

LONGIVITY OF SOME FOODS

Salted Butter – in freezer-- 9 months

Canned Foods LOW ACID (meats and veggies) can be safe to eat *indefinitely* via USDA – **IF cans aren't rusty, swollen, dented, and product doesn't have an off smell**

Cheese -- in freezer—IF grated -- 9 months

Kraft Parmesean Cheese --

Kraft Mac n Cheese Powder – about 1-2 yrs.

Condiments: Ketchup, BBQ Sauce & Cocktail sauces ---1 yr. *unopened* Once opened 4-6 months in Fridge

Mustard 1 yr. in fridge

Cream of Wheat – 1. look at color, IF

2. Smells rancid

3. it isn't creamy white it may be moldy. (look for blue-green color). *IF you see brown dust in the bottom of the bay or black dots among the wheat – then it has grain weevils of some type. They are not dangerous to eat, but you probably don't want to eat them.*

IF it is the WET type-ready to heat and serve, Throw it out after 6 months.

Eggs, Honeyville's 20+ yrs.

Minute Rice – 2 yrs. *can eat safely after that*

Dehydrated Onions sealed with oxygen absorbers 30 yrs.

Meats --in freezer -- months

Nuts -- can go rancid. If stored on shelf a few months.....in freezer up to 2 yrs.

Vital Wheat Gluten – 7-10 yrs.

Yogurt Bites – sealed with oxygen absorbers 15+ yrs.