

- Ready Nutrition - <http://readynutrition.com> -

Long-Term Food Storage Guidelines

Posted By [Tess Pennington](#)

On September 8, 2011 @ 9:30 pm

Category: Emergency Checklists, Inventory Management, Preparedness, Storage

ReadyNutrition.com

Those that are planning to store food for long-term emergencies know that certain foods do not always stand the test of time. Natural elements such as sunlight, moisture and oxygen can dramatically reduce the lifespan of some of our favorite foods. Therefore, re-packaging food in better quality food liners and eliminating any oxygen present in the package can extend the shelf life of most foods dramatically. When re-packaging foods, using a [multi-barrier approach](#) ^[1] will keep these natural elements out of the container when sealed.

Having a guideline on hand of which foods last longer than others will ensure that your food supply stays within it's expiration. According to the [National Terror Alert](#) ^[2] website, the following foods can be stored for long-term use.

Guidelines for Food Storage:

Use within 6 months:

- Powdered milk (in box)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Cereal
- Dried potatoes
- Flour

Use Within 1 year:

- Canned condensed meat and vegetable soups
- Canned fruit, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Vitamins
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vegetable oil

May Be Stored Indefinitely (in proper containers and conditions):

- Wheat
- Dried Corn
- Sugar
- Honey
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Non carbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen packed cans)

Article printed from Ready Nutrition: <http://readynutrition.com>

URL to article: http://readynutrition.com/resources/long-term-food-storage-guidelines_08092011/

URLs in this post:

[1] multi-barrier approach: http://readynutrition.com/resources/are-you-ready-series-best-practices-for-long-term-food-storage_03042011/

[2] National Terror Alert: <http://www.nationalterroralert.com/foodstorage/>

Copyright © 2010 Ready Nutrition. All rights reserved.