

Pantry Storage Chart

Food Item	Shelf Life (Unopened)	Shelf Life (Opened)	Storage Tips
White Rice	4–5 years	1–2 years	Store in Mylar with oxygen absorbers for 25+ years
Brown Rice	6–12 months	3–6 months	High oil content shortens shelf life
Pasta	1–2 years past best-by	6–12 months	Whole wheat spoils faster
Oats (rolled)	1–2 years	6–12 months	Keep moisture out
Flour (white)	1 year	6–8 months	Whole wheat only 3–6 months
Canned Vegetables/Beans	2–5 years	2–3 days (fridge)	Discard if bulging, rusty, or leaking
Canned Tuna/Salmon	2–5 years	1–2 days (fridge)	Keep in cool, dark storage
Dried Beans/Lentils	2–3 years	N/A	Harden with age, longer cooking times
Nut Butters	1 year	2–3 months	Natural varieties spoil faster
Baking Powder/Soda	1–2 years	N/A	Test freshness before baking
Sugar & Salt	Indefinite	Indefinite	Must stay dry
Honey	Indefinite	Indefinite	Crystallizes but never spoils