 months	Keep in airtight container.			
whole wheat	6 to 8 months	Keep refrigerated. Store in air tight container.			
Gelatin, all types	18 months	Keep in original container.			
Grits	12 months	Store in airtight container.			
Honey	12 months	Cover tightly; if crystallizes, warm jar in pan of hot water.			

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Sugar brown	4 months	Put in airtight container.	<b>Mixes and Packaged Foods (continued)</b>		
confectioners	18 months	Put in airtight container. Cover tightly. Cover tightly.	Pies and pastries	2 to 3 days	Refrigerate whipped cream, custard and chiffon fillings.
granulated sweeteners	2 years+ 2 years+	Keep tightly closed. Refrigerate to extend storage life, remove any light surface mold and use.	Potatoes, instant	6 to 12 months	Keep airtight package.
Syrups	12 months		Pudding mixes	12 months	Keep cool and dry.
Tea bags	18 months	Put in airtight container. Cover tightly. Put in airtight container.	Rice, mixes	6 months	Keep cool and dry.
instant loose	3 years 2 years		Sauce and gravy mixes	6 to 12 months	Keep cool and dry.
Vinegar (unopened) (opened)	2 years+* 12 months	Keep tightly closed. Slightly cloudy appearance doesn't affect quality. Distilled vinegar keeps longer than cider vinegar.	Soup mixes	12 months	Keep cool and dry.
			Toaster pastries	2 to 3 months	Keep in airtight packet.
<b>Mixes and Packaged Foods</b>			<b>Canned and Dried Foods</b>		
Biscuit, brownie, muffin mix	9 months	Keep cool and dry.	Canned foods, all (unopened)	12 months*	Keep cool.
Cakes, purchased	1 to 2 days	If butter-cream, whipped cream or custard frostings, fillings, refrigerate.	Canned fruit juices	9 months*	Keep cool.
Cake mixes angel food	9 months 12 months	Keep cool and dry.	Canned foods (opened)		<b>All opened canned foods</b> — refrigerate and cover tightly; to avoid metallic taste, transfer foods in cans to glass or plastic storage containers, if kept more than one day.
Casseroles, complete or add own meat	9 to 12 months	Keep cool and dry.	baby foods	2 to 3 days	
Cookies homemade	2 to 3 weeks	Put in airtight container	fish and seafood	2 days	
packaged	2 months	Keep box tightly closed.	fruit	1 week	
Crackers	3 months	Keep box tightly closed.	meats	2 days	
Frostings canned	3 months	Store leftovers in refrigerator.	pickles, olives	1 to 2 months	
mix	8 months		poultry	2 days	
Hot-roll mix	18 months	If opened, put in airtight container.	sauce, tomato	5 days	
Pancake mix	6 to 9 months	Put in airtight container.	vegetables	3 days	
Pie crust mix	8 months	Keep cool and dry.	Fruits, dried	6 months	Keep cool, in airtight container; if possible refrigerate.
			Vegetables, dried	1 year	
			<b>Spices, Herbs, Condiments and Extracts</b>		
			Catsup, chili sauce (unopened)	12 months*	Refrigerate for longer storage.
			(opened)	1 month	
			Mustard, prepared yellow (unopened)	2 years*	May be refrigerated. Stir before using.
			(opened)	6 to 8 months	
			Spices and herbs whole spices	1 to 2 years	Store in airtight containers in dry places away from sunlight and heat. At times listed, check aroma; if faded, replace. Whole cloves, nutmeg and cinnamon sticks maintain quality beyond two-year period.
			ground spices	6 months	
			herbs	6 months	
			herb/spice blends	6 months	

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Spices, Herbs, Condiments and Extracts (Continued)			Others (Continued)		
Vanilla (unopened)	2 years*	Keep tightly closed; volatile oils escape.	Peanut butter (unopened)	6 to 9 months*	Refrigeration not needed. Keeps longer if refrigerated. Serve at room temperature.
(opened)	12 months		(opened)	2 to 3 months	
other extracts (opened)	12 months	Keep tightly closed; volatile oils escape.	Peas, beans-dried	12 months	Store in airtight container in cool place.
Veget, dehyd. flakes	6 months		Popcorn	2 years	Store in airtight container.
Others			Vegetables, fresh onions	2 weeks	Keep dry and away from sun.
Cheese, Parmesan-grated (unopened)	10 months*	Refrigerate after opening. Keep tightly closed.	potatoes white	2 to 4 weeks	For longer storage, keep about 50 degrees F. Don't refrigerate sweet potatoes.
(opened)	2 months		sweet	1 to 2 weeks	
Coconut, shredded canned or packaged (unopened)	12 months*	Refrigerate after opening.	Whipped topping (dry)	12 months	Keep cool and dry.
(opened)	6 months		Yeast, dry	expiration date on package	
Meat substitutes — textured protein products (such as imitation bacon bits)	4 months	Keep tightly closed; for longer storage, refrigerate.	*Total time "unopened" product can be stored at home. If recommendation is for "opened" product, subtract this time from the total home storage or "unopened" time.		
Metered-caloric products, instant breakfast	6 months	Keep in can, closed jars or original packets.			
Nuts					
In-shell (unopened) nutmeats packaged (unopened)	4 months*	Refrigerate after opening. Freeze for longer storage. Unsalted and blanched nuts keep longer than salted.			
vacuum can	1 year*				
other packaging	3 months*				
nutmeats (opened)	2 weeks				

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