

# FOODKEEPING GUIDELINES

	UNOPENED IN PANTRY	REFRIGERATE AFTER OPENING	IN PANTRY AFTER OPENING
<b>SHELF STABLE FOODS - PAGE 1</b>			
Baby food (jars and cans) fruits and vegetables	Use-by-date	2-3 days	
Baby food (jars and cans) meats and eggs	Use-by-date	1 day	
Baby food (jars and cans)	Use-by-date		2 months
Bacon bits, imitation	4 months	Refer to jar	4 months
Beans, dried	12 months		12 months
Canned goods, low acid ( <i>such as meat, poultry, fish, gravy stew, soups, beans, carrots, corn, pasta, peas, potatoes and spinach</i> )	2-5 years	3-4 days	
Canned goods, high acid ( <i>such as juices, fruit, pickles, sauerkraut, tomato soup and foods in vinegar-based sauce</i> )	12-18 months	5-7 days	
Cereal, ready-to-eat	6-12 months		3 months
Cereal, cooked (example: oatmeal)	12 months		6-12 months
Coffee; Whole beans	1-3 weeks	2 weeks refrigerated (3-4 months	1 week
Coffee: ground (non-vacuum bag and can)	2 years	frozen)	1 week
Coffee: instant (jars and tins)	12 months	2 weeks	2-3 months
Cookies, packaged	2 months	(8-12 months frozen) 3-4 months (frozen or refrigerated)	4 weeks
Crackers	8 months		1 month
Diet powder mixes	6 months		3 months
Fruits, dried	6 months	6 months	1 month
Garlic, chopped	18 months	Use-by-date	
Garlic (commercial jars)	8 months	Use-by-date	
Gelatin (flavored)	18 months		Use all or reseal for 3-4 months
Gelatin (unflavored)	3 years		Use all or reseal for 3-4 months
Gravy: jars and cans	2-5 years	1-2 days	Use entire can
Gravy: dry mixes	2 years	1-2 days	Mix entire packet 12 months (in a cool, dark place)
Herbs, dried	1-2 years		
Honey	12 months		12 months
Jams, jellies, preserves	12 months	6 months	
Jerky: commercially dried	12 months	2-3 months	
Jerky: homemade		1-2 months	1-2 months
Juice boxes	4-6 months	8-12 days	
Lentil, dried	12 months		12 months
Marshmallows and marshmallow crème	2-4 months		1 month
Milk, canned evaporated	12 months	4-5 days	
Molasses	12 months		6 months
Mushrooms, dried	6 months		3 months
Oils: olive and vegetable	6 months	4 months	1-3 months
Oils: nut oils	6 months		
Oils: vegetable oil sprays	2 years		12 months
Nuts (jars or cans)	12 months	4-6 months (freeze 9-12 months)	1 month