

Food Storage Guidelines

from the test kitchens at Taste of Home

Depending on the food, the proper length of time to store items in the pantry, freezer or refrigerator can vary widely. The information that follows gives you a guide to help you enjoy your food when it's at its best.

Cupboard Storage Times

When buying dry or canned goods, make sure any dates on the packages or cans haven't expired. Don't purchase cans that are bulged or swollen. Store unopened dry foods in their original packages and keep opened products in airtight containers.



Food	Storage Time	Special Handling
Baking powder or soda	18 months	Keep in an airtight container after opening.
Bouillon cubes, granules	1 year	
Cake mixes	1 year	
Canned foods, commercial	1 year	
Cereals	Check package date	Keep in an airtight container after opening.
Chocolate, baking	1 year	Keep in a cool place.
Coconut	1 year	Refrigerate opened packages.
Coffee, fresh ground	2 to 3 weeks	Refrigerate or freeze opened cans or packages.
Flour, all-purpose	15 months	
Flour, whole wheat	6 months	Refrigerate or freeze during warm weather.
Fruit, dried	6 months	Refrigerate opened packages.
Gelatin	18 months	Keep in a dry place.
Herbs, dried	1 year	Keep in a cool, dark place. Refrigerate red spices.
Honey	1 year	
Jams, jellies	1 year	Refrigerate after opening.
Macaroni, spaghetti, dried pasta	1 year	Keep in an airtight container after opening.
Molasses	2 years	
Nonfat dry milk powder	6 months	Keep in an airtight container after opening.
Olive oil	1 year	Keep in a tightly capped bottle away from heat and light.
Peanut butter	6 months	Refrigerate during warm weather.
Pudding mixes	1 year	
Rice, white	Indefinite	Keep in an airtight container in a cool, dry place.
Salad dressings, commercial	6 months	Refrigerate opened bottles.
Shortening	8 months	Store in a cool dark place.
Sugar, brown	4 months	Keep in an airtight container after opening.
Sugar, granulated	2 years	Keep in an airtight container after opening.
Syrups—corn, maple-flavored, maple	1 year	Refrigerate maple syrup after opening.
Vegetable oil	1 year	Keep in a tightly capped bottle away from heat and light.
Yeast, active dry	Check package date	Refrigerate during warm weather.

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Mormon Food Storage Guide

William Shurtleff; Akiko Aoyagi



Mormon Food Storage Guide:

Food Storage Guide for Schools and Institutions United States. Child Nutrition Division, 1975 **Food Storage for Self-Sufficiency and Survival** Angela Paskett, 2014-04-09 Be Well Prepared and Well Fed With all the uncertainty in the world today there is peace in preparing In an emergency you don't want to depend on a grocery store or government agency to feed your family Storing food assures your family's self sufficiency year round and benefits your budget when you plan correctly This in depth nuts and bolts guide to storing food teaches you a variety of food storage methods that you can customize to meet your family's unique circumstances including family size tastes ages health concerns income and living conditions This is not a generic manual on stocking dehydrated meals that have ten year shelf lives It's the guide to storing foods your family loves so you can eat well no matter what challenges life throws at you Inside you'll find Food storage options for 72 hour emergency kits short term emergencies and long term survival Food storage planning methods that incorporate the foods and meals your family loves Tips for how to maintain balance and variety in your food storage Budget friendly ways to purchase food for storage Easy and practical ideas for cooking with food in storage so nothing expires or goes to waste Organization and storage methods for easy food store maintenance Water storage and purification methods Canning freezing and dehydrating methods to preserve food you produce at home Storing food gives you the freedom to stretch your income in tight budget months pack quick meals for short notice trips and create healthy meals without constantly going to the grocery store Plus your stored food is available if you do experience an emergency power outage natural disaster long term illness or job loss Let this guide help you start building your self sufficiency and food storage today

Inspired Prophetic Warnings: Book of Mormon and Modern Prophecies about America's Future Duane S.

Crowther, 2023-02-14 Throughout the ages God's prophets have spoken of the latter days And now their messages are available to you in one unique and inspiring volume With elegance and clarity this book weaves the prophecies of our day into distinct themes to reveal penetrating insights and invaluable lessons A timely read for all who are preparing for the Savior's Second Coming **The Three Nephites** Julie Swallow, Christopher James Blythe, Eric A. Eliason, Jill Terry Rudy, 2025-10-07 Stories of encounters with the Three Nephites immortal saint like figures dominate the folklore of the Latter day Saint tradition The authors of this volume use hundreds of legends collected by the renowned folklorist William A Wilson from across a lifetime of research study and interviews to focus on the different themes exhibited by the Three Nephites and show that LDS culture beliefs and values are embodied by and through the Three Nephites Each chapter focuses on a different theme from Three Nephites lore Vanishing Hitchhiker Nephites addresses stories of the Nephites travels The Worldwide End of the World considers the Nephites as harbingers of the Second Coming Proclaiming the Gospel Stories examines the interactions of the Three Nephites with missionaries Mix ups High Jinks and Jokes explores Nephite stories aimed at getting laughs That Your Joy Might Be Full analyzes the types of service the Three Nephites render and

reflects on the connection to the Church's injunction to serve others. A one of a kind collection. The Three Nephites allows readers to see the extent that this supernatural legend has played in Latter-day Saint lore. [Food Storage Guide for Schools and Institutions](#) United States. Consumer and Marketing Service. School Lunch Division, 1965. [Mormon America - Revised and Updated Edition](#) Richard Ostling, Joan K. Ostling, 2007-10-09 Gives a highly praised detailed and even handed account of the fastest growing and most prosperous religious group in America today thoroughly revised and updated to include the presidential run of Mitt Romney and the likely death of president prophet Hinckley. *Store This, Not That!* Crystal Godfrey, Debbie Kent, 2016 Steer clear of food storage disaster Empower yourself with the insider info it takes to store healthy food save money and make delicious meals Use these savvy tricks to avoid accidents waiting to happen to your supply Keep produce whole grains and even meat and dairy for months or years Become a food storage expert and never go hungry again. **History of Whole Dry Soybeans, Used as Beans, or Ground, Mashed or Flaked (240 BCE to 2013)** William Shurtleff, Akiko Aoyagi, 2013-07. *The SAGE Encyclopedia of Food Issues* Ken Albala, 2015 The SAGE Encyclopedia of Food Issues explores the topic of food across multiple disciplines within the social sciences and related areas including business consumerism marketing and environmentalism In contrast to the existing reference works on the topic of food that tend to fall into the categories of cultural perspectives this carefully balanced academic encyclopedia focuses on social and policy aspects of food production safety regulation labeling marketing distribution and consumption A sampling of general topic areas covered includes Agriculture Labor Food Processing Marketing and Advertising Trade and Distribution Retail and Shopping Consumption Food Ideologies Food in Popular Media Food Safety Environment Health Government Policy and Hunger and Poverty This encyclopedia introduces students to the fascinating and at times contentious and ever so vital field involving food issues. **Guide to Mormon Diaries & Autobiographies** Davis Bitton, 1977. **Long Term Food Storage Guide: Containers, Bags, Preservation Methods, Organization & Essentials** Bob Babson, 2025-08-06 Long Term Food Storage Guide Containers Bags Preservation Methods Organization Essentials By Bob Babson Are you truly prepared for the unexpected Long Term Food Storage Guide is the ultimate handbook for preppers homesteaders and anyone serious about building a resilient food supply Whether you're prepping for disasters economic uncertainty or just want peace of mind this guide shows you how to store food safely effectively and for years to come Inside you'll learn The best containers and Mylar bags for long shelf life Oxygen absorbers vacuum sealing and proper labeling How to rotate organize and track your food supply Top foods to store and which to avoid Tips for storing grains legumes canned goods freeze dried meals and more Storage in small spaces and off grid environments Whether you're just starting or looking to upgrade your pantry this book gives you clear step by step strategies for long term food preservation Budget friendly storage solutions Emergency food planning Practical systems that work in real life Stay ready Stay fed Store smart. *The Improvement Era*, 1967. **Improvement Era**, 1969. *Food Storage Guide for Schools and Institutions*, 1959. [History of Modern Soy Protein](#)

Ingredients - Isolates, Concentrates, and Textured Soy Protein Products (1911-2016) William Shurtleff; Akiko Aoyagi, 2016-01-17 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 405 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books

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Food Storage Guide for Schools and Institutions U. S. Agricultural Marketing Service, 2018-04-05 Excerpt from Food Storage Guide for Schools and Institutions November 1959 Pa 403 This handbook has been prepared as a guide for schools and institutions to show good methods of handling and storing USDA donated and locally purchased foods The information was drawn from many sources and includes latest research data available on types of storage facilities and equipment needed for handling and storing foods It is recognized that not all schools and institutions have the ideal types of storeroom facilities and handling equipment However this should present a challenge and inspire constant attention to improving existing facilities and planning for adequate food storage facilities in the future In using the guide consider the geographic location of the storage facilities giving particular attention to climatic conditions and other local situations prevailing in the area The terms dry food storage or storeroom used in this handbook apply to any dry food storage facility maintained by schools and institutions where foods are received and stored until they are prepared and served The term refrigerated food storage applies to both normal refrigeration and freezer or frozen food storage Good

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