

As you plan to purchase the foods for *Mother Hubbard, What's in Your Cupboard?* be sure to consider how you will store each food and for how long. Use the following charts as a guide.

<b>Shelf-Stable Foods/Bakery items</b>			
<b>Shelf-Stable Foods</b>	<b>Unopened in Pantry</b>	<b>Refrigerator After Opening</b>	<b>In Pantry After Opening</b>
Spices, whole or ground	2-3 years total		Included in total
Sugar, brown granulated	4 months 2 years		Sugar never spoils
Syrup, pancake genuine or real maple	12 months 12 months	12 months	12 months
Vinegar	2 years		12 months
Yeast dry, packets & jars	Use by date	Refrigerate open jars	
Water, bottled	1-2 years		3 months
<b>Bakery Items</b>	<b>Shelf</b>	<b>Refrigerator</b>	<b>Freezer</b>
Bread, commercial*	2-4 days	7-14 days	3 months
Dry milk	6 months	After mixing with water 1 week	3-5 days
<b>Shelf-Stable Foods</b>	<b>Unopened in Pantry</b>	<b>Refrigerator After Opening</b>	<b>In Pantry After Opening</b>
Extracts, vanilla, lemon, etc.	3 years		1 year
Fruits, dried	6 months	6 months	1 month
Gelatin, flavored	18 months		Use all or reseal for 3-4 months
Herbs, dried (spices)	1-2 years		Cool, dark place 1 year
Milk, canned evaporated	12 months	4-5 days	
Oils, olive or vegetables Vegetable oil sprays	6 months 2 years	4 months	1-3 months 1 year
Peas, dried split	12 months		12 months
Rice, white	2 years	6 months	1 year
Shortening, solid	8 months		3 months
Bread crumbs	Best if used by date	1 week	
Beans, dried	12 months		12 months
Canned goods, low in acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach)	2-5 years	3-4 days	
Canned goods, high in acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce)	12-18 months	5-7 days	

Baking Ingredients	Unopened in Pantry	Refrigerator After Opening	In Pantry After Opening
Baking powder	6 months		3 months
Baking soda	18 months		6 months
Cornmeal, regular, determinated stone ground or blue	6-12 months 1 month	12 months 2-3 months	
Flour, white Flour, whole wheat	6-12 months 1 month	6-8 months	6-8 months
Condiments	Unopened in Pantry	Refrigerator After Opening	In Pantry After Opening
Mayonnaise, commercial	2-3 months	2 months	
Foods Purchased Frozen			
Frozen items			
Juice concentrates	6-12 months		7-10 days
Vegetables	8 months		3-4 days
Foods Purchased Refrigerated			
Meat			
Ground meat	1-2 days		3-4 months
Product	Refrigerated	Frozen	
Beverages, fruit			
Juice in cartons, fruit drinks, punch	3 weeks, unopened 7-10 days open		8-12 months
Frozen concentrate	7-10 days, reconstituted		Best if used by date
Dairy Products			
Butter	1-3 months		6-9 months
Cheese, hard (such as cheddar)	6 months, unopened 3-4 weeks opened		6 months
Parmesan, shredded	1 month opened		3-4 months
Shredded cheddar	1 month		3-4 months
Eggs in shell	3-5 weeks		Do not freeze
Raw whites, yolks*	2-4 days		12 months
Milk, plain or flavored	1 week		3 months
yogurt	7-14 days		1-2 months

*\*when freezing egg yolks, beat in either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup per 1/4 cup egg yolks(4 yolks).*

Fresh Fruits and Vegetables			
Fruits	Shelf	Refrigerator	Freezer
Apples*	1-2 days	3 weeks	Cooked, 8 months
Bananas	Until ripe	2 days, skin will blacken	Whole peeled, 1 month
Vegetables	Shelf	Raw, refrigerator	Frozen
Carrots*		3 weeks	10-12 months
Celery		1-2 weeks	10-12 months
Onions, dry*	2-3 weeks	2 months	10-12 months
Potatoes*	1-2 months	1-2 weeks	Cooked and mashed, 10-12 months

*\*Appropriate cold storage can extend the storage times of these items*