

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 i.e Hot cocoa
Brown rice
Peanut butter powder
Home or commercially canned fruits, vegetables, and meats

5-7 Years

Powdered Eggs
Butter Powder
Brown Sugar barley

10 Years

White Flour
Sour cream powder
Shortening powder
Cheese powder

20 Years

Dehydrated fruits and vegetables
Freeze dried cheeses
Powered 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
Wheat

Indefinite

Sugar, Honey, Salt, Baking Powder, Baking Soda, Cornstarch



Shelf life is affected by storage conditions and will be shortened considerably by storing the food where it is subjected to extreme heat, wide temperature fluctuations, moisture, or exposure to pests. The best way to make food storage shelf life not matter so much is to rotate your food storage and use the food in your everyday meals. If you are using food storage properly, you won't have any of it in your pantry for 30 years since it will be used and replaced long before it expires! It doesn't matter if your peanut butter expires in 2 years or 30 years since you used it within a year of purchasing it.