**Tips For Keeping Kitchen Staples Longer**

**SPICES & DRIED HERBS**

*Shelf Life*
Whole Spices: 2 years
Ground Spices and Dried Herbs: 1 year

*Tips*
Buy spices whole, versus ground, and grind them just before using. Grinding releases the volatile compounds that give a spice its flavor and aroma.
Don’t store spices and herbs on the counter close to the stove. Heat, light, and moisture shorten their shelf life.
Bay leaves stay fresher in the freezer.

**DRIED GOODS**

**FLOUR**
1) Tapioca Flour and Rice Flour  
*Shelf Life:* 3 years  
*Tips*  
Don't require refrigeration or freezing.  
Opened or unopened, store it in a cool, dry area.

2) Wheat Starch  
*Shelf Life:* 1 year  
*Tips*  
Transfer wheat starch into an airtight container and store in a cool, dry area.
SWEETENER
1) Brown Sugar
   **Shelf Life:** Long-lasting
   **Tips**
   Store in an airtight container to protect it from heat and moisture.
   Softening brown sugar: Store brown sugar in a sealed container with a slice of sandwich bread and leave it overnight.

2) Honey
   **Shelf Life:** Long-lasting
   **Tips**
   Keep honey in the pantry (in the refrigerator, honey will crystallize)
   Reviving crystallized honey: To remove the crystals, open a glass honey jar, put it in a sauce-pan filled with 1 inch of water, and heat until it reaches 160 degrees.

BAKING AIDS
1) Corn Starch
   **Shelf Life:** Long-lasting
   **Tips**
   Store in an airtight container to protect it from heat and moisture.

2) Arrow Root Starch
   **Shelf Life:** 6 months
   **Tips**
   Don’t require refrigeration or freezing.
   Opened or unopened, store it in a cool, dry area.

3) Xanthan Gum
   **Shelf Life:** 3 years
   **Tips**
   Don’t require refrigeration or freezing.
   Opened or unopened, store it in a cool, dry area.

LEAVENING AGENTS
Baking Soda and Baking Powder
   **Shelf Life:** 6 months
   **Tips**
   Replace baking powder and soda regularly for best results.

DAIRY
BUTTER
   **Tips**
   Butter can pick up off-flavors and turn rancid if kept in the refrigerator for longer than a month. If you don’t use a lot, store butter in the freezer for up to 4 months in a zipper-lock bag and thaw sticks as needed.
HEAVY CREAM
Tips
Store cream in its closed container in the refrigerator.
To ensure freshness, do not return unused cream in its original container.

CANNED FOODS
OILS
Shelf Life: 6 months after opening; 1 year unopened
Tips
Store in pantry: olive, canola, corn, peanut, vegetable oil
Store in the freezer: sesame, walnut oil
Checking for freshness: Heat a little oil in a skillet.
If it smells rancid, throw out the bottle.

VINEGARS
Shelf Life: Long-lasting
Tips
Don’t toss old vinegars. Vinegars last indefinitely.

CANNED VEGETABLES
Shelf Life
High-acid canned foods (tomato): 12-18 months.
Low-acid canned foods (other vegetables): 2-5 years.
Tips
Store in a clean, cool, dark, dry place.
Moisture can corrode metal lids, break seals, and allow spoilage.