PANTRY STAPLES SHELF LIFE & STORAGE TEMPERATURE GUIDE

Optimal Storage Zones (50-70°F) | Spoilage Recognition Rules | First-In, First-Out (FIFO) Rotation

STORAGE TEMPERATURE ZONES: PANTRY (50-70°F COOL/DARK) | FRIDGE (34-40°F) | FREEZER (0°F OR BELOW)

PANTRY STAPLES LONGEVITY MATRIX (UNOPENED VS OPENED)

Pantry Category & Item	Pantry (50-70°F)	Fridge (34-40°F)	Freezer (0°F)	Key Spoilage Indicators
White Rice / Jasmine / Basmati	4 - 5 years (Indefinite sealed)	Do not refrigerate	10+ years sealed	Moisture clumps, weevil beetles
Brown Rice / Wild Rice	6 - 8 months (oil in germ)	12 months in airtight jar	18 - 24 months	Rancid sour paint smell, oily residue
All-Purpose Flour (White)	1 year sealed airtight	1 - 2 years	2+ years	Weevil larvae, damp sour odor
Whole Wheat / Nut Flours	1 - 3 months	6 months	12 months	Bitter rancid taste, darkening
Extra Virgin Olive Oil	12-18 mos unopened / 60d open	Solidifies (Thaws ok)	Not recommended	Crayon, rancid putty or grease odor
Pure Clover / Raw Honey	Indefinite (Forever safe)	Crystallizes rapidly	Not needed	Crystallization is normal (warm jar)
Active Dry / Instant Yeast	6 months unopened	4 - 6 months opened	1 - 2 years (Best)	Fails warm water fizz test (dead cells)
Baking Powder & Baking Soda	6 - 12 months after opening	Do not refrigerate	Do not freeze	Powder fails vinegar / hot water fizz

PANTRY PRESERVATION PRINCIPLES

The 4 Enemies of Dry Storage:
Heat, light, moisture, and oxygen cause rapid lipid oxidation and microbial mold growth. Store in opaque or dark pantry cupboards.

Airtight Glass Over Plastic:
Grain weevils and pantry moths easily chew through thin cardboard and plastic bags. Decant dry flours and pastas into rubber-gasket glass jars.

Whole vs Ground Spices:
Whole peppercorns and cumin seeds retain aromatic volatile oils for 3-4 years; ground spices lose potency after 6-9 months.

Canned Goods Safety:
Never consume foods from bulging, dented rim, or rusting cans. Even a microscopic seal breach allows anaerobic Clostridium botulinum toxin.

FIRST-IN, FIRST-OUT (FIFO) AUDIT LOG

Pantry Staple Item	Purchased	Best-By	Audited
			☐
			☐
			☐
			☐
			☐
			☐