





















Fruit	Expiration	Recommended Storage
 <p>Apples</p>	<p>Whole + unwashed = 6-8 Weeks</p>	<p>Place in a bin, rotate often</p>
 <p>Avocados</p>	<p>On Counter + Unripe = 2-3 Days</p> <p>Uncut + Refrigerator = 3- 5 Days</p> <p>Half Avocado = 24 hours Mashed Avocado = 24 hours</p>	<p>May store on counter unless ripened then place in <i>refrigerator</i> to continue to ripen at a slower rate.</p>
<p>Bananas</p> 	<p>Room Temperature = 2- 3 days</p> <p>Refrigerator = 5-7 days</p>	<p>Tip: To make bananas last longer –wrap just the tips and hang them on a banana hanger. OR The refrigerator will turn bananas black, will not harm the fruit.</p>
<p>Clementines</p> 	<p>Room Temperature = 5-7 Days</p> <p>Refrigerator = 1-2 Months</p>	<p>Store in open mesh bag Or Refrigerator Bin</p>
<p>Grapes, Cherries, Blueberries</p> 	<p>1-2 Weeks</p>	<p>Unwashed in plastic bag in Refrigerator</p> <p><i>Recommended</i> to wash grapes, blueberries, & cherries before immediate consumption</p>
<p>Strawberry</p> 	<p>Whole + Room Temperature = 1-2 Days Whole + Refrigeration = 3-5 Days Cut + Room Temperature = 1 Day Cut + Refrigeration = 1-3 Days</p>	<p>Keep Strawberries <u>cold and dry</u> to prevent mold</p> <p>To Refresh Strawberries: Place strawberries in bucket of ice water for 20 minutes and they're back to being red and juicy again.</p>
<p>Watermelon</p> 	<p>Whole = 2-3 Weeks</p> <p>Cut = 3 - 5 Days</p>	<p>If not cutting the whole Watermelon wrap the uncut side in plastic wrap.</p>

Vegetables	Expiration	Recommended Storage
 Asparagus	3-5 days	Must be <u>refrigerated</u> Store like flowers; Place in mason jar with water and wrap the top with plastic wrap
Broccoli 	Florets = 4-7 days Cooked = 3-5 days in covered container	Must be <u>refrigerated</u> Best in loose bag or wrap they come in
 Carrots	1-2 weeks	Stored in covered container or plastic bags
Cauliflower 	Head (uncut) = 2 weeks Raw Florets (in plastic bag) = 4-7 days Cooked in covered container = 3-5 days	Must be <u>refrigerated</u>
 Celery	1-2 weeks	Stored in covered container or plastic bags
Cucumbers 	Whole (wrapped in plastic) = 7-10 days Sliced in closed container = 1-2 days	<u>Refrigeration</u> is best
 Garlic	Open container = 4-6 weeks Refrigerated, open = 1-2 months	In open container on shelf and/or refrigerated
Onions 	Open container = 4-6 weeks Refrigerated, open = 1-2 months	In open container on shelf and/or refrigerated

 <p>Potatoes</p>	<p>Shelf life, open bin = 1-2 weeks</p> <p>Refrigerated, open bin = 1-2 months</p> <p>Cooked in a container = 4 days</p>	<p>Store in a cool, dark area</p> <p><i>If potatoes have sprouts it is still safe to eat them but just remove the sprouts before baking.</i></p> <p>★ <i>Cooked potatoes develop an invisible, no odor bacteria after 4 days; this can cause illness if not purged.</i></p>
<p>Romaine Lettuce</p> 	<p>7-10 days</p>	<p>Unwashed and stored loosely in closed plastic bag</p>
<p>Animal Product</p>	<p>Expiration</p>	<p>Recommended Storage</p>
<p>Eggs</p> 	<p>Raw eggs will maintain their <u>best quality</u> for about 3 weeks after <u>sell by, use by, or best by expiration dates</u></p>	<p>Constant <u>refrigeration</u></p>
<p>Grains</p>	<p>Expiration</p>	<p>Recommended Storage</p>
 <p>Bread</p>	<p>Store bought = 5-7 days Homemade (no preservatives) = 3-4 days More likely to spoil if in warm moist environment.</p> <p>3 months in Freezer</p> <p>★ <i>Always throw away no matter the days if it is moldy (discolored) and/or has strange smells or taste.</i></p>	<p>Room Temp.: protect from moisture & air</p> <p>Refrigerator: dries out bread making it stale faster</p> <p>Freezer: pre-slice bread storing in bags (removing air from bag) consume immediately after defrosting</p>
<p>Cereal</p> 	<p>Unopened = 6-8 months past expiration date on box</p> <p>Opened in sealed container = 4-6 months</p> <p>Open bag sealed with chip clip = 1 week</p>	<p>Recommendation: <i>Storing in sealed container will deter pests like ants and protects from humidity.</i></p> <p><i>Bags tear easy and badly</i></p>

	Crackers	Unopened = 6-9 months Opened = 1 month	Air tight sealed container
Pasta		Unopened = 1-2 years past "best buy date" Cooked = 3-5 days	Store cooked pasta in air tight sealed container or sealable bags
Baking Items			Expiration
	Almond/ Coconut Flour	6-8 months <i>Most vulnerable to mold due to its high moisture content</i>	Air tight container in Refrigerator or Freezer
Baking Powder		Unopened = 18 months Open = 6 months (tip: date the can when opening it)	On shelf
	Baking Soda	Unopened = 3 years Opened = 6 months	May be kept on shelf or in refrigerator Fresher is always best when baking for best results.
Olive Oil		Unopened = 1 year Opened = 3-4 months (Smells like rotten eggs if rancid)	On shelf
	Sugar Granulated, Brown, Confection, or Powdered	No expiration	Stored in air tight sealed container
Wheat Flour		Room temperature = 6-8 months	Air tight, sealed container in dark, cool area such as shelf
	White Flour	Stays fresh longer than wheat flour due to the ways in which its processed	Air tight, sealed container in dark, cool area such as shelf

<p>Yeast</p> 	<p>Unopened = 1 year</p> <p>Opened = no good throw away</p>	<p>Usually sold in packages to where if opened the product is no good. If yeast is purchased in Jar form make sure it is sealed tightly and stored in cool area such as shelf</p>
<p>Canned-Bottled-Boxed/Bagged</p>	<p>Expiration</p>	<p>Recommended Storage</p>
<p>BBQ Sauce</p> 	<p>Opened in pantry = 1 month</p> <p>Opened in refrigerator = 6-9 months</p>	<p>Refrigerated</p>
<p>Canned Foods</p> 	<p>Unopened = 1 -2 years</p> <p>Opened = Toss</p> <p>Cooked = 3-5 days</p>	<p><u>Unopened</u> = shelf</p> <p><u>Opened</u> = if purchased and dented, damaged, or opened Throw Out</p> <p><u>Cooked</u> = sealed air tight container in refrigerator</p>
<p>Coffee Beans</p> 	<p>Room temperature = 1-2 Weeks</p> <p>Refrigerator = 1 month</p>	<p>Shelf or refrigerator</p>
<p>Honey</p> 	<p>1 year</p>	<p>On shelf</p> <p>It's best to keep open bottles in pantry –should not be refrigerated.</p>
<p>Jams & Jellies</p> 	<p>6 months if opened</p>	<p>Refrigerator if opened</p>
<p>Ketchup/Mayo/ Mustard</p> 	<p>Unopened = 1 year</p> <p><u>Opened in Pantry</u> = Ketchup & Mustard: 1 month</p> <p>Mayo: Immediately spoiled if opened and stored in pantry</p> <p><u>Opened in Refrigerator</u> = Ketchup: 6 months</p> <p>Mustard: 1 year</p> <p>Mayo: 3 months</p>	<p>Refrigerator</p> <p>Or</p> <p>Shelf (pantry)</p>

 <p>Maple Syrup</p>	<p>Unopened = 2 years</p> <p>Opened = check date on bottle</p>	<p>Refrigeration</p> <p>May be pouring mold spores on pancakes if not reading storing label</p>
<p>Salad Dressing</p> 	<p>Unopened = best by date + 1-2 months</p> <p>Opened = 3-6 months</p> <p>Homemade = 3-5 days</p>	<p>Unopened = shelf</p> <p>Opened = refrigerated</p>