

Best Foods to Buy in Bulk

(and How Long They Last)

<i>Pasta</i>	Pasta stored correctly will last up to 3 years. Lasts longer when sealed in mylar.
<i>Rice</i>	Rice stored correctly will last up to 2 years. Lasts up to 20 years when sealed in mylar. White rice has a longer storage life than brown.
<i>Nuts</i>	Nuts will last up to 1 year when stored in the refrigerator and up to 2 years when stored in the freezer. Do not store roasted nuts.
<i>Soft Grains</i>	Grains such as lentils, oats, wheat berries, and other whole grains will last from a year to 8 years in regular storage but can last up to 30 years in mylar. This does not include flour.
<i>Dried Beans</i>	Beans can be stored up to 2 years in an airtight container, however they will last 8-10 years when stored in mylar.
<i>Canned Tomatoes</i>	Tomatoes seem to last the longest out of all the canned fruits and vegetables. I highly recommend finding cans that are not lined with BPA or glass jars.
<i>In Season Produce</i>	In season produce should be purchased and then frozen or canned for maximum storage. Canned goods will last at least 3 years while frozen produce will last up to a year.
<i>Meats</i>	Meats like beef and chicken should be stored in the freezer or canned.
<i>Dried Fruits</i>	Dried fruit will last up to 5 years when stored in mylar bags, however its normal storage length depends on how it is stored. Regular dried fruit in an airtight container will last several months.
<i>Cocoa</i>	Cocoa should be stored in a dark place in an airtight container and will last up a year.
<i>Sugar or Honey</i>	Sugars will last forever when stored in sealed mylar. When stored in an airtight container, it will last for several years. Honey may crystalize but can be restored by placing in the sun or hot water.
<i>Baking Supplies</i>	Baking supplies like baking soda, baking powder, arrowroot, salt, etc, will last for years when stored in airtight containers.
<i>Flour</i>	Flour can be stored in an airtight container and will last up to 6 months before going rancid. It will last longer when stored in the freezer.