



Shelf Life of Common Pantry Food Items

*These general guidelines, give you an idea of how long pantry foods will last before they lose flavor, become unpalatable, or deteriorate in quality or safety.

Shelf life varies depending on factors such as storage conditions, packaging, and processing.

Baking Supplies

Baking Powder

9 - 12 months

Baking Soda

2 years

Flour (all-purpose and whole wheat):

6 - 8 months

Sugar (granulated and brown)

indefinitely if stored properly

Yeast (active dry)

2 years

Dried Goods

Beans (dried)

2 - 3 years

Lentils

1 year

Rice (white, brown and wild)

1 - 2 years

Quinoa

2 - 3 years

Oats

1 - 2 years

Canned or Jarred

Canned fruits and vegetables

1 - 2 years



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Canned meats and fish	2 - 5 years
Jams and preserves	1 year
Pickles and olives	1 - 2 years
Tomato sauce and canned tomatoes	18 - 24 months
Herbs and Spices	
Ground spices	2 - 3 years
Whole spices	3 - 4 years
Herbs (dried)	1 - 3 years
Seasoning blends	1 - 2 years
Pastas and Grains	
Pasta	1 - 2 years
Barley and couscous	1 - 2 years
Farro	1 - 2 years
Polenta	1 - 2 years
Bulgar	6 - 8 months



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Condiments	
Ketchup	1 year
Mayonnaise	2 - 3 months
Mustard	2 years
Soy sauce	2 - 3 years
Vinegar	indefinitely if stored properly
Drinks	
Coffee (whole bean and ground)	3 - 5 months
Tea (loose and bagged)	6 - 12 months
Hot cocoa mix	1 year
Powdered drink mixes	6 - 12 months
Soda	3 - 9 months
Sources for Information provided: United States Department of Agriculture (USDA), the Food and Drug Administration (FDA)	Eat By Date - provides information on the shelf life of various food products, including pantry foods. https://www.eatbydate.com/ .