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New Findings for Longer-Term Food Storage



Findings of recent scientific studies conducted by a team of researchers at Brigham Young University show that properly packaged, low-moisture foods stored at room temperature or cooler (75°F/24°C or lower) remain nutritious and edible much longer than previously thought. The studies, which are the first of their kind, increase the estimated shelf life for many products to 30 years or more (see chart for new estimates of shelf life). Previous estimates of longevity were based on "best-if-used-by" recommendations and experience. Though not studied, sugar, salt, baking soda (essential for soaking beans), and vitamin C in tablet form also store well long-term. Some basic foods do need more frequent rotation, such as vegetable oil every 1 to 2 years.

While there is a decline in nutritional quality and taste over time, depending on the original quality of food and how it was processed, packaged, and stored, the studies show that even after being stored long-term, the food will help sustain life in an emergency.

For tips on how to best preserve longer-term food storage products, see [Longer-Term Supply](#).

Food	New "Life Sustaining" Shelf-Life Estimates (In Years)
Wheat	30+
White rice	30+
Pinto beans	30
Apple slices	30
Macaroni	30
Rolled oats	30
Potato flakes	30
Powdered milk	20

