



Food Storage Guide

When you buy ingredients that are stored in a dry storage area, always make sure to check out the expiry date of the product. As everything, even dry foods have their limited shelf life so they can be consumed within their period of time.

Creating a '**Home Labeling System**' will help in controlling and monitoring your Food Items bought so that you will not end up to discard many of them which ends up into wasting money. By writing the name of the Food Item and the Date you have stored it on the Label, you will be organized this simple system that reduces your Food Cost. This will help you in the future as it will be as a reference for when you need to use that item. Apart being also beneficial; as it will reduce food wastage at home, you will win time (as it may rob you some time to figure out what is the item and when you have bought it).

Opt to the **FIFO** rule; First In First Out which you will always use the old product first and store the new product at the back. This rotating system will help you reducing food from being consumed and then thrown away.

Understand the labels when you buy food items -

"**Sell by**" means the *store* should sell the product by the printed date, but the product still can be safely eaten by the consumer.

"**Best if used by**" means the consumer should use the product by the date listed for best quality and flavor (not for safety reasons).

"**Use by**" or "**Expires**" means the product *should* be used by consumers by the date listed; you are likely to see a marked deterioration in product quality and safety after that date.

Cupboard Storage

- Store foods in cool cabinets and away from appliances which produce heat.
- Many canned foods have a relatively long shelf life, but buy only what you can expect to use within the time recommended in the chart. Date food packages and use the oldest first. Foods stored for longer than recommended times or beyond date on the package may change quality, color and flavor.
- Buy fresh-looking packages. Dusty cans or torn labels can indicate old stock. Do not purchase dented, blown or bulging cans.

Food Item	Storage Time	Usage Hints
Tabasco Sauce	Up to 2 years	
Worcestershire Sauce	Up to 2 years	
Soy sauce (opened)	Up to 6-8 months	
Vanilla Essence (opened)	Up to 1 year	Keep tightly closed
Mayonnaise (opened)	Up to 1 month	Refrigerate for longer storage
Ketchup (opened)	Up to 1 month	Refrigerate for longer storage
Mustard (opened)	Up to 6-8 months	Refrigerate for longer storage. Stir before use
Dried Spices & Herbs <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Whole Up to 1 year </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Ground Up to 6 months </div> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> Herb & Spices blends Up to 6 months </div>		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. Can be stored in the freezer to extend shelf life.
Dried Peas & Beans	Up to 1 year	Store in airtight container
Dry Yeast	Up to 1 year	Freeze for longer shelf life
Nuts <div style="margin-left: 20px;">Package or can opened</div>	Up to 2 weeks	Refrigerate after opening. Freeze for longer storage. Unsalted and blanched nuts keep longer than salted
Dried Fruits	Up to 6 months	Refrigerate or Keep cool in airtight container.
Canned Foods <ul style="list-style-type: none"> - Fish & Seafood - Meat - Poultry - Pickles & Olives - Fruit - Baby Food 		Close jar tightly and refrigerate. For all opened canned foods, transfer foods in cans to glass or plastic storage containers. Tightly cover and refrigerate. If left in the opened cans you will be exposed to Botulism a Food borne illness mostly coming from storing food in open cans
Pasta <ul style="list-style-type: none"> - Spaghetti - Penne - Farfalle - Macaroni - Egg noodles 	Up to 2 years Up to 6 months	Store in an Air tight container once opened
Rice		

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- white wild - flavored or herb	- brown, 6-12 months 6 months	2 years 6-12 months 6 months	Keep tightly covered.
Salad dressings - bottled, unopened - bottled, opened - made from mix	10-12 months 3 months 2 weeks		Refrigerate after opening. Refrigerate prepared dressing.
Vegetable oils - unopened - opened	6 months 1-3 months		Refrigeration not needed. Store in a cool, dark place in tightly closed container.
Shortenings (solid)	8 months		Refrigeration not needed. Store in a cool, dark place in tightly closed container.
Sugar - brown - confectioners' - granulated - artificial sweeteners	4 months 18 months 2 years 2 years		Put in airtight container. Put in airtight container. Cover tightly. Cover tightly.
Corn syrup	Up to 3 years Keep tightly covered.		Refrigerate to extend storage life. Remove any light surface mold and heat to 180 Fahrenheit before use.
Pancake syrup	3-4 months		Refrigerate after opening.
Tea - bags - instant - loose	18 months 3 years 2 years		Put in airtight container. Cover tightly. Put in airtight container.
Vinegar - unopened - opened	2 years 12 months		Keep tightly covered. Slightly cloudy appearance doesn't affect quality. Distilled vinegar keeps longer than cider vinegar.

Fresh Fruits & Vegetables Storage

Food Item	Storage Temperature 0°C - 4°C	Usage Hints
Asparagus, corn in husks	1-2 days	Keep moist.
Beans - green or wax	1-2 days	Keep in crisper or moisture-resistant wrap or bag.
Beets, carrots, radishes	1-2 weeks	Remove leafy tops and keep in crisper.
Cabbage, celery	1-2 weeks	Keep in crisper or moisture-resistant wrap or bag.

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Lettuce, head - unwashed	5-7 days	Store in moisture-resistant wrap, bag or lettuce keeper. Wrap and store away from other drained vegetables and fruits to prevent russet spotting.
- washed, thoroughly	3-5 days	
Mushrooms	1-2 days	Do not wash before storing.
Onions, potatoes, sweet potatoes		Refrigeration not needed. See cupboard storage chart.
Shredded cabbage, leaf and Bibb lettuce, salad greens	1-2 days	Keep in moisture-resistant wrap or bag.
Tomatoes	1-2 days	Ripen tomatoes at room temperature (ripe) away from direct sunlight; then refrigerate.
Unshelled peas, lima beans	3-5 days	Keep in crisper or moisture-resistant wrap or bags.

Confectionary Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Unbaked rolls and bread	2-3 weeks	1 month	Longer storage causes yeast to become inactivated and the gluten weakened.
Partially baked cinnamon rolls		2 months	
Baked quick breads		2 months	
Baked muffins		6-12 months	
Baked breads	2-3 weeks	2-3 months	Refrigeration storage is with no recommended to inhibit preservatives mold growth.
Unfrosted doughnuts		2-4 months	
Waffles		1 month	
Unbaked fruit pies	1-2 days	2-4 months	
Baked fruit pies	2-3 days	6-8 months	
Pumpkin or chiffon pies	2-3 days	1-2 months	
Baked cookies		6-12 months	Cookies will keep two to three weeks in airtight container in

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			cupboard. Cookies do not need to be refrigerated.
Freezer pie shells		12 months	If package is open and not used, rewrap and (<i>ex. Pet Ritz</i>) freeze remaining crust and use within two months.
Cookie dough		3 months	
Unbaked cakes		1 month	Use double-action (batter) baking powder if batter is frozen.
Frosted baked cakes		1 month	
Unfrosted baked cakes		2-4 months	
Angel cakes		6-12 months	
Fruit cakes		6-12 months	
Refrigerated biscuits, rolls, pastries, cookie dough	Expiration date on label	*	Don't store in refrigerator door because temperature fluctuation and jarring lower quality.

Dairy Products Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Butter	1-2 weeks		Wrap or cover tightly.
Margarine	4-6 months	12 months	Wrap or cover tightly.
Buttermilk	1-2 weeks	*	Cover tightly. Flavor not affected if buttermilk separates; remix before serving. Check date on carton. Will keep several days after date.
Cheese - cottage, ricotta - cream, Neufchatel - hard and wax-coated in large pieces, Cheddar, Edam, Gouda, Swiss, brick - unopened - opened - sliced - soft cream cheese - Parmesan Romano-grated (opened)	1-2 weeks 2 weeks 1-2 months 3-4 weeks 2 weeks 5-6 days (after opening) 2months	4 weeks * 6-8 months	Keep all cheese tightly packaged in moisture resistant wrap. If outside of hard cheese gets slightly moldy, just cut away cheese 1/2 inch beneath and beside the mold - it won't affect flavor. If cheese is covered with heavy mold, discard entire block. For longer storage, freeze. Freezing will affect the texture and possible taste. Cream cheese becomes crumbly when frozen, may be used for cooking. Keep refrigerated. Use within one week of the "best when purchased by" date. Refrigerate after opening.

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- process (opened)	3-4 weeks	6-8 months	See cupboard storage chart. Refrigerate slices of process cheese and cheese food. Refrigerate loaves and jars after opened. Most squeeze packages and aerosol cans don't need refrigeration, but check label.
- shredded cheeses			Keep refrigerated. Use within two days of the "best when purchased by" date on the label.
Dips - commercial - homemade	2 weeks 2 days		Keep tightly covered. Keep tightly covered.
Milk - evaporated (opened) - homogenized, reconstituted dry nonfat, - sweetened, condensed (opened)	4-5 days 5 days 4-5 days	* * *	Keep covered. Keep containers tightly closed. To prevent spoilage, skimmed don't return unused milk to original container. Keep covered.
Sour cream	2 weeks	*	Keep covered.
Whipped topping - in aerosol can - prepared from mix - (eg. Cool Whip)	3 months 3 days 2-3 weeks	* * 14 months	Keep covered. May be refrozen four or five times if thawed in refrigerator.
Yogurt	7-10 days	*	Keep covered and refrigerated. Follow the "use by" date on the package, or up to two weeks after the "sell by" date. Yogurt may separate when frozen.
Eggs - in shell - whites or yolks - hard cooked	3 weeks 2-4 days 3-4 days	* 1 year *	Store covered. Keep small end down to center yolks. Store in covered container. For longer storage, freeze.
Eggs - containing products - custards, custard-filled pastries, cream pies	1-2 days	*	
Liquid pasteurized eggs or egg substitutes - opened	3 days	*	

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- unopened	10 days	1 year	
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Fruit & Juices Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Bananas			Refrigerate only when fully ripe. Skin will darken.
Apples	1-3 weeks		Discard bruised or decayed fruit. Don't wash before storing because moisture encouraged spoilage. Store in crisper or moisture-resistant bag or wrap.
Berries, cherries	1-2 days		
Citrus fruit	3 weeks		
Juices - canned, bottled or reconstituted	6 days (diluted)	8 months	Thaw in refrigerator. Keep fruit juice tightly covered. Transfer canned juice to glass or plastic container when opened. Do not store in cans.
Pre-mixed, full strength fruit juice			Keep refrigerated. Do not use after the "used by" date on the carton. (eg. Tropicana)
Real Lemon	12 months		
Cranberry cocktail (canned)	5-6 days (diluted)	3-6 months	
Melons	1 week		Wrap uncut cantaloupe and honeydew to prevent odor spreading to other foods.
Other	3-5 days		Wrap cut surfaces of citrus fruit and cantaloupe to prevent drying.

Fresh Uncooked Meats, Fish & Poultry Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Red meats - chops - ground meat - roasts - steaks	3-5 days 1-2 days 3-5 days 3-5 days	4-6 months 3-4 months 6-12 months 6-12 months	When meat, poultry or fish is bought in plastic wrapping from self-service counters, store in these packages. Meat packages in self-service

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- stew meat - bratwurst, precooked - bratwurst, fresh - variety meats (liver, heart, etc.)	1-2 days 5-7 days 2-3 days 1-2 days	3-4 months 2-3 months 2-3 months 3-4 months	counters have been handled by many shoppers. Opening these before storing risks contamination.
Poultry - chicken or turkey, whole - chicken or turkey, pieces - duck or goose, whole - giblets - ground	1-2 days 1-2 days 1-2 days 1-2 days 1-2 days	1 year 9 months 6 months 3-4 months 6 months	

Fish & Shellfish Storage

Food Item	Fridge Temperature 0°C to +4°C (Thawed: Never frozen or previously frozen and home refrigerated)	Freezer Temperature 0°C to -21°C		Usage Hints
		(Purchased Fresh and home frozen) storage)	(Purchased commercially frozen for freezer)	
Fish fillets/steaks - lean cod, flounder - haddock, halibut - pollock, ocean perch - sea trout, rockfish - Pacific Ocean perch - fat mullet, smelt - salmon (cleaned)	36 hours 36 hours 36 hours 36 hours 36 hours 36 hours 36 hours	6-8 months 6-8 months 4 months 4 months 4 months N/A N/A	10-12 months 10-12 months 8-9 months 8-9 months 8-9 months 6-8 months 7-9 months	N/A not applicable or not advised. These storage guidelines indicate optimal shelf life for seafood products held under proper refrigeration or freezing conditions. Temperature fluctuations in home refrigerators will affect optimal shelf life, as will opening and closing refrigerators and freezers often.
- shellfish - Dungeness crab - snow crab - blue crabmeat (fresh) - blue crabmeat (pasteurized) - cocktail claws - king crab - surimi seafoods	5 days 5 days 5-7 days 6 months 5 days 7 days 2 weeks	6 months 6 months 4 months N/A 4 months 9 months 9 months	6 months 6 months N/A N/A N/A 12 months 10-12 months	Although these storage times ensure a fresh product for maximum refrigeration storage life at 4°C the consumer should plan on using seafood within 36 hours for optimal quality and

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- shrimp	4 days	5 months	9 months	freshness of the product.
- oysters, shucked	4-7 days	N/A	N/A	
- clams, shucked	5 days	N/A	N/A	
- lobster, live	1-2 days	N/A	N/A	
- lobster, tailmeat	4-5 days	6 months	8 months	
- breaded seafoods				To determine approximate storage time for those species not listed, ask your retailer which category (lean, fat, shellfish, breaded, or smoked) they fall within.
- shrimp	N/A	8 months	12 months	
- scallops	N/A	10 months	16 months	
- fish sticks	N/A	N/A	18 months	
- portions	N/A	N/A	18 months	
- smoked fish				
- herring	3-4 days	2 months	N/A	
- salmon, whitefish	5-8 days	2 months	N/A	

Wild Game Storage

Food Item	Fridge Temperature 0°C to +4°C (Thawed: Never frozen or previously frozen and home refrigerated)	Freezer Temperature 0°C to -21°C		Usage Hints
		(Purchased Fresh and home frozen) storage)	(Purchased commercially frozen for freezer storage)	
Venison	3-5 days			3-4 months
Rabbit, squirrel	1-2 days			12 months
Wild duck, pheasant, Goose (whole)	1-2 days			6 months

Cooked Meat Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Meat leftovers			
- cooked meat and meat dishes	3-4 days	2-3 months	Keep covered.
- gravy and meat broth	1-2 days	2-3 months	Keep covered.
Cooked poultry, leftovers			
- fried chicken	3-4 days	4 months	

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- cooked poultry dishes - pieces, plain - pieces covered with broth, gravy	3-4 days 3-4 days 1-2 days	4-6 months 4 months 6 months	For quick cooking, cool meat & broth separately. broth, gravy Stir broth to prevent the formation of a top coating of fat which may seal in heat. Ice cubes can be added to concentrated broth to speed cooling.
- chicken nuggets, patties	1-2 days	1-3 months	

Cured & Smoked Meats Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Bacon	7 days	1 month	Keep wrapped. Store in coldest part of refrigerator or in meat keeper. Times are for opened packages. Refer to processor's freshness date on package for storage times of unopened packages.
Bologna, liverwurst	4-6 days		
Dried beef	10-12 days		
Hotdogs and lunch meats - hotdogs, opened package - hotdogs, unopened package - lunch meats, opened - lunch meats, unopened - sausage, raw from pork, beef, turkey - smoked breakfast links, patties - hard sausage - pepperoni, jerky sticks	1 week 2 weeks 3-5 days 2 weeks 1-2 days 7 days 2-3 weeks	1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months 1-2 months	In freezer wrap.
Ham, corned beef - corned beef, in pouch with pickling juices. - ham, canned (unopened) label says keep refrigerated	5-7 days 6-12 weeks	1 month Don't freeze	Drained, wrapped. Store ham in refrigerator unless label indicates refrigeration is not needed. Once canned ham is

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<ul style="list-style-type: none"> - ham, fully cooked, whole - ham, fully cooked, half - ham, fully cooked, slices - liver sausage 	<p style="text-align: center;">7 days</p> <p style="text-align: center;">3-5 days</p> <p style="text-align: center;">3-4 days</p> <p style="text-align: center;">4-6 days</p>	<p style="text-align: center;">1-2 months</p> <p style="text-align: center;">1-2 months</p> <p style="text-align: center;">1-2 months</p>	<p>opened, use within three to five days.</p>
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Baby Food Storage

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Liquids <ul style="list-style-type: none"> - expressed breast milk - formula - whole milk - reconstituted evaporated milk 	<p style="text-align: center;">2 days</p> <p style="text-align: center;">2 days</p> <p style="text-align: center;">5 days</p> <p style="text-align: center;">3-5 days</p>	<p style="text-align: center;">3-4 months</p> <p style="text-align: center;">not recommended</p> <p style="text-align: center;">3 months</p> <p style="text-align: center;">not recommended</p>	<p>For shelf storage of unopened cans of formula, observe "use by" dates printed on containers. Store evaporated milk up to 12 months. Heat liquid in hot tap water, not the microwave oven. Shake bottle before testing the temperature on the top of your hand. Discard any unused milk left in a bottle.</p>
Solids (opened or freshly made) <ul style="list-style-type: none"> - strained fruits and vegetables - strained meats and eggs - meat/vegetable combinations - homemade baby foods 	<p style="text-align: center;">2-3 days</p> <p style="text-align: center;">1 day</p> <p style="text-align: center;">1-2 days</p> <p style="text-align: center;">1-2 days</p>	<p style="text-align: center;">6-8 months</p> <p style="text-align: center;">1-2 months</p> <p style="text-align: center;">1-2 months</p> <p style="text-align: center;">3-4 months</p>	<p>Observe "use by" date for shelf storage of unopened jars. Check to see that the safety button in lid is down. If the jar does not "pop" when opened or is not sealed safely, do not use. Do not heat meats, meat sticks, eggs or jars of food in the microwave. Transfer food from jars to bowls or heating dish. For 4 ounces of food, microwave on high for 15 seconds; stir and let stand 30 seconds. Stir and test the temperature of the foods before feeding baby. Don't feed a baby from the jar.</p>

Other Foods

Food Item	Fridge Temperature 0°C to +4°C	Freezer Temperature 0°C to -21°C	Usage Hints
Canned goods - fruits (opened) - vegetables (opened) - puddings, custards (opened) - gravy and broth - meats - sauce, tomato based	1 week 2-3 days 1-2 days 2 days 2-3 days 5 days	1-2 months 1-2 months * 2-3 months * 2-3 months	Transfer to glass or plastic container as soon as opened. Do not store in can. Keep covered. Texture will be softer after freezing, but product is acceptable in sauce, soups, and stews. Store all canned food tightly covered. Acidic foods should be transferred to glass or plastic containers to avoid metallic taste if stored for more than one or two days.
Miscellaneous - soups, stews - sandwiches - casseroles - leftover cooked food - ground spices - candies - fats, oils, salad dressings (opened) - vegetable oil spread - mayonnaise (commercial) - TV dinners, frozen casseroles	2-3 days 2-3 days 1-2 days see other charts 6 months not necessary several months 2 months	4-6 months 1 month 1 month 1 month 6-12 months 3-6 months * * 3-4 months	Can be stored in cupboard instead of refrigerator. Refrigeration is recommended to prevent rancidity. Some oils may become cloudy or solidify in the refrigerator, but this is not harmful. Commercial vegetable oils, shortenings and salad dressings may be stored at room temperature for several weeks without undergoing flavor change. Keep refrigerated. Use within one week of "best when purchased by" date. Refrigerate after opening. Keep frozen until ready to serve. (Best if used in three or four months, may be frozen up to 12 months.)
Deli and vacuum-packed products - store- prepared (or homemade) egg, tuna, chicken, ham, macaroni	3-5 days	*	

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salads - pre-stuffed pork and lamb chops, chicken breasts stuffed with dressing - store-cooked convenience meals - commercial brand vacuum-packed dinners with USDA seal, unopened - freezer microwave popcorn	1 day	*	
	1-2 days		
	2 weeks	*	
		12-18 months	

Mixes & Packaged Foods Storage

Food Item	Storage Time	Usage Hints
Biscuit, brownie, muffin mix	9 months	Keep cool and dry.
Cakes - purchased - mixes - angel food	1-2 days 12 months 12 months	Refrigerate if buttercream, whipped cream or custard frostings or fillings. Keep cool and dry.
Casserole mix - complete or add own meat	9-12 months	Keep cool and dry. After preparation, store as casserole.
Cookies - homemade - packaged	2-3 weeks 2 months	Put in airtight container. Keep box tightly closed.
Entrees	18 months	Store in cool, dry place in original container. Do not store in a closed container that stops air circulation around the package.
Crackers	3 months	Keep box tightly closed.
Frosting - canned - mix	3 months 8 months	Store leftovers in the refrigerator.
Hot roll mix	18 months	If opened, put in airtight container.
Pie crust mix	8 months	Keep cool and dry.
Pies and pastries	2-3 days	Refrigerate whipped cream, custard and chiffon fillings.
Potatoes - instant mix	6-12 months	Keep in airtight package.
Powdered drink mixes	18-24 months	

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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	12-15 months	Check package date. Keep cool and dry.
Toaster pastries	2-3 months	Keep in airtight package.

Canned & Dried Fruits Storage

Food Item	Storage Time	Usage Hints
Canned food - plastic cans	6-12 months	Possibly longer, depending on ingredients.
Canned fruit juices	9 months	Keep cool.
Juice/drink boxes	9 months	Follow "best used by" date on label.
Canned foods - unopened - opened > baby foods > fish and seafood > fruit > meats > pickles, olives > poultry > sauce, tomato > vegetables	12 months 2-3 days 2 days 1 week 2 days 1-2 months 2 days 5 days 3 days	Keep cool. Close jar tightly and refrigerate. For all opened canned foods, transfer foods in cans to glass or plastic storage containers. Tightly cover and refrigerate. If left in the opened can, off flavors of some foods may develop.
Fruits (dried)	6 months	Keep cool in airtight containers. Refrigerate if possible.
Vegetables - dried - dehydrated flakes	1 year 6 months	Keep cool in airtight container. Refrigerate if possible.

Spices, Herbs & Condiments Storage

Food Item	Storage Time	Usage Hints
Catsup, chili sauce - unopened - opened	12 months 1 month	Refrigerate for longer storage.
Mustard, prepared yellow		

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- unopened - opened	2 years 6-8 months	May be refrigerated. Stir before using.
Spices and herbs - whole - ground - herb/spice blends	1-2 years 6 months 6 months	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. Can be stored in the freezer to extend shelf life.
Vanilla - unopened - opened	2 years 12 months	Keep tightly closed. Volatile oils escape.
Other extracts - opened	12 months	Keep tightly closed. Volatile oils escape
Soy sauce (unopened)	3 years	Use within six to nine months after opening.
Tabasco, Worcestershire	2 years	

Miscellaneous Foods

Food Item	Storage Time	Usage Hints
Cheese, parmesan (grated) - unopened - opened	10 months 2 months	Refrigerate after opening. Keep tightly closed.
Coconut - shredded, canned or packaged > unopened > opened	12 months 6 months	Refrigerate after opening.
Meat substitutes - textured protein (TVP) products (imitation bacon bits, etc.)	4 months	Keep tightly covered. For longer storage, refrigerate.
Metered caloric products, powdered breakfast mixes, liquid breakfast formulas	6 months	Keep in can, closed jar or original packets.
Nuts - in shell, unopened - nutmeats, packaged > vacuum can, unopened > other packaging,	4 months	Refrigerate after opening. Freeze for longer storage. Unsalted and blanched nuts keep longer than salted.

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unopened > package or can, opened	3 months 2 weeks	
Peanut butter - unopened - opened	6-9 months 2-3 months	Refrigeration not needed. Keeps longer if refrigerated. Natural peanut butter must be refrigerated after opening.
Peas, beans (dried)	12 months	Store in airtight container.
Popcorn	2 years	Store in airtight container.
Microwave popcorn	18 months	
Vegetables, fresh - onions - potatoes > white > sweet	2 weeks 2-4 weeks 1-2 weeks	Keep dry and away from sun. For longer storage, keep below 10°C. Don't refrigerate sweet potatoes.
Soft drinks	6 months	
Whipped topping (dry)	12 months	Keep cool and dry.
Yeast (dry)	Expiration date on package.	Can be frozen to extend shelf life.

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