

Food Storage Rotation

Rotation ensures that your food is always acceptable in quality by reducing the chance for insect, rodent, or chemical spoilage. Food losses can be prevented by rotation. Even freeze-dried goods sealed in cans under nitrogen should be rotated within 3 to 5. The following information provides general guidelines for items stored in cans.

25 Year Shelf Life

[Emergency Reserves MREs](#)

Meals Ready to Eat from Emergency Reserves Long Term Food Storage

18 - 24 Month Shelf Life

Wet-pack canned foods (if not acidic or "old" goods purchased on sale.

Non-acidic canned goods include tomatoes and vegetables.)

Boxed goods (pastas, mixes, puddings, gelatin, etc.) placed in sealed containers (to prevent loss from moisture or weevil)

Foods in foil-lined bags (such as onions and potatoes) if kept tightly closed

Freeze Dried Foods (5-7 year shelf life. After opening can, cover with tight lid and use within 6 to 8 weeks)

Dehydrated Foods (5-7 year shelf life. After opening can, cover with tight lid and use within 6 to 24 months)

Extracts

2 Year Shelf Life

Foods containing butter fat, egg yolk, milk fat, peanut oil

Peanut Oil

Brown Rice

Yeast

Bouillons and Soup Bases (in a jar)

[These foods can last up to 5 years if packaged with "controlled atmosphere packing" which means that all oxygen has been removed from the can before sealing.]

5 Year Shelf Life

Bouillons and Soup Bases (in a can)

Garlic granules or powder

Pasta products

Onion granules or powder

Whole Wheat Flour

5 to 10 Year Shelf Life

Dessert Mixes
Drink Mixes
Milk, Regular, Non-Fat
Rolled Oats
Potatoes, granulated, without milk
Baking Powder
Making soda
Breakfast drinks
Corn Meal
Corn Starch

10+ Year Shelf Life

Potatoes (diced, flaked, shredded, sliced)
Vegetables (salad blend, soup blend, vegetable mix)
Egg Whites
Fruits
Meat Substitutes
Onions
Peppers
White Rice
Shortening Powder
Tomato Crystals
Cracked Wheat
Spices

20+ Year Shelf Life

Dry Beans
Beef Jerky
Honey
Multi-purpose Food
Dry Peas
Salt
White Sugar
Wheat (whole kernel, hard, dry – less than 12% moisture content)