

Ham

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- [Almond oil](#)
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Ham

Shelf-stable canned ham, cured and retorted. The refrigerated canned hams sold beside them are not the same product and say so on the can.

How long it keeps

Unopened, this keeps **9 months** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
shelf-stable cans	6–9 months	5–14 days — refrigerated

Counted from the day you bought it. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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