

Food Shelf Life Recommendations

Version 2.0

1/14/1999

Grocery product shelf life is based upon the Manufacturer's Date Packaged (DP) code. Manufacturers encode the Date Packaged somewhere on the product in a form unique to their internal procedures. My objective is to provide Date Packaged (DP) code keys for well-known products to assist your food purchasing and rotation efforts. *Remember that* these timeframes are the manufacturer's recommendations for MAXIMUM freshness and nutrient value. Several vendors indicated their products are edible long beyond the published recommendation dates.

In order to maintain freshness within the suggested expiration dates, food should be stored in a dry, cool location. Discard any food product exhibiting changed color, odor, or taste. Storage temperature has a great influence on shelf life. Per Del Monte – a 15-degree change reduces expected shelf life by 50% (ideal temp is 65; if stored at 80, then shelf life is reduced by 50%). Do not freeze canned goods; the added moisture may cause the seams to swell and burst during thawing.

Recommended product Shelf life is defined as MOS (months) Unopened and Opened. Both of these timeframes are calculated using the Date Packaged (DP) as the base. Unopened refers to total months the product can be stored at home. Opened refers to the total months (or days or weeks) the product can be stored once it has been opened. If the chart has a time recommendation for Opened, consider it as a SUBSET of the Unopened timeframe. For example, if a product has an Unopened shelf life of 12 months and an Opened recommendation of 3 months, the following statements are true:

- † For maximum freshness, the product should remain on your shelf for a maximum of date packaged + 12 months
- † Once the product is opened, it should remain on your shelf for a maximum of 3 months OR less. The combined unopen and open timeframes should not exceed date packaged + 12 months.

This chart is a work in progress. Feedback for additions, corrections or improvements should be forwarded to czimmer@gilanet.com for inclusion in a subsequent update. The chart is organized closely to the sequence of the generic Cupboard Storage Chart at County Extension sites (e.g. http://www.oznet.ksu.edu/dp_fnut/HRAP/STORAGE/cupstor.htm). I've included the Extension product recommendations in the table. They are listed without a specific manufacturer entry and with "generic" in the comment column.

Food categories include:

- † Staples
- † Mixes and Packaged Foods
- † Canned and Dried Foods
- † Spices, Herbs, Condiments, and Extracts
- † Other Food Items
- † Non-Food Items

CHART COLUMN DEFINITIONS:

DP= Date Packaged codes include the following codes in various combinations.

Y=Year Packaged

MM or M= Month Packaged

(if only one M then 1-9 = Jan-Sep, A = Oct, B = Nov, C = Dec unless otherwise noted)

DD=Day Packaged

JJJ=Julian Day Packaged (Jan 1 = 001, Dec 31 = 365 or 366)

X= letter or number not significant to product shelf life

DP LOC= Location of Date Packaged

UNOPEN= Number of months shelf life unopened from Date Packaged

OPEN= Number of months shelf life once opened.

FOOD PRODUCT RECOMMENDED SHELF LIFE

PRODUCT	MFG	Date Pkg.	DP LOC	Recommended Shelf life (Mos)		COMMENTS
				Unopen	Open	
<i>STAPLES</i>						
Baking Powder				18 or exp. date		Generic: Keep dry and covered. Test effectiveness w/ 1 tsp. BP and ¼ cup tap warm tap water. If bubbles, then still active
Calumet Baking Powder		Exp. Date		Exp. date	same	1-800-431-1001
Baking Soda				24		Generic: Keep dry and covered
Bisquick		Exp. Date		Exp. date	Same	
Bouillon				24		Generic: Keep dry and covered
Bouillon Herb Ox	Hormel	XMMDDY	Bottom	24	same	1-800-523-4635 www.hormel.com ;
Bouillon Tone	Tone	YMDDx M = A-M for Jan -> Dec (I is skipped!)		24	same	1-800-247-5251

Cereals Ready to Eat To Be Cooked				6-12 6	2-3	Generic: Refold liner tightly after opening
Chocolate Pre-melted Semi Sweet -- Unsweetened				12 18 18		Generic: Keep cool
Chocolate Milk Choc Bits ButterscotchBits Semi Sweet Unsweetend Choco Bake Baking Cocoa	Nestles	YJJJx..		16 18 24 24 24 24	same	1-800-258-6728 keep cool and tightly covered once opened
Chocolate Syrup				24	6	Generic: Refrig. After opening
Cocoa Mixes				8		Generic: Cover Tightly
Cocoa Mix Nestles Quick	Nestles	YJJJ	Embossed top row of codes on bottom	24	3-6	1-800-637-8536
Coffee Cans Instant				24 12-24	2 wks 2	Generic: Refrigerate after opening. Keep tightly closed, use dry measuring spoon.
Coffee Yuban (can)		YJJJ	Bottom of can; top row	12	1	May refrig. after opened. 1-800-982-2649
Coffee Maxwell House		XYJJJx		24		
Coffee Lighteners (dry)				9	6	Generic: Keep lid tightly closed

Cornmeal				12		Generic: Keep tightly closed
Cornstarch				18		Generic: Keep tightly closed
Cornstarch Argo	Best Foods	MDDxY	Top of pkg	Indefinite	Same	Lasts indefinitely. Discard if lumps, bugs, or moisture. 1-800-338-8831
Drink Mix Country Time Lemonade		YJJJxx	Bottom	24	Same	1-800-432-1002
Drink Mix Crystal Light		YJJJxx	Blue Band, white printing	24	Same	1-800-432-1002
Drink Mix Tang		YJJJx	Bottom of product, 2 nd line	24	Same	1-800-432-1002
Drink Mix Kool Aid	Kraft	YJJJx		18-24	2	Refrigerate up to 4 days after prepared 1-800-543-5335 www.kraftfoods.com
Flour White Whole wheat				6-8 6-8		Generic: Keep in airtight container. Refrigerate in airtight container
Flour Betty Crocker	General Mills	MYDDxx Month code is A-M (skip I). A=June, B = Jul...		18	Same	1-800-328-6787
Gelatin, all types				18		Generic: Keep in original container
Jello	Kraft	YJJJx..		24	N/A	1-800-543-5335 www.kraftfoods.com

Grits				12		Generic: Store in airtight container
Honey				12		Generic: Cover tightly; if crystallizes, warm jar in pan of hot water
Honey Crockett Stewart	Crockett	MMDDYY or YYMMDD	Cap	12-24- (indef)	Same	Best taste if used in 2 yrs. Lasts indefinitely so use for baking after 2 yrs. If in can, may turn dark. 602-731-3936.
Jellies, Jams				12		Generic: Cover tightly. Storage life extended if refrigerated after opening
Jellies, Safeway	Safeway	Purch by date	Cap	Purch by + 1 mo	Same	Can store for 24 mos. On shelf. Best taste if used by purch. By date. 602-894-4100
Molasses				12+	6	Generic
Marshmallow Cream				3-4		Generic: Cover tightly. Refrigerate after open to extend storage life.
Mayonnaise				2-3		Generic: Refrigerate after opening
Mayonnaise Kraft Mayo and Miracle Whip Salad Dressing	Kraft	Purch by date	On label	Purch by + 1 mo	3-4	Refrigerate after opening. Use by purch by date
Milk Condensed Evaporated Non-Fat dry				12 12 6	- - 3	Generic: Invert cans each 2 mos. Invert cans each 2 mos. Store in airtight container

Milk Carnation Skim Evap Lowfat Evap Sweet Condense Nonfat Dry Evap	Nestles	YJJJxx...		9 12 12 12 15	* * * Same *	1-800-854-8935 *Once ready to use product open, refrigerate for up to 3 days.
Pasta				24		Generic: Store in airtight container when opened
Pasta American Beauty	Hershey	YMMDDxxx	On end flap of box or stamped on cellophane	12-36	Same	12 – oven ready 24 – egg noodle 36 – regular 1-800-468-1714
Pectin Liquid Dry				1 12	1	Generic: May have exp. Date. Recap and refrigerate after opened.
Rice White Flavored or herb				24+ 6		Generic: keep tightly closed
Rice Minute Rice	Kraft	Best used by date	Box top	18	Same	Best used by date = 18 mos from pkg. date
Salad Dressings Bottled From Mix				10-12	3 2 wks	Generic: Refrigerate after opening or mixing.
Salad Dressing Good Seasons Mix	General Foods	YJJJx...		24	-	

Salad Dressing Hidden Valley Mix	Hidden Valley	XxYJJJ		12	-	
Salad Oils				6	1-3	Generic: Refrigerate after opening
Oil – Crisco or Puritan	Proctor & Gamble	YJJJxxx		24	12	No need to refrigerate unless re-using after frying
Oil - Mazola Corn Oil, Canola Oil	Best Foods	Purch. by date	Printed on bottle	18	Same	Purch by date = 18 mos. From pkg. Date 1-800-338-8831
Oil - Olive Oil	Pompeian	YMMDDx	On bottle in black ink	24	24	410-276-6900 No need to refrigerate
Shortenings, solid				8		Generic
Shortening Crisco – Regular Crisco - Butter	Proctor & Gamble	YJJJx	Bottom	Indef. 18	12 6-12	No need to refrigerate
Sugar Brown Confectioners Granulated Sweeteners				4 18 24+ 24+		Generic: -Airtight container -Airtight container -Cover tightly
Sugar – C&H Granulated Brown Confectioners	C&H	XxxMDD M = A-M (I omitted) for even year; M = N-Z (O omitted) for odd year. No year code printed.	Side of box	Indef, but best quality= 18 9 6	Same	Sugar doesn't spoil, but best quality if used as noted. Remoisten Brown sugar w/ damp paper towel in sealed container overnight. 1-510-787-2121

Syrups				12		Generic: Keep tightly closed. Refrigerate to extend life. Remove any light surface mold and use.
Tea				18		Generic: -Airtight container -Cover tightly
Bags				36		
Instant				24		
Loose						
Tea	Lipton	YMDDxx..	J = embossed on jar	18	Same	1-800-697-7887
Sweetened Tea		M: A-L = Jan thru Dec	CC = Bottom			www.lipton.com
Vinegar				24+	12	Generic: Keep tightly closed. Cloudy appearance doesn't affect quality. Distilled vinegar keeps longer than cider vinegar

MIXES AND PACKAGED FOODS

Biscuit, Brownie, Muffin Mix				9		Generic: Keep cool and dry
Cake Mixes						Generic: Keep cool and dry
Angel Food				12		
Other				9		
Casseroles, complete or add own meat				9-12		Generic: Keep cool and dry
Cookies				2-3 wks		Generic - Airtight container - Keep tightly closed
Homemade				2		
Packaged						
Mixes	Continental Mills	XXYJJJXX	Embossed on top	24 (see note)	--	All mixes keep 24 months. Yeast in bread machine mix keeps 12 mos. 1-800-457-7744
Krusteaz						

Mixes Pillsbury	Pillsbury	MYXXX M: A-L = Jan - Dec	Prod. ID panel on top	18	--	1-800-767-4466
Mixes Betty Crocker	General Mills	MYDDxx Month code is A-M (skip I). A=June, B = Jul...	Usually on top	8-12+	--	1-800-328-6787
Mixes Jiffy	Chelsea Mills	XYJJJx	Pkg top	24	--	1-734-475-1361
Crackers				3		Generic: Tightly closed
Dressing Mix Stove Top	Kraft	Exp. Date	Pkg. Bottom	Exp. Date	--	Use by printed exp. Date
Frostings Canned Mix				3 8		Generic: Refrigerate leftovers
Frosting Betty Crocker	General Mills	MYDDxx Month code is A-M (skip I). A=June, B = Jul...		8-10		1-800-328-6787
Hamburger Helper Betty Crocker	General Mills	MYDDxx Month code is A-M (skip I). A=June, B = Jul...	Usually on top	12	--	1-800-328-6787
Hot-Roll Mix				18		Generic: If opened, put in airtight container
Macaroni & Cheese	Noodles by Leonardo	MMYYDD	Top flap	24	--	701-968-4464
Pancake Mix				6-9		Generic: Airtight container
Pie Crust Mix				8		Generic: Keep cool and dry

Pies and Pastries				2-3 days		Generic: Refrigerate cream, custard, chiffon
Potatoes, Instant				6-12		Generic: Airtight container
Pudding Mixes				12		Generic
Rice/Pasta Mixes				6		Generic
Rice-a-Roni		Exp. date		Exp. Date	Same	Pre-printed exp. Date
Pasta-Roni		Exp. date		Exp. Date	Same	Pre-printed exp. Date
Rice & Sauce	Lipton	YMDxx.. M: A-H=Jan-Aug X = Sept J-L = Oct – Dec	Embossed on side	10-15 see note -à	Same	Mos by product: 10 - Cheddar Broccoli 12 – alfredo, beef flavor, Asian style, chicken broccoli, chicken flavor, mushroom, Spanish, tereyaki 15 – butter & herb, Asian style rice & bean
Noodles & Sauce	Lipton	YMDDxx.. M: A-H=Jan-Aug X = Sept J-L = Oct – Dec	Embossed on side	12-24 see note -à	Same	Mos by product: 12 – alfredo w/ broccoli, butter & herb, chicken & broccoli, creamy chicken, parmesan, sour cream & chives, stroganoff 15 – alfredo 18 – beef flavor, butter 24 – chicken flavor
Pasta & Sauce	Lipton	YMDDxx.. M: A-H=Jan-Aug X = Sept J-L = Oct – Dec	Embossed on side	9-12 see note -à	Same	9 – mild cheddar 12 – all other flavors

Sauce/Gravy Mix				6-12		Generic
Soup Mix				12		Generic
Onion Soup Mix	Lipton	YMDDxx.. M: A-L = Jan thru Dec		12-15	--	1-800-687-7887
Soup Base	Tone	YMDDx M = A-M for Jan – Dec (I is skipped!)		120 mos (10 yrs)	24	Refrigerate after opening 1-800-247-5251
Soup Country Kitchen	Bear Creek	N/A		36	6	435-654-2660 No date stamps. Use unopen/open months from date of purchase
Taco Mix Ortega	Nestles	YJJJ		18	--	1-800-745-3403
Toaster Pastries				2-3		Generic: In airtight packet

CANNED AND DRIED FOODS

Canned Foods,				12	3 day	Generic: Keep cool
Baby foods				12	2 day	Once open, refrigerate and cover tightly. Transfer foods to glass or plastic to avoid metallic taste of can if kept more than one day.
Fish & seafood				12	1 wk	
Fruit				12	2 day	
Meats				12	1-2 m	
Pickles/olives				12	2 day	
Poultry				12	5 day	
Sauce, tomato				12	3 day	
Vegetables						
Canned Food Cheese Sauce	Gracia	MFxxxx-xJJY hh:mm		24-36	7-10 days	

Canned Food Fish & Seafood Tuna	StarKist	YJJJ OR JJJY Year code: F = 1997 G = 1998 H = 1999...	Top of can	4-6 years	--	1-800-252-1587 applies to both oil & water packed items
Canned Fruit Cranberry Sauce	Ocean Spray	Exp. date		Exp. Date	Same	Pre-printed exp. Date
Canned Fruit Apples	Comstock	XJJJYxxx	Second line	2-3	2-3 days	1-800-270-2743
Canned Fruits	Del Monte	YJJJx	Top or bottom of can	9-30	2-3 days	9 = orchard select 18 = tropical fruit salad 24 = Pineapple, mandarin orange, fruit cups, lite fruits, fruit in its own juice, fruit pleasures 30 = all other fruit
Canned Fruit	Libby's	One method =: YMDDx Y: 1 or A = 96 2 or B = 97 3 or C = 98 4 or D = 99 M: 1-9 = Jan – Sept. O = Oct N = Nov D = Dec		36+	2-3 days	1-888-884-7269 No coding standards Call for interpretation of product code

Canned Fruit Applesauce Individual Srvng Multi serving jar	Motts	XxYMMDDx	Cap if glass jar	*9-12 mos 14 mos	1-2 wk 1-2 wk	Refrigerate when opened. *Fruitsations = 9 mos. All other individual srvngs=12mos 1-800-426-4891
Canned Fruits Pie Fillings	Comstock	xxxxxx-xJJY hh:mm		24-36	2 wks in fridge	1-800-270-2743 www.agrilinkfoods.com
Canned Fruit Juices				6		Generic: Keep cool in airtight container. Refrigerate if possible.
Canned Juices	Del Monte	YJJJx..	Top or bottom of can	12-24	2-3 days	12 = fruit smoothies 18 = pineapple and SNAP-E-TOM cocktail 24 = tomato juice
Canned Juices	Motts	XxYMMDDx		12 mos	1-2 wk	Refrigerate when opened. 1-800-426-4891
Canned Meats Dinty Moore Spam Ham Chunks Chili Dried Beef	Hormel	XMMDDY	Usually on bottom	Indefinite		1-800-523-4635 www.hormel.com ; www.spam.com
Canned Meats Dutch Colony Cooked Ham	Brokers Choice	YJJJx	Can back: Top line	5 years	--	732-827-0500
Canned Meats Black Label Ham	Hormel	Exp. Date		Exp. Date	--	1-800-523-4635 www.hormel.com ;
Canned Meat Chicken	Tyson	JJY?		36	--	No response to email

Canned Sauce Pasta Ragu	Lipton	Use By Date		Use By Date	See note	1-800-328-7248 Red sauce; refrigerate for 2 wks or freeze for 2 mos after open
Canned Sauce Pasta	Five Brothers	XxxxJJY	Top line of codes on lid	24	See note	Once opened, red sauces keep 2 weeks in refrigerator or 2 mos in freezer. (no opened storage dates available for alfredo sauce)
Canned Sauce Salsa, Pasta	Ortega	YJJJx...		36	7 days	1-800-745-3403 Refrigerate after opening
Canned Soup	Campbell's	Exp. date		Exp. Date	--	Pre-printed exp. Date
Canned Vegetable Baked Beans	Bush Beans	MDDYx M= 1-9 is Jan thru September 0 = Oct N = Nov E - Dec	Top or bottom of can	24-36	2-3 days	423-509-2361
Canned Vegetable Black Beans	Progresso Pillsbury	MYxDD	Embossed on top or bottom	24	2-3 days	1-800-328-6787
Canned Vegetable Refried Beans, Chiles/Jalapenos	Ortega	YJJJx...		24 36	1-2 days 7 day	1-800-745-3403 Refrigerate after opening
Canned Vegetable Vancamp Pork & Beans	Hunt Wesson	Ymxxx	Top of can	24	2-3 days	
Canned Vegetable French Fried Onions	French's	xYYJJ		12	12	1-800-841-1256

Canned Vegetable Tomatoes	Del Monte	YJJJx..	Top or bottom	30	2-3 days	30 = crushed, diced, wedge, stewed tomatoes, tomato sauce and paste
Canned Vegetable	Del Monte	YJJJx..	Top or bottom of can	24-30	2-3 days	24 = Asparagus, Beets, Kraut, Cream Style Corn, All no salt added 30 = all other vegetables
Canned Vegetable	Green Giant	MYxDDx.. M: A-L = Jan thru Dec ---OR--- JJJY	Top or bottom of can	24-48	2-3 days	1-800-998-9996 36 – corn/peas 48 – mushrooms 24 – all other vegetables
Canned Vegetable Tomatoes Sauerkraut	Libby's	Varies. 1 eg: YMDDx Y: 1 or A = 96 2 or B = 97 3 or C = 98 4 or D = 99 M: 1-9 = Jan – Sept. O = Oct N = Nov D = Dec		36+ 18	2-3 days 2-3 days	1-888-884-7269 No coding standards Call for interpretation of product code
Canned Food Vegetable Protein Products	Worthington Foods	YJJJ	2nd Row	24	--	www.wfds.com
Canned Food Misc. Chef Boyardee	Intl Home Foods	MDDY M: A-H = Jan-Aug X = Sept J-L = Oct-Dec	2nd line of codes	24	2-3 days	1-800-544-5680

Dried Fruits				6		Generic: Keep cool in airtight container. Refrigerate if possible.
Dried Vegetables				12		Generic: Keep cool in airtight container. Refrigerate if possible.
<i>SPICES, HERBS, CONDIMENTS, AND EXTRACTS</i>						
Catsup, chili sauce				12	1	Generic: Refrigerate for longer storage
Catsup, sauces	Del Monte	YJJJx..	Top or bottom	18-24	2-3 days See note	18= sloppy joe sauces, no salt added stewed tom 24 = ketchup (glass and plastic) chili, seafood cocktail, spaghetti sauce note: Ketchup, chili and cocktail sauces keep several weeks in fridge after opened
Chili Sauce	McIlhenny	JJJYxx	Black print on neck of bottle	24	Same	1-800-634-9599
Mustard, Yellow Prepared				24	6-8	Generic: May be refrigerated.
Mustard-French's	French's	xYYJJJ		12 18	Same Same	1-800-841-1256
Squeeze bottle						
Jar						
Pickles - jar	Del Monte	YJJJx..	Top or bottom of jar	12-24	2-3 days	12 = tiny kosher dill 24 = all other pickle products

Spices & Herbs				12-24		Generic: Store in airtight container in dry place away from sunlight and heat. Check aroma – replace if faded. Whole cloves, nutmeg, and cinnamon sticks maintain quality beyond 24 mos.
Whole				6		
Ground				6		
Herbs				6		
Herb/spice blend						
Spices	Tone	YMDDx M = A-M for Jan – Dec (I is skipped!)	Printed on side of plastic container	12-24 mos	Same	24 - berries/seeds 12 - extracts If no aroma - replace it Metal can vs. plastic container - makes no difference 1-800-247-5251
Steak Sauce	McIlhenny	JJYxx	Black print on neck of bottle	24	Same	1-800-634-9599
Tabasco Hot Pepper Sauce	McIlhenny	JJYxx	Black print on neck of bottle	60	Same	1-800-634-9599
Extracts				24	12	Generic: Keep tightly closed; volatile oils escape
Vanilla				12		
Other						
Vegetables, dehydrated flakes				6		Generic

OTHER Food Items

Candy	Nestles	YJJ...			--	1-800-258-6728
Chocolate Bars						
Baby Ruth				8		
Butterfinger				10		
Crunch				12		
Milk Choc				15		

Cheese, Parmesan grated				10	2	Generic. Refrigerate after opening. Keep tightly closed
Coconut, Shredded canned or pkg.				12	6	Generic: Refrigerate after opening
Meat Substitutes TVP; imitation bacon bits				4		Generic; keep tightly closed; for longer storage, refrigerate
Mushrooms Freeze Dried	Tone	YMDDx M = A-M for Jan – Dec (I is skipped!)		24	Same	1-800-247-5251
Nutritional Caloric Products, instant breakfast				6		Generic: Keep in can, closed jars or original packets
Nutritional Bars Sweet Success w/ Fruit Sweet Succes Coated	Nestles	YJJJx...		9 12	-- --	1-800-847-8661
Nutritional Ready to Drink Carnation Instant Bkfast Sweet Success	Nestles	YJJJx...		9 15	-- --	1-800-847-8661
Nutritional Powdered Drink Carnation Instant Bkfast Sweet Success	Nestles	YJJJx...		15 36	Same Same	1-800-847-8661 Store tightly covered in cool place after opened. Do NOT refrigerate

Nuts In shell pkg Nutmeats pkg. Vacuum can				4 24 3	2 wk 2 wk 2 wk	Generic: Refrigerate after opening. Freeze for longer storage. Unsalted & blanched nuts keep longer than salted.
Peanut Butter				6-9	2-3	Generic: Refrigeration not needed. Keeps longer if refrigerated
Peanut Butter Jif	Proctor & Gamble	YJJJxxxx	White print on label	24	3	No refrig. Needed. If separating, discard. 1-800-543-7276
Peanut Butter Skippy		MDDxY		24		
Peas, beans-dried				12		Generic: Airtight container cool location
Popcorn				24		Generic: Airtight container
Vegetables, Fresh Onions Potatoes White Sweet					2wk 4wk 2wk	Generic: Keep dry and away from sun. Keep about 50 degrees for longer storage. Don't refrigerate sweet potatoes
Whipped Topping (dry)				12		Generic: Keep cool and dry
Yeast (dry)				Exp. date		Generic
Topping Hazel Nut & Cocoa Sauce	Nutella	H in date code = 98	Back	8	Same	Nutella - 1-800-nutella
<i>NON-FOOD Items</i>						
Cough Drops Halls	Warner Lambert	XxMMYxxx	Back of pkg	18 zinc 24 other	--	1-800-223-0182

Coconut, Shredded canned or pkg.				12	6	Generic: Refrigerate after opening
Bleach	Clorox	XxYDDD		12		Keep at 70 degrees; 20% degraation each year after 1 st year
Tissues; Scott Toilet Paper	Kimberly-Clark			Indef		Keep dry and sealed in factory packaging
Feminine Hygiene	Tambrands			Indef		Keep dry and sealed in factory packaging

General Food Storage Information from other sources

1. 1.5 – 2 Tbsp. of canned pumpkin = 1 egg
2. 2 Tbsp water = 1 egg for low cholesterol cooking
3. Applesauce can be exchanged for oil on a 1 to 1 ratio
4. Salt keeps indefinitely
5. Vinegar keeps indefinitely if in plastic or glass bottle with PLASTIC cap
6. Jarred foods generally keep 6 months longer than their canned counterparts.