



67 Long-shelf Life Foods to Stockpile

Food	Shelf-Life (Unopened)	Ideal Storage Temperature	Where to Store
Apple cider vinegar	2 years	70 °F / 21 °C	Pantry
Applesauce	3 months	40 °F / 4 °C	Root cellar or fridge
Apples	2 – 4 months	32 °F / 0 °C	Fridge or root cellar
Avocados	4 – 5 months	0 °F / -18 °C	Freezer
Bay leaves (dried)	1 – 2 years	0 °F / -18 °C	Freezer
Beans (dried)	1 – 3 years	70 °F / 21 °C	Pantry
Bouillon cubes	1 – 2 years	32 °F / 0 °C	Fridge or root cellar
Biltong	2+ years	0 °F / -18 °C	Freezer
Blueberries	6 – 12 months	0 °F / -18 °C	Freezer
Broccoli	10 – 12 months	0 °F / -18 °C	Freezer
Carrots	6 months	40 °F / 4 °C	Root cellar
Canned Soup	3 years	60 °F / 5 °C	Pantry
Canned Tuna	3 – 5 years	60 °F / 15 °C	Pantry
Cocoa	3 years	66 °F / 18 °C	Pantry
Coconut Oil	2 – 3 years	66 °F / 18 °C	Cool, dark place, dark airtight container
Cereal	6 – 12 months	Room Temp.	Pantry
Chicken (canned)	3 years	60 °F / 15 °C	Pantry
Coffee beans	6 – 10 months	66 °F / 18 °C	Pantry
Cornmeal	Indefinite	0 °F / -18 °C	Freezer
Corn Syrup	Indefinite	Room Temp.	Pantry
Distilled Water	3 – 5 years	Low Temp.	In glass bottles
Dried Fruit	1+ years	50 °F / 10 °C	Cool, dark place, plastic bag inside metal can
Dry Salami (Uncut)	Indefinitely, according to USDA	40 °F / 4 °C	Fridge
Eggs (Powdered)	5 – 10 years	65 °F / 18 °C	Pantry, inside airtight containers
Flour	2 years	0 °F / -18 °C	Freezer, in freezer bags
Freeze-dried cheese	10+ years	70 °F / 21 °C	Pantry
Ghee	1 year	40 °F / 4 °C	Fridge, airtight container
Hard liquor (unopened)	10+ years	Room Temp.	Pantry
Hardtack	25 years	65 °F / 18 °C	Cool, dry dark place in Mylar bag with O2 absorber

Honey	Unlimited	Room Temp.	Airtight glass jar, cool dark location
Jerky	3- 5 years	50 °F / 10 °C	Vacuum-sealed, inside root cellar
Baking Powder	1 – 2 years	65 °F / 18 °C	Pantry, airtight container
Maple Syrup	1 year	40 °F / 4 °C	Glass jar, fridge
Nuts	3 years	0 °F / -18 °C	Freezer
Oatmeal	2 years	70 °F / 21 °C	Cool, dry, dark place in airtight container
Oily Fish (Canned)	2 – 5 years	70 °F / 21 °C (or lower)	Cool, dry, dark place
Dried Oranges	2 – 3 years		Cool, dry, dark place in airtight container
Parmesan Cheese	1 year	0 °F / -18 °C	Freezer
Pasta	1- 2 years	50 °F / 10 °C	Root cellar, or other cool, dry, dark place; airtight container
Peanut Butter (not open)	6 months - 2 years	50 °F / 10 °C	Root cellar or fridge
Pemmican	2 – 4 years	70 °F / 21 °C	Pantry
Pickles	2 years	Room Temp.	Pantry
Popcorn kernels	2 years		Pantry or other cool place (in sealed jar)
Potatoes (Cooked)	1 year	0 °F / -18 °C	Freezer
Powdered Drinks	6-12 months	Room temperature	Cool, dry, dark place such as a pantry
Powdered Milk	2-10 years	Room temperature	Cool, dry place
Protein Bars	6-12 months	Room temperature	Cool, dry, dark place such as a pantry
Ramen Noodles	1 – 5 years	Room temperature	Cool, dry place
Raisins	6 - 12 months	Room temperature	Cool, dry, dark place such as a pantry
Rice	2+ years	Room temperature	Cool, dry, dark place such as a pantry
Salt	Indefinite	Room temperature	Dry, covered container
Sauces	2-3 years	Room temperature	Cool, dry, dark place such as a pantry
Soy Sauce	3 years	Room temperature	Cool, dry, dark place such as a pantry
Spices and Herbs	6 months-2 years	Room temperature	Cool, dry, dark place such as a pantry
Sprouting seeds	3-7 days	60 °F (15 °C)	Rot cellar or cool pantry
Sugar	Indefinite	Room temperature	Airtight container
Tea	1+ years	60 °F – 80 °F (15 °C - 26 °C)	Cool, dry, dark place such as a pantry

Tomatoes	1 – 1.5 years	0 °F / -18 °C	Freezer
Vanilla Extract	Indefinite	Room temperature	Pantry
White Vinegar	Indefinite	Room temperature	Pantry
Whole Grains	1 – 15 years	65 °F / 18 °C	Pantry
Winter Squash	Up to 6 months	50 °F (10 °C)	Cool, dry, dark place such as a pantry
Yams	Up to 1 year	0 °F / -18 °C	Freezer