

Food Shelf Life Recommendations

Guidelines for Agencies on Shelf-Stable Food Past the Container Date

CANNED FOODS	
Fruit	1 year
Vegetables and Sauces	2 years
Seafood	4 years
Meats	5 years

DRY GOODS	
Cereals	6 months
Flour	18 months
Grits	1 year
Pasta	2 years
Rice	2 years
Cake Mix	9 months
Sauce/Gravy Mix	6 months
Macaroni & Cheese	2 years
Nutritional Bars	6 months
Peanut Butter	2 years
Dry Beans	1 year

CONDIMENTS & SPICES	
Mayonnaise	3 months
Pickles	1 year
Salad Dressing	1 year
Jelly	1 year
Spices	1 year
Ketchup	18 months
Mustard	2 years
Steak Sauce	2 years

JUICE & OTHER DRINKS	
Canned Juice	6 months
Tea Bags	18 months
Bottled Juice	1 year
Drink Mix	2 years

INFANT CARE	
Baby Food	Exp. Date
Formula	Exp. Date

Rotate your food pantry inventory using the FEFO method (First Expired, First Out).

If you have questions on food safety or container dates,
please contact the Lowcountry Food Bank at 843-747-8146 x 114.