

# Estimated Shelf Life of Non Perishable Foods

## General Pantry

Non Perishable Food	Est Shelf Life	Cost	Notes
Water	FOREVER	Low	Might need filtering if container rusts or leaches flavor
Sugar, Salt, Honey	FOREVER	Low to High	Use in cooking and as spices and sweetener
Real Maple Syrup (without corn syrup)	1yr to Indefinite	High	Unopened and stored in a glass jar in a cool dry place it will store indefinitely.
Maple Flavored Syrup (with corn syrup)	4 months to 1yr	Low to Medium	Artificial flavoring will break down, as will the plastic bottle. It will still be edible past the best by date.
Ground Pepper	6mo-2yrs	Low	Already ground. Storing in a freezer helps keep the flavor.
Peppercorns	1-4+yrs	Low	Grind your own pepper. Store in #10 or Mylar with oxygen absorber
Onion and Garlic Powder	2-4yrs	Medium	Store in Mylar bags and keep airtight - flavors decrease over time
Pure Vanilla Extract	Indefinite	Medium to High	
Imitation Vanilla Extract	2-4yrs	Low-Medium	
Vanilla Beans	6mo-1yr	High	
Milk Choc Chips Dark Choc Chips	6mo-2yrs 1-3yrs	Medium Medium	Best to store between 54°F and 61°F
Cocoa Powder	1-3 yrs	Medium	3mo-1yr once opened
Pancake Mix (Store)	1 yr	Low	Repackage in Mylar with an oxygen absorber to make it last longer
Pancake Mix (no oxygen)	5-10+yr	Med-High	#10 can or Mylar bag

## Fats and Oils

Non Perishable Food	Est Shelf Life	Cost	Notes
Olive Oil	8-20mo	Med	Flavor fades as it ages
Peanut Oil	1-2yrs	Med	
Coconut Oil	12-18mo	Med	
Canola or Vegetable Oil	2yrs	Low	
Tallow (animal fat)	1-3yrs	Med- High	Store better with refrigeration

## Sources of Protein, Including Plant Based, Meals and Soups

Non Perishable Food	Est Shelf Life	Cost	Notes
Canned Beans: Pinto Adzuki Blackeye Garbanzo Kidney Lentils Lima Red and Soy	2-5+yrs	Low	
Dried Beans: Pinto Adzuki Blackeye Garbanzo Kidney Lentils Lima Red and Soy	30+ yrs	Low	Requires rehydrating and cooking to eat
Peanut Butter	3-9 months (less if warm)	Medium	Can be eaten directly
Nut butters	9 months from jarring	Medium	
Raw nuts and seeds	1month to 2yrs	Medium	1-9mo in pantry. 68F or cooler is best. Store in airtight container.
Canned fish and poultry	Up to 5 years	Medium to high	
Tuna in a can	18 months	Medium to high	
Freeze Dried Chicken, beef and hamburger	10-30 yrs	High	#10 cans or mylar bags
Freeze dried meals, in most cases just add hot water	10-30 yrs	High	From: MyPatriotSupply, MountainHouse, AugusonFarms, etc
Canned Soup (tomato based)	18months	Low	
Canned Soup (non tomato based)	5yrs	Low to medium	
Freeze dried soup	10-30yrs	High	

## Fruits and Vegetables

Non Perishable Food	Est Shelf Life	Cost	Notes
Canned vegetables	2-5 yrs	Low	
Canned fruits	1-2 yrs	Low-Medium	peaches, berries, apples, grapefruit or pineapple
Dried Fruit / Vegetables	Up to 1yr	Medium	Can be eaten directly but generally rehydrated and used in a meal
Freeze Dried Fruit / Vegetables	10+ yrs	high	Can be eaten directly but generally rehydrated and used in a meal
Freeze Dried Bananas, Apples, or raspberries	10+ years	Medium to high	Can be eaten directly or used in a recipe
Raisins	1yr, 6 months opened	Med	
Potatoes	2-4 weeks	Low	Will store longer in a mesh bag in a dark, 95% humid and cool 45-50F place.
Sweet potatoes	3-5 weeks	Low to medium	
Garlic	3 weeks	Low	
Onions	6 weeks	Low	
Winter Squash	1 month to 1 year	Low	Storage depends on variety, growing conditions, and curing

## Grains

Non Perishable Food	Est Shelf Life	Cost	Notes
White Rice	4-5yrs	Low	
White Rice sealed w/nitrogen pack	25-30yrs	Low to medium	Oxygen free
Hard red or hard white wheat w/o nitrogen	1yr	Low	In a bucket in cool dry place
Hard red or hard white wheat nitrogen packed vacuum sealed	10-30 yrs	Low	Sealed in #10 can or Mylar, requires grinding for flour for use
Millet, Buckwheat	10-20 yrs	Low	Sealed in #10 can or Mylar, requires processing for use
Brown Rice packaged	3-12 months	Low to Medium	Lasts longer at 50-70f and sealed oxygen free #10 cans or Mylar bags
Rolled Oats	20+ yrs	Low	
Dried Corn (grain)	20 years	Low	Longer if kept cooler
Store Pasta	2yrs	Low	In store packaging
Pasta stored oxygen free	10-30 yrs	Low	Seal in Mylar with oxygen absorber
Ramen Noodles Soup	6mo-2yrs	Low	Just add hot water

## Snacks and Desserts

Non Perishable Food	Est Shelf Life	Cost	Notes
Cheese (stored in fridge)	2-4mo	Med	
Freeze Dried Cheddar Cheese or Cheese powder	5-10yrs	Med to High	
Freeze Dried Cheese	5-10yrs	High	
Aged Cheddar Cheese Wheel	1-20yrs* (normally 1-5yrs)	High	Requires 45F to 58F + high humidity.
Commercial jerky	1yr	Med- High	
Home made jerky	2months	Med	
Freeze Dried Pudding mix	5 to 15 years	Medium to high	Varies by type of pudding
Saltine Crackers	6-9mo	Low	
Granola and protein bars	1yr	Low	

## Survival and Emergency Foods

Non Perishable Food	Est Shelf Life	Cost	Notes
Military MRE (Meals Ready to Eat)	10-20+yrs	High	Easy to eat, lightweight. Can be stored almost anywhere (longer life if cool and dry)
Hardtack (survival biscuits)	FOREVER	Low	Easy to make, lasts FOREVER not great tasting
Pemican	1-5yrs	Med	Make it yourself
Military Chocolate Ration Bar	3-5+ years	High	Military D Ration, D Bar and others. Longer life if sealed and kept cool.
USCG Ration Bar	3-5+ years	High	Ration bars, high calorie, ready to eat

## Beverages and Liquids

Non Perishable Food	Est Shelf Life	Cost	Notes
Shelf Stable Milk (liquid)	Up to 9months	Low-Med	
Freeze dried Whole milk	1-5yrs	Med-high	
Freeze dried Nonfat Milk	5-20yrs	Med-high	
Canned coconut milk	5yrs	Med	
Black Tea Bagged Tea Oolong Tea	18 months 24 months 24 months	Low to Medium	
Peach Tea, Raps Tea mix	18-24 months	Medium	
Ground Coffee	3-5months	Med-High	No change in freezer
Coffee Beans	6mo	Med-High	2yrs in freezer
Green coffee Beans in no-oxygen	4 to 20yrs	Med-High	Varies with type of bean and water content
Canned or freeze dried (instant) coffee	1-2yrs	Med-High	store packaging
Freeze dried (instant) coffee (#10/mylar) <a href="https://amzn.to/3gnvt3">https://amzn.to/3gnvt3</a>	20-25yrs	Med-High	Long term packaging
Hard liquor & wine	Indefinite	Med High	Flavored liquor may lose taste over time, many wines improve with age.
Beer - Various types last longer	9mo to Indefinite	Low to High	Beer over a year old will probably not taste good. Store in a cool completely dark place to extend life