



Cupboard Storage Guidelines (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 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 whitener.....	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 dish accompaniments).....	9-12 months
Potatoes (flakes).....	1 year
Skim milk powder — unopened.....	1 year
— opened.....	1 month



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Your Health Connection

MISCELLANEOUS FOODS

VEGETABLES

Cool room 7-10 C (45-50 F)

These are some 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 and when in doubt, throw out!



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