

<b>Food Type</b>	<b>Shelf-Life (in sealed Mylar bag with oxygen absorbers)</b>
Hard Whole Grains (Dry corn, buckwheat, hard red wheat, soft white wheat, kamut, durum wheat, spelt)	10+ years
Soft Whole Grains (Oats, quinoa, rye, barley)	8+ years
Professionally-Dehydrated Vegetables	10-20 years
Professionally-Dehydrated Fruits*	10-15 years
Home-Dehydrated Fruits and Veggies*	2-5 years
Freeze-Dried Fruits and Vegetables	25 years
Legumes (Beans, lentils, chickpeas, split peas)	25+ years
White Rice	10-30 years
Brown Rice	2-5 years
White Flour	10-15 years
Whole-Wheat Flour	10 years
Corn Meal	5-10 years
Potato Flakes	30 years
Pasta	20-30 years
Dry Non-Fat Milk	15 years
Cheese Powder	10-15 years
Powdered Eggs	5-10 years
Nuts **	1-5 years
Granola	1 year
Yeast	3-5 years
TVP	10-15 years
Baking Soda, Baking Powder	30 years
Sugar	Indefinitely
Honey	Indefinitely
Salt	Indefinitely