

shelf stable

<https://www.agoramores.com/food/ingredients/shelf-stable/portal>

Tags: food · ingredients · shelf-stable · portal

Keeps 60 days or more

193 ingredients whose **unopened** storage time at room temperature is sixty days or longer. Sixty days is the line between something you buy for a recipe and something you buy once and stop thinking about — the second kind is what a cupboard is for, and what a shopping list should stop asking about.

Every figure here is the **USDA FSIS FoodKeeper** table's, unopened, at room temperature, with FoodKeeper's own month of 30 days. It was not pulled from USDA: fsis.usda.gov and foodsafety.gov answer 403 to every non-browser client from this machine, so the copy behind these pages is a mirror of the [data.gov dataset](#) and its vintage is unverified. A figure here is indicative, not a use-by date.

Ingredients that already had a page elsewhere in the vault keep it and carry their storage section there — the link goes to the page that exists, never to a second copy of it.

Baked Goods — Bakery

Ingredient	Unopened	Sold as
Muffin	9 months	mix, dry, commercially packaged
Cookies	6 months	soft, crispy
Fruit cake	6 months	as sold

Baked Goods — Baking and Cooking

Ingredient	Unopened	Sold as
Cocoa and cocoa mixes	indefinitely	as sold
Sugar	indefinitely	brown, granulated, confectioners
Spices	4 years	whole, ground
Baking soda	3 years	as sold
Gelatin	3 years	flavored, unflavored
Almond extract	2 years	as sold
Butter flavor	2 years	as sold
Chili powder	2 years	as sold
Chocolate	2 years	unsweetened and semi-sweet, solid
Cinnamon extract	2 years	as sold
Coconut flavor	2 years	as sold
Herbs	2 years	dried
Lemon extract	2 years	as sold

Pure vanilla extract	2 years	as sold
Seasoning blends	2 years	as sold
Shortening	2 years	solid
Sugar substitutes	2 years	as sold
Vegetable oil sprays	2 years	as sold
Yeast	2 years	packaged
Cornstarch	2 years	as sold
Baking powder	a year	as sold
Cake, brownie and bread mixes	a year	as sold
Garam masala	a year	as sold
Cornmeal	12 months	regular, degerminated
Flour	12 months	white, whole wheat
Frosting or icing	12 months	as sold
Garlic	12 months	chopped, commercial jars
Nut oils	12 months	as sold
Oils	12 months	olive or vegetable
Tamarind paste	12 months	as sold
Tapioca	12 months	as sold
Whole wheat flour	12 months	as sold
Biscuit or pancake mix	9 months	as sold
Flavored or herb mixes	6 months	as sold

Beverages

Ingredient	Unopened	Sold as
Hard liquors	indefinitely	as sold
Water	indefinitely	commercially bottled
Nutrition supplement drinks	5 years	canned
Red wine	5 years	as sold
Tea	3 years	bags, instant, loose
Coffee	2 years	whole beans, home ground, non-vacuum, instant, commercial ground, non-vacuum
White wine	2 years	as sold
Diet powder mixes and drink mixes	2 years	as sold
Lemon juice	a year	as sold
Lime juice	a year	as sold
Nectar	a year	papaya, mango, guava, or guavabana
Vegetable juice	a year	shelf-stable

Coconut water	12 months	as sold
Cream liquors	8 months	unopened
Yuzu juice	6 months	as sold

Condiments, Sauces & Canned Goods

Ingredient	Unopened	Sold as
Apple cider vinegar	indefinitely	as sold
Anchovies	5 years	canned
Balsamic vinegar	5 years	as sold
Gravy	5 years	jars and cans
Soy sauce or teriyaki sauce	3 years	as sold
Relish	2 years	as sold
Cranberry sauce	2 years	canned
Dry gravy mixes	2 years	as sold
Honey	2 years	as sold
Mustard	2 years	as sold, dried, ground
Sauce mixes	2 years	nondairy (spaghetti, taco, etc.)
Thai red curry paste	2 years	as sold
Vinegar	2 years	as sold
Black bean sauce	2 years	as sold
Hoisin sauce	2 years	as sold
Oyster sauce	2 years	as sold
Jams, jellies and preserves	a year	as sold
Olives	a year	black and green
Spaghetti sauce	a year	in jars
Barbecue sauce	a year	bottled, homemade, canned
Chutney	a year	as sold
Ketchup, cocktail and chili sauce	a year	as sold
Marinades	a year	as sold
Pickles	a year	as sold
Salsa	a year	picante and taco sauces, homemade, canned
Tahini	a year	as sold
Worcestershire sauce	a year	as sold
Cream sauces, milk solids	12 months	as sold
Salad dressings	12 months	commercial, bottled
Tomato Sauce	12 months	homemade, canned
Hot sauce	6 months	as sold
Mayonnaise	6 months	commercial

Salad dressing	6 months	creamy, vinaigrette
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Dairy Products & Eggs

Ingredient	Unopened	Sold as
Powdered milk	5 years	as sold
Coffee creamer	2 years	powdered
Nacho cheese	2 years	store bought
Ghee	8 months	as sold

Grains, Beans & Pasta

Ingredient	Unopened	Sold as
Mung bean	10 years	dry, food-grade bags, dry, vacuum-sealed
Quinoa	3 years	uncooked
Refried beans	3 years	as sold
Beans	2 years	dried
Dry egg noodles	2 years	as sold
Pasta	2 years	dry, without eggs
Rice	2 years	white or wild, brown
Lentils	a year	dried
Peas	a year	dried split
Bulgur	12 months	as sold
Barley	6 months	whole grain, flour, meal
Farro	6 months	whole grain, flour, meal
Rye	6 months	whole grain, flour, meal
Spelt	6 months	whole grain, flour, meal
Amaranth	4 months	whole grain, flour, meal
Oats	4 months	whole grain, flour, meal
Sorghum	4 months	whole grain, flour, meal
Teff	4 months	whole grain, flour, meal
Tortillas	3 months	flour
Buckwheat	2 months	whole grain
Millet	2 months	whole grain

Meat — Shelf Stable Foods

Ingredient	Unopened	Sold as
Canned meat	5 years	canned

Jerky	12 months	commercially dried, homemade
Ham	9 months	shelf-stable cans
Bacon	6 months	fully cooked

Meat — Smoked or Processed

Ingredient	Unopened	Sold as
Chorizo	a year	smoked and processed, cooked

Poultry — Shelf Stable Foods

Ingredient	Unopened	Sold as
Canned chicken	5 years	as sold

Produce — Fresh Fruits

Ingredient	Unopened	Sold as
Coconut	a year	shredded
Dates	2 months	as sold

Produce — Fresh Vegetables

Ingredient	Unopened	Sold as
Potatoes	a year	as sold, instant
Basil	12 months	dried
Jicama	4 months	fresh
Pumpkins	3 months	as sold
Spaghetti squash	2 months	whole

Shelf Stable Foods

Ingredient	Unopened	Sold as
Salt	indefinitely	table, plain, or iodized
Canned goods	5 years	low acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach), high acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce)
Coconut cream	5 years	canned
Coconut milk	5 years	canned
Sesame seeds	5 years	as sold
Cinnamon	4 years	ground, dried, commercially bottled or purchased in bulk

Cumin	4 years	ground, dried, commercially bottled or purchased in bulk, opened or unopened
Garlic powder	4 years	dried, commercially bottled or purchased in bulk
Maple syrup	4 years	unopened, glass, unopened, plastic
Nutmeg	4 years	ground, dried, commercially bottled or purchased in bulk
Onion powder	4 years	dried, commercially bottled or purchased in bulk
Black pepper	3 years	ground, dried, commercially bottled or purchased in bulk, cracked, dried, commercially bottled or purchased in bulk
Coconut oil	3 years	as sold
Corn syrup	3 years	as sold
Peanuts	3 years	shell, boiled, shelled
Tuna	3 years	packet, canned
Tomato paste	2 years	as sold
Avocado Oil	2 years	as sold
Cajun seasoning blend	2 years	ground, dried, commercially bottled or purchased in bulk
Chocolate syrup	2 years	as sold
Flaxseed	2 years	whole seed
Molasses	2 years	as sold
Mushrooms	2 years	dried
Popcorn	2 years	dry kernels in jar, commercially popped in bags, microwave packets
Sesame oil	2 years	as sold
Peanut butter	2 years	commercial, commercially produced, containing hydrogenated fat or other stabilizers
Applesauce	a year	commercial
Chia seeds	a year	as sold
Fruit cocktail	a year	canned
Almond butter	a year	as sold
Almond oil	a year	as sold
Bacon bits	a year	imitation
Beets	a year	pickled
Canola oil	a year	as sold
Grapeseed oil	a year	as sold
Marshmallows	a year	as sold
Nuts	a year	jars or cans
Pudding mixes	a year	as sold
Seafood	a year	canned
Soup mix	a year	dry bouillon
Sun dried tomatoes	a year	jar
Sunflower oil	a year	as sold

Syrup	a year	as sold
Cereal	12 months	ready-to-eat, cook before eating (oatmeal, etc.)
Cereal or granola bars	12 months	as sold
Dry stuffing mix	12 months	commercially packaged
Edamame	12 months	salted, dry roasted, out of pod
Grits	12 months	boxed
Milk	12 months	canned evaporated or condensed, shelf-stable
Sunflower seeds	12 months	raw, unsalted, no shell, roasted, no shell
Toaster pastries	12 months	as sold
Graham and animal crackers	9 months	as sold
Granola	9 months	as sold
Gummy (fruit) snacks	9 months	as sold
Pretzels	9 months	as sold
Tapenade	9 months	as sold
Crackers	8 months	as sold
Almonds	6 months	shell, no shell
Breadcrumbs	6 months	commercial
CROUTONS	6 months	as sold
Dried fruit	6 months	raisins, apricots, mangoes, cranberries, etc.
Instant breakfast drinks	6 months	bottled
Pumpkin seeds	6 months	raw, no shell, raw, in-shell, roasted, no-shell, roasted, in-shell
Marshmallow crème	5 months	as sold
Pork rinds	4 months	as sold
Cashew butter	3 months	as sold
Potato chips	2 months	as sold

Vegetarian Proteins

Ingredient	Unopened	Sold as
Textured soy protein	2 years	(TSP)
Re-hydrated textured soy protein	4 months	(TSP)
Soy flour	2 months	full-fat

Related

- [Ingredients](#) — the wider shelf.
- [Preservation](#) — what to do when something does *not* keep.
- [Food](#).