

LONG SHELF LIFE FOOD CHART

Optimal Storage Reference Guide

FOOD CATEGORY	ITEMS	SHELF LIFE
Grains	White Rice, Hard Grains, Rolled Oats	25 - 30 Years
Legumes	Dried Beans, Lentils, Chickpeas	20 - 30 Years
Baking Basics	Sugar, Salt, Pure Vanilla Extract	Indefinite
Dairy	Powdered Milk (Non-fat)	15 - 20 Years
Proteins	Canned Meats, Freeze-Dried Meats	5 - 25 Years
Preserves	Honey, Maple Syrup	Indefinite
Liquids	Distilled Water, Apple Cider Vinegar	Indefinite

Note: Store in a cool, dark, and dry location (below 70F/21C) for maximum longevity.