

# SHELF LIFE OF FOOD

---

LeftPrepperMom.com

## ***Use within six months:***

Powdered milk - boxed  
Dried fruit  
Dry, crisp crackers  
Potatoes

## ***Use within one year, or before the date indicated on the label:***

Canned condensed meat and vegetable soups  
Canned fruits, fruit juices, and vegetables  
Ready-to-eat cereals and uncooked instant cereals  
Peanut butter  
Jelly  
Hard candy and canned nuts  
Vitamins

## ***May be stored indefinitely (in proper containers and conditions):***

Wheat  
Vegetable oils  
Dried corn  
Baking powder  
Soybeans  
Instant coffee, tea, and cocoa  
Salt  
Noncarbonated soft drinks  
White rice  
Bouillon products  
Dry pasta  
Powdered milk