

# shelf life guide

## grains

Product	Optimum Shelf Life	Opened Shelf Life
Whole Wheat Flour	5 years	2 years
White Flour	5 years	2 years
Hard White Winter Wheat	30 years	30 years
6 Grain Pancake Mix	8 years	1 year
Spaghetti	8 years	2 years
Egg Noodle Pasta	8 years	2 years
Quick Oats	8 years	1 year
White Rice	30 years	30 years
Instant White Rice	30 years	30 years
Pearled Barley	8 years	18 months
Cornmeal	5 years	1 year
9 Grain Cracked Cereal	5 years	1 year
Elbow Macaroni	8 years	2 years
Germade	5 years	18 months

## vegetables

Product	Optimum Shelf Life	Opened Shelf Life
Bell Peppers	8 years	2 years
Split Green Peas	8 years	2 years
Mushroom Pieces (Freeze Dried)	25 years	2 years
Potato Chunks (Freeze Dried)	25 years	2 years
Sweet Corn (Freeze Dried)	25 years	2 years
Tomato Powder	8 years	1 year
Sweet Potatoes	8 years	2 years
Green Peas (Freeze Dried)	25 years	2 years
Cauliflower (Freeze Dried)	25 years	2 years
Carrot Dices	8 years	2 years
Broccoli (Freeze Dried)	25 years	2 years
Celery (Freeze Dried)	25 years	2 years
Celery	25 years	2 years
Spinach (Freeze Dried)	25 years	2 years
Onions (Freeze Dried)	25 years	2 years

## fruits

Product	Optimum Shelf Life	Opened Shelf Life
Apple Chips	7 years	1 year
Peach Slices (Freeze Dried)	25 years	1 year
Raspberries (Freeze Dried)	25 years	1 year
Strawberries (Freeze Dried)	25 years	1 year
Blueberries (Freeze Dried)	25 years	1 year
Blackberries (Freeze Dried)	25 years	1 year
Applesauce	7 years	6 months (refrigerated)
Apple Slices	30 years	30 years
Banana Chips	7 years	1 year
Blackberries	25 years	1 year

# Ultimate Shelf Life Guide

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