

SHELF LIFE GUIDE FOR PANTRY ITEMS

Below are general guidelines regarding shelf life of pantry items. Once opened, airtight storage is critical to maintaining flavor, quality and freshness, with some items requiring refrigeration. Shelf life of opened items lessens quickly with foods lasting anywhere from days to a couple of months. Variations in the amount of time listed may occur based on brand and storage conditions.

| BAKING and COOKING | | BEVERAGES - unopened | |
|--------------------------------------|--|---------------------------------|---|
| avocado oil | 12 - 24 months (unopened) 6 - 8 months (opened) | apple cider | Refrigerated - 1 week after date on package |
| baking powder and baking soda | 24 months (unopened) 9 - 12 months (opened) | coffee - ground | 3 - 5 months (flavor will degrade) |
| | | coffee - whole bean | 6 months (flavor will degrade) |
| broth and stock (check package date) | 3 years (unopened) 5 days (opened) | coconut water | check package date |
| chocolate unsweetened | 18 months | juice - citrus | 6 months |
| cocoa powder | 24 months | juice - other | 6-12 months |
| coconut aminos | 6 - 8 months | sparkling beverages | 6-9 months |
| coconut milk | 24 months (unopened) 5 - 7 days (opened) | tea - bags or loose | 6-12 months (airtight container) |
| coconut oil | 18 months (refined) Indefinite (unrefined) | | |
| coconut shaved/shredded | 12 months | CANNED FOODS - unopened | |
| cornmeal | 12 months | fruit | 12+ months |
| cornstarch | 18 - 24 months | salmon, tuna | 12+ months |
| extracts - almond, etc. | 3 - 4 years | vegetables | 12+ months |
| extract - vanilla | indefinite | | |
| fish sauce | 24+ months | CONDIMENTS - unopened | |
| flour - whole grain | 3 months | BBQ sauce, other sauces | 12 months |
| flour - nut | 6 months - refrigerated 12 months - freezer | jams, jelly, preserves | 12 months |
| ghee / clarified butter | 9 months (unopened) 3 months (opened) | ketchup | 12 months |
| herbs - dried | 12 - 24 months | mayonnaise | 4 - 6 months |
| honey, molasses | 12 months | mustard | 24 months |
| olive oil | approx. 6 months (check package date) | olives | 12 months |
| salt | indefinite | pickles | 12 months |
| seasoning blends | 12-24 months | relishes | 12 months |
| spices - ground | 24 months | roasted red peppers | 24 months |
| spices - whole | 3-4 years | salad dressing and vinaigrettes | 12 months (unopened) 1 - 3 months (opened) |
| sugar | 24 months - indefinite | | |
| vinegars | 2 years - indefinite | | |
| yeast | see package date | | |
| | | | |

| MISCELLANEOUS | | GRAINS | |
|---|--------------|---|--|
| crackers | 6 months | barley | 6 months |
| dried fruit | 6 months | farro | 6 months |
| legumes - dried beans, peas, lentils, etc. | 18 months | millet | 12 - 24 months |
| nuts | 6-9 months | oats - rolled, steel cut | 12 - 24 months |
| pasta, dried | 24 months | rice - brown varieties | 6 - 8 months |
| nut butters | 4-9 months | | |
| popcorn - (un-popped) | 12-24 months | SEEDS | |
| | | buckwheat | 6 - 8 months |
| | | poppy / sesame / pumpkin / sunflower | 12-24 months (unopened) 2-6 months (opened) |
| | | quinoa | 4 months |
| | | wild rice | indefinite |
| | | | |



Photo: iStock/nedjelly