



SHELF RELIANCE®

# Shelf Life THRIVE® Foods

Grains	Servings	SHELF LIFE*	
		Optimum	Opened
6 Grain Pancake Mix	50	10 years	1 year
9 Grain Cracked Cereal	43	5 years	1 year
Barley-Pearled	58	8 years	18 months
Cornmeal	46	5 years	1 year
Egg Noodle Pasta	52	8 years	3 years
Elbow Macaroni	45	8 years	3 years
Flour-White	45	5 years	2 years
Flour-Whole Wheat	49	5 years	1 year
Germade	44	5 years	18 months
Oats-Quick	38	8 years	1 year
Rice-Instant	48	30 years	2 years
Rice-White	45	30 years	5 years
Spaghetti	32	8 years	2 years
Wheat Hard White Winter	44	30 years	6 months
Basics	Servings	Optimum	Opened
Apple Drink	86	3 years	1 year
Baking Powder	247	30 years	2 years
Baking Soda	204	30 years	2 years
Butter Powder	48	5 years	9 months
Bouillon-Beef	191	5 years	2 years
Bouillon-Chicken	185	5 years	2 years
Orange Drink	86	3 years	1 year
Peach Drink	86	3 years	1 year
Salt-Iodized	518	30 years	2 years
Shortening Powder	44	10 years	1 year
Sugar-Brown	47	10 years	1 year
Sugar-Powdered	48	30 years	2 years
Sugar-White	46	30 years	2 years
Fruits	Servings	Optimum	Opened
Apple Chips	47	30 years	18 months
Apples-Sliced	48	25 years	1 year
Apricot (FD)	40	25 years	1 year
Banana	45	7 years	1 year
Banana Slices (FD)	49	25 years	2 years
Blackberries (FD)	49	25 years	18 months
Blueberries (FD)	50	25 years	1 year
Mandarin Oranges (FD)	42	25 years	1 year
Mango (FD)	45	25 years	1 year
Peach Slices (FD)	42	25 years	1 year
Pear (FD)	42	25 years	1 year
Pineapple	41	7 years	1 year
Pineapple (FD)	41	25 years	1 year
Raspberries (FD)	48	25 years	18 months
Strawberries (FD)	45	25 years	1 year
Vegetables		Optimum	Opened
Broccoli (FD)	52	25 years	18 months
Carrot Dices	49	8 years	18 months
Celery (FD)	45	25 years	2 years
Cauliflower (FD)	42	25 years	2 years
Corn-Sweet (FD)	46	25 years	18 months
Green Bean (FD)	50	25 years	2 year
Mushroom Pieces (FD)	51	25 years	18 months
Onions-Chopped (FD)	45	25 years	2 year
Onions-Dehydrated	45	25 years	2 years
Peas-Green (FD)	41	25 years	18 months
Peas-Split Green	46	8 years	2 years
Peppers-Mixed Bell	42	7 years	1 year

Potato Chunks	Servings	SHELF LIFE*	
		Optimum	Opened
Potato Chunks	42	25 years	18 months
Potato Dices (FD)	41	25 years	2 years
Potato Beads	44	8 years	2 years
Spinach-Chopped (FD)	45	25 years	2 years
Sweet Potato	43	8 years	2 years
Tomato Powder	49	8 years	18 months
Garden Vegetable Seeds			
Dairy	Servings	Optimum	Opened
Cheese Blend	47	15 years	2 years
Cheese-Cheddar (FD)	44	20 years	2 years
Cheese-Mozzarella (FD)	43	20 years	2 years
Cheese-Monterey Jack (FD)	44	20 years	2 years
Cheese-Colby (FD)	44	20 years	2 years
Chocolate Drink Mix	48	25 years	2 years
Mac & Cheese Powder	52	15 years	6 months
Milk-Instant	80	25 years	2 years
Milk-Powdered	43	25 years	2 years
Sour Cream Powder	49	10 years	1 year
Meats & Beans	Servings	Optimum	Opened
Beans-Black	50	30 years	5 years
Beans-Kidney	44	30 years	5 years
Beans-Lima	49	30 years	5 years
Beans-Pinto	49	30 years	5 years
Beans-Small Red	63	30 years	5 years
Beans-Small White Navy	48	30 years	5 years
Lentils	51	30 years	5 years
Eggs-Whole	236	5 years	6 months
Chicken Dices (FD)	48	25 years	1 year
Ground Beef (FD)	48	25 years	1 year
Ham Dices (FD)	48	25 years	2 weeks
Roast Beef (FD)	48	25 years	1 year
Sausage (FD)	48	25 years	1 year
Bacon TVP	47	10 years	1 year
Beef TVP	44	10 years	1 year
Chicken TVP	45	10 years	1 year
Ham (TVP)	44	10 years	1 year
Sausage TVP	45	10 years	1 year
Sloppy Joe TVP	43	10 years	1 year
Taco TVP	42	10 years	1 year
Entrees	Servings	Optimum	Opened
Potato Cheese Soup	48	8 year	1 year
Broccoli Cheese Soup	48	8 year	1 year
Chicken Noodle Soup	43	8 year	1 year
Beef Chili	12	10 years	3 months
Cheesy Potatoes	18	5 years	3 months
Chicken Curry	12	10 years	3 months
Creamy Chicken Tomato	12	10 years	3 months
Dijon Chicken	12	5 years	3 months
Mesquite BBQ Chicken	12	10 years	3 months
Sweet Pepper Steak	12	5 years	3 months
Vegetable Risotto	12	5 years	3 months

### \*A Word About Optimal Shelf Life

In the correct storage container, low-moisture foods stored in dry areas at room temperature or cooler (75°F/24°C or lower) can remain nutritious and edible for years. Studies show that even after being stored long-term, properly packaged food will help sustain life in an emergency.

The shelf life stated on all of Shelf Reliance's products is based on a "will sustain life" shelf life. This means that although time and heat may degrade the nutrition, color, and texture of all foods, our products will still be safe to eat and will sustain life through the stated shelf life.