



PROCESSED - SHELF STABLE PRODUCTS		
Item	Unopened, After Purchase	After Opening
Baked goods	2 - 7 days. Refrigerate or freeze for longer storage.	
Baking powder	Replace every 6 months to a year. To test it: mix 1 teaspoon baking powder with 1/2 cup hot water and the mixture should bubble immediately.	
Baking soda	Replace every 6 months to a year. To test: mix 1/4 teaspoon baking soda with 2 teaspoons of vinegar and the mixture should bubble immediately.	
Canned goods - high acid	18 months	3-4 days
Canned goods - low acid	2-5 years	3-4 days
Canned meats, shelf stable	2 to 5 years/pantry	3-4 days
Flour	Varies by variety. All-purpose flour, stored in cool, dry location can store indefinitely. Refrigerate whole wheat and higher-fat flours. See FAQs	
Juices	Shelf-stable, bottled. Store for 12 to 18	3 - 5 days
Powdered seasonings	6 months to a year past "best by" date. .	1 month Spoilage is unlikely but quality will degrade. If seasoning mixes add fats, watch for rancidity
Salt		Does not "expire".
Sugar		Never (unless it is exposed to moisture and becomes too difficult to use