

FOOD SHELF LIFE RECOMMENDATIONS

Food is almost always good past the expiration date! Remember if something doesn't look right, err on the side of caution. If you don't see a specific food on this list, please visit [Foodsafety.gov](https://www.foodsafety.gov) to search your item.



CANNED GOODS

Beans	3 years
Evaporated Milk	1 year
Frosting	10 months
Fruit, Pickles, Tomatoes, Baked Beans and Applesauce	1 year
Meats	3 years
Pie Filling	3 years
Seafood	4 years
Vegetables, Sauces, Gravy and Stews	2 years



JUICE & OTHER DRINKS

Bottled Juice	1 year
Canned Juice	6 months
Carbonated Drinks	1 year
Coffee and Hot Chocolate	18 months
Drink Mix	2 years
Tea Bags	2 years



INFANT CARE

Baby Food	Exp. Date
Formula	Exp. Date



ASEPTICALLY - PACKAGED LIQUID PRODUCTS

Broth; Beef, Chicken or Vegetable	3 years
Ensure	1 year
Fruit	3 years
Soup	3 years
Soy, Rice or Almond Milk (Shelf-Stable)	6 months
UHT (Ultra High Temperature) Milk	1 year
Vegetables	3 years



DRY GOODS

Baking Mixes, Cake, Muffin, Brownie, Etc.	1 year	Powdered Milk	3-5 years
Baking Powder	2 years	Bars; Granola, Protein, Cereal	18 months
Bouillon, Beef or Chicken	1 year	Nuts	2 years
Casserole Mix	9 months	Oil; Olive, Vegetable, Salad	2 years
Cereal and Oatmeal	1 year	Pancake Mix	9 months
Cookies	4 months	Pasta	2 years
Cornmeal	1 year	Peanut Butter	18 months
Crackers and Pretzels	8 months	Popcorn, Microwavable	1 year
Dried Beans and Lentils	2 years	Potato Chips	6 months
Dried Fruit	6 months	Pudding Mix	1 year
Flour	6 months	Rice	2 years
Graham Crackers	2 months	Sauce/Gravy Mix	6 months
Grits	1 year	Shortening, Vegetable	18 months
Instant Mashed Potatoes	1 year	Spices	1 year
Jerky	1 year	Stuffing Mix	9 months
Macaroni & Cheese Mix	2 years	Toaster Pastries	6 months
		Tortillas	3 months



CONDIMENTS & SPICES

Barbeque Sauce	1 year	Olives	18 months
Chocolate Syrup, Corn Syrup, Pancake Syrup	2 years	Pickles	18 months
Gravy, Dry Mix Packet	2 years	Salad Dressing	2 years
Jams, Jellies and Preserves	18 months	Salsa	2 years
Ketchup	18 months	Spaghetti Sauce	18 months
Mayonnaise	18 months	Spices	1 year
Molasses	2 years	Steak Sauce	2 years
Mustard	2 years	Worcestershire Sauce	2 years



FOODS THAT WILL LAST FOREVER IF STORED PROPERLY

- Honey
- Maple Syrup
- Pure Vanilla Extract
- Rice
- Salt
- Distilled White Vinegar
- Sugar
- Baking Soda
- Cornstarch



FOODBANK
OF IOWA

To get help or give help, visit www.foodbankiowa.org