

Cupboard Storage Chart

- ❖ Store foods in cool cabinets and away from appliances which produce heat.
- ❖ Buy fresh-looking packages. Dusty cans or torn labels can indicate old stock. Do not purchase dented or bulging cans.

FOOD	STORAGE AT 70 F	HANDLING HINTS	FOOD	STORAGE AT 70 F	HANDLING HINTS
STAPLES			MIXES AND PACKAGED FOODS		
CEREALS ready-to-eat, unopened ready-to-eat, opened	6-12 months 2-3 months	Refold package liner tightly after opening.	BISCUIT, BROWNIE, MUFFIN MIX	6 months	Keep cool and dry.
HOT CEREAL dry	6 months		CAKES mixes	9 months	Keep cool and dry.
FLOUR white or whole wheat	6-8 months	Can be frozen for indefinite storage. Keep in airtight container. Refrigerate whole wheat flour, if possible.	CASSEROLE MIX complete or add own meat	9-12 months	Keep cool and dry. After preparation, store as casserole.
JELLIES, JAMS	12 months	Cover tightly. Refrigerate after opening.	COOKIES homemade packaged	2-3 weeks 2 months	Put in airtight container. Keep box tightly closed.
MAYONNAISE unopened	3-6 months	Refrigerate after opening.	CRACKERS	3 months	Keep box tightly closed.
MILK condensed or evaporated, unopened nonfat dry unopened opened	12 months 6 months 3 months	Invert cans every two months. Store in airtight container.	PANCAKE MIX	6-9 months	Put in airtight container.
PASTA spaghetti, macaroni, etc.	2 years	Once opened, store in airtight container.	PUDDING MIXES	12 months	Keep cool and dry.
RICE white or brown	2 years	Keep tightly covered.	RICE MIXES	6 months	Keep cool and dry.
SALAD DRESSINGS bottled, unopened bottled, opened	10-12 months 3 months	Refrigerate after opening.	SAUCE AND GRAVY MIXES	6-12 months	Keep cool and dry.
VEGETABLE OILS unopened opened	6 months 1-3 months	Refrigeration not needed. Store in a cool, dark place in tightly closed container.	SOUP MIXES	12 months	Keep cool and dry.
SHORTENINGS solid (Crisco)	8 months	Refrigeration not needed. Store in a cool, dark place in tightly closed container.	CANNED AND DRIED FOODS		
SUGAR white, brown, powdered	2 years	Cover tightly.	CANNED FRUIT JUICES	9 months	Keep cool.
SYRUPS	12 months	Keep tightly covered. Refrigerate to extend storage life. Do not use if mold develops.	CANNED FOODS unopened opened	12 months	Keep cool.
			baby foods	2-3 days	Close jar tightly and refrigerate. Transfer opened canned goods to glass or plastic storage containers. Tightly cover and refrigerate.
			meat, poultry, fish	2 days	
			fruit	1 week	
			pickles, olives	1-2 months	
			tomato sauce vegetables	5 days 3 days	
			FRUITS dried	6 months	Keep cool in airtight container. Refrigerate if possible.
			OTHER GOODS		
			CHEESE, PARMESAN-GRADED unopened opened	10 months 2 months	Refrigerate after opening. Keep tightly covered.
			PEANUT BUTTER unopened opened	6-9 months 2-3 months	Refrigeration not needed. Natural peanut butter must be refrigerated after
			PEAS, BEANS dried	12 months	Put in airtight container.