mess

STICK ME INSIDE YOUR PANTRY DOOR

The Pantry Map

How long each dry good keeps, and the one fix when it goes wrong.

PANTRY: COOL, DARK, DRY — **FRIDGE = BELONGS IN THE FRIDGE**

BAKING SHELF

White sugar
KEEPS 2 years

Cover tightly.

Brown sugar
KEEPS 18 months

Hardens? Bread slice in the bowl, microwave 10 to 20 sec.

White flour
KEEPS 6 months

Airtight container. Can be frozen.

Whole wheat flour
FRIDGE

KEEPS 6 months

Oils go rancid. Fridge or freezer.

Cornstarch
KEEPS 18 months

Keep tightly covered.

BAKE AND SWEETEN

Baking powder
SEALED 18 months

3 months opened

Keep dry and covered.

Baking soda
SEALED 2 years

3 months opened

Keep dry and covered.

Cocoa, chips
SEALED Chips 2 years

Chips 1 year opened

Cocoa: indefinitely. Keep cool.

Honey
KEEPS 12 months

Crystallized? Warm the jar in hot water.

Vinegar
SEALED 2 years

12 months opened

Cloudy is fine. Keep tightly covered.

GRAINS AND BREAKFAST

White rice
SEALED 1 year

1 year opened

Keep tightly covered.

Brown rice
KEEPS 1 year

Keep tightly covered.

Dry pasta
SEALED 1 year

1 year opened

Once opened, airtight container.

Cereal, ready to eat
SEALED 6 months

2 months opened

Refold the liner tightly.

Hot cereal, dry
KEEPS 6 months

Refold the liner tightly after opening.

SNACK SHELF

Crackers
SEALED 8 months

1 month opened

Keep the box tightly closed.

Dry beans
KEEPS 12 months

Airtight container.

Dried fruit
SEALED 6 months

1 month opened

Airtight. Fridge if you can.

Nuts
FRIDGE

SEALED 3 months

2 wk opened (fridge 4 mo)

Fridge after opening. Freeze for longer.

Peanut butter
SEALED 6 months

2 months opened

Natural kind: fridge after opening.

OILS, SPICES, CANS, DRINKS

Cooking oil
SEALED 6 months

3 months opened

Cool, dark, tightly closed.

Spices, herbs
KEEPS Ground 2 yr

Whole 3 yr, herbs 6 mo. Faded smell: replace.

Canned food
SEALED 12 months

Opened: fridge, veg 2 days

Toss bulging or leaking cans.

Coffee, canned
SEALED 2 years

2 weeks opened

Cover tightly. Freeze to stretch.

Tea bags
SEALED 18 months

6 months opened

Airtight container.

Bugs or webs? Throw it out. Freeze new flour and grains a week, then store in glass or hard plastic.

Away from stove and sun. Times assume about 70°F.

Date it when you open it. Oldest goes in front.

Date every jar. **MESS Dissolvable Food Labels** wash off in about 30 seconds, no residue.

Best-quality times, not safety limits. Times from university extension charts. When in doubt, throw it out. Sources: Kansas State Univ. Extension MF3131 (June 2026, adapted from USDA FoodKeeper), NDSU Extension FN579, Ohio State Univ. Extension HYG-5401, Penn State Extension, Univ. of Illinois Extension, UF/IFAS IG095, Oregon State Univ. NPIC. Icons: Microsoft Fluent Emoji (MIT).

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