

Food Storage Guidelines

from the test kitchens at Taste of Home

Depending on the food, the proper length of time to store items in the pantry, freezer or refrigerator can vary widely. The information that follows gives you a guide to help you enjoy your food when it's at its best.

Cupboard Storage Times

When buying dry or canned goods, make sure any dates on the packages or cans haven't expired. Don't purchase cans that are bulged or swollen. Store unopened dry foods in their original packages and keep opened products in airtight containers.



Food	Storage Time	Special Handling
Baking powder or soda	18 months	Keep in an airtight container after opening.
Bouillon cubes, granules	1 year	
Cake mixes	1 year	
Canned foods, commercial	1 year	
Cereals	Check package date	Keep in an airtight container after opening.
Chocolate, baking	1 year	Keep in a cool place.
Coconut	1 year	Refrigerate opened packages.
Coffee, fresh ground	2 to 3 weeks	Refrigerate or freeze opened cans or packages.
Flour, all-purpose	15 months	
Flour, whole wheat	6 months	Refrigerate or freeze during warm weather.
Fruit, dried	6 months	Refrigerate opened packages.
Gelatin	18 months	Keep in a dry place.
Herbs, dried	1 year	Keep in a cool, dark place. Refrigerate red spices.
Honey	1 year	
Jams, jellies	1 year	Refrigerate after opening.
Macaroni, spaghetti, dried pasta	1 year	Keep in an airtight container after opening.
Molasses	2 years	
Nonfat dry milk powder	6 months	Keep in an airtight container after opening.
Olive oil	1 year	Keep in a tightly capped bottle away from heat and light.
Peanut butter	6 months	Refrigerate during warm weather.
Pudding mixes	1 year	
Rice, white	Indefinite	Keep in an airtight container in a cool, dry place.
Salad dressings, commercial	6 months	Refrigerate opened bottles.
Shortening	8 months	Store in a cool dark place.
Sugar, brown	4 months	Keep in an airtight container after opening.
Sugar, granulated	2 years	Keep in an airtight container after opening.
Syrups—corn, maple-flavored, maple	1 year	Refrigerate maple syrup after opening.
Vegetable oil	1 year	Keep in a tightly capped bottle away from heat and light.
Yeast, active dry	Check package date	Refrigerate during warm weather.

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A Practical Guide For Food Storage

Gwyneth Owen-Jackson



A Practical Guide For Food Storage:

A Practical Guide for Food Storage Charisse Merrill, 2015-06-10 Having food storage your family will eat shouldn't be a daunting task This book shows you how simple it really can be I will walk you step by step through the method that has helped me to build food storage for my family on a budget A years worth of recipes are included for a family of four which can easily be halved doubled or tripled as needed Food storage can be overwhelming but having it gives you peace of mind especially when you know your family will enjoy it

Prepper's Guide to Food Storage Gaye Levy, 2014-07-13 The Prepper's Guide to Food Storage A Practical Guide to Storing Food For the Long Term When most people start thinking about family preparedness they focus on food Not shelter gear sanitation power self defense or the myriad of other concerns that need to be addressed following an emergency or disaster situation Quite simply food is the number one concern people have second only to their concern for having an adequate supply of water The Prepper's Guide to Food Storage is a book about food What to store how to store it and best practices It is a roadmap for showing ordinary citizens that long term food storage is not something that will overwhelm or burden the family budget This book is based upon the author's own tried and true personal experience as someone who has learned to live the preparedness lifestyle by approaching emergency preparedness and planning in a systematic step by step manner This book will cover Store What You Eat and Eat What you Store 20 Items to Kick Start Your Food Storage Pantry Tips for Building an Emergency Food Supply Common Food Storage Mistakes Moving Beyond Pre packaged Foods and much much more Whether you simply want to prepare for natural disasters or whether you believe the world is headed toward a major food crisis this book is for you It covers basic tips and techniques you can use to stock your food storage pantry so that you can be assured that your family will have food to eat no matter what

The Basics of Food Storage David Nash, 2020-05-05 Do you want to start storing food but don't quite know where to begin The Basics of Food Storage is a practical guide from the experience of a lifelong self reliance advocate This book shares simple yet practical knowledge which covers all aspects of starting a food storage program This guide to food storage has over 25 chapters covering things like How to Build Emergency Food Storage for Only 10 A Week Types of Food Storage Systems and Options How to Make Your Freezer Last Without Electricity How to Use Mylar Bags for Bulk Food Storage How to Vacuum Seal Food Without a Machine Long Term Water Storage Tips for Storing Water for Disasters Wheat Grinding Basics Types of Wheat Grinders How to Make Sun Dried Tomatoes and much more The handbook is suited to preppers and homesteaders and those just wanting ideas for simple DIY solutions to become a little more ready for disasters

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Food Storage Guide Amara Darwin,AI,2025-02-13 Food Storage Guide helps readers master food preservation reduce waste improve food quality and ensure meal safety through scientifically sound methods The book integrates food safety research and microbiology principles to explain food spoilage and effective preservation techniques Did you know that understanding the science of food spoilage is vital as unchecked processes lead to nutrient loss and harmful microbial growth The book bridges ancestral wisdom with modern science providing tailored storage strategies for specific food types The guide progresses logically starting with food microbiology and spoilage causes before thoroughly examining preservation methods like canning and fermentation It then presents a detailed guide to storing specific food groups offering customized recommendations By understanding spoilage mechanisms and preservation techniques readers can minimize waste maximize nutrition and safeguard against foodborne illnesses The book emphasizes practical application translating complex concepts into accessible language for home cooks food enthusiasts and

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