

Food Storage Shelf Life

These shelf life estimates apply to foods that are properly packaged and stored unopened in a cool, dark, dry environment.

1-3 Years	Yeast at room temperature Peanut butter Nuts
3-5 Years	Vegetable oil and shortening Drink mixes Hot cocoa Coffee Brown rice Peanut butter powder Home or commercially canned fruits, vegetables, and meats
5-7 Years	Powdered eggs Butter powder Bullion Yeast stored in a freezer Brown sugar Barley
10 Years	White flour Sour cream powder Textured vegetable protein (TVP) products Shortening powder Cheese powder
20 Years	Dehydrated fruits and vegetables Freeze-dried cheeses Powdered milk Dehydrated carrots Quinoa Rye
25 Years	Freeze-dried fruits, vegetables, and meats Instant beans
30+ Years	Dry beans Lentils Rolled or whole oats Pearled barley Pasta Potato flakes Cocoa powder White rice Corn Wheat
Indefinite	Sugar Honey Salt Baking powder Baking soda Cornstarch