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FREE KITCHEN REFERENCE

Pantry Shelf-Life Chart

How long pantry staples keep while sealed or whole, and once opened or cut. Most opened times also say where the food goes next: the pantry or the fridge. Write the date on a jar or bag when you open it, and keep the pantry cool and dry.

FOOD	UNOPENED OR WHOLE	OPENED OR CUT
CONDIMENTS AND SAUCES		
Ketchup	About 1 year in the pantry	About 6 months refrigerated at best quality
Mustard	1 to 2 years in the pantry	About 1 year refrigerated at best quality
Mayonnaise	3 to 6 months in the pantry	About 2 months refrigerated
Soy sauce	About 3 years in the pantry	About 1 month refrigerated at best quality
Oyster sauce	18 to 24 months in the pantry	3 to 6 months refrigerated
Tahini	About 1 year in the pantry	About 3 weeks refrigerated
Jam	6 to 18 months in the pantry	6 to 12 months refrigerated
Salsa	About 1 year in the pantry	About 1 month refrigerated
Barbecue sauce	About 1 year in the pantry	About 4 months refrigerated
OILS		
Olive oil	6 to 12 months in the pantry	3 to 5 months in the pantry, or about 4 months refrigerated
Vegetable oil	6 to 12 months in the pantry	3 to 5 months in the pantry, or about 4 months refrigerated
Sesame oil	About 2 years in the pantry	About 6 months in the pantry
BAKING		
Flour	6 to 12 months in the pantry	6 to 8 months in the pantry, or about 1 year refrigerated
Sugar	Indefinitely in the pantry	18 to 24 months at best quality
Brown sugar	Indefinitely in the pantry	18 to 24 months at best quality
Baking powder	6 to 18 months in the pantry	3 to 6 months in the pantry
Baking soda	2 to 3 years in the pantry	About 6 months in the pantry
Yeast	About 2 years in a cool, dry place	About 4 months refrigerated
Cocoa powder	Indefinitely in the pantry	About 1 year in the pantry
Chocolate chips	1 to 2 years in the pantry	About 1 year in the pantry
CANNED GOODS AND BROTH		
Canned beans	Safe well past the use-by or best-by date as long as the can shows no dents, rust, or swelling	3 to 4 days refrigerated
Canned tomatoes	Safe well past the use-by or best-by date as long as the can shows no dents, rust, or swelling	5 to 7 days refrigerated
Canned tuna	About 3 years in the pantry	3 to 4 days refrigerated
Coconut milk	2 to 5 years in the pantry	About 4 days refrigerated
Chicken broth	The use-by date printed on the package	3 to 4 days refrigerated
DRY GOODS		
White rice	About 2 years in the pantry	About 1 year in the pantry, or 6 months refrigerated
Brown rice	About 1 year in the pantry	About 1 year in the pantry, or 6 months refrigerated
Dry pasta	About 2 years in the pantry	About 1 year in the pantry
Coffee beans	3 to 5 months in the pantry	3 to 5 months in the pantry, or 3 to 4 months refrigerated
WHOLE PRODUCE		
Potatoes	1 to 2 months in a cool dark place; refrigeration is not recommended	About 24 hours in the fridge, in a covered bowl of cold water
Sweet potatoes	2 to 3 weeks in a cool dark place; do not refrigerate raw	Cut sweet potato holds 3 to 4 days refrigerated *
Onions	About 1 month in a cool dark place	Cut onion holds 7 to 10 days refrigerated in an airtight container *
Garlic	About 1 month as a whole head in a cool dark place	Peeled cloves hold about 1 week refrigerated; chopped garlic 2 to 3 days *
Butternut squash	2 to 6 weeks in a cool dark place; about 1 month refrigerated	Cut squash holds 3 to 5 days refrigerated *

Sources: USDA FoodKeeper; USDA FSIS for opened mayonnaise; the Idaho Potato Commission for peeled potatoes.
* Our estimate: FoodKeeper and FSIS give no time for this. Follow storage instructions on the label, and throw out cans that are dented, leaking, bulging or rusted.

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