

# Forever Foods

*This free tip sheet was produced by the Cheapskates Club –  
[www.cheapskatesclub.net](http://www.cheapskatesclub.net)*

What are forever foods?

They are foods, or ingredients, that last just about forever - or they are shelf-stable for at least 30 years. Shelf-stable means it doesn't need to be refrigerated or frozen - it can sit on your pantry shelf.

**Canned Foods** - tomatoes, corn, peas, fruit etc. last for years. But they will change colour, texture and taste over time. Now the ring-pulls are handy but not for long term food storage as they tend to blow!

**Corn Flour** - real cornflour. use in cooking and to make sauces and as a baby powder.

**Dried Beans** - bet you thought I'd forgotten about them! Vacuum seal them and they'll be great for years.

**Flour** - white - 12 - 18 months past BBD is fine. It will deteriorate but not as fast as wholemeal flour which is good for 3 - 6 months past the BBD due to the higher oil content.

**Ghee** - clarified butter. If you make your own, store in sterilised glass jars.

**Honey** - raw honey is best, but any honey is shelf stable indefinitely.

**Liquor** - whiskey, brandy, vodka, gin - not to drink! but as a preservative, as a bug spray, in cleaning supplies, as a disinfectant.

**Maple Syrup** - pure maple syrup is good for baking, as a sweetener in a glass bottle.

**Noodles and pasta** - regular spaghetti will be shelf-stable for 3 - 4 years. Two-minute noodles, ramen etc. 6 -12 months

**Popping Corn** - cheap folks. Handy and not just for a snack. Can be ground to make maize.



**Powdered Milk** - shelf stable indefinitely but it needs to be in glass jars and vacuum sealed.

**Rice** - white rice will last indefinitely in a glass jar. Brown rice won't last as long due to the oil content.

**Rolled Oats** - years in pressure canned or vacuum sealed glass jars.

## **Salt**

**Soy Sauce** - it will last forever or at least 30 years due to the high salt content. It's handy to have for flavouring casseroles, soups etc.

**Spices** - the master chefs amongst us will say nay. I say they last a lot longer than the package says if it's in a glass jar, airtight, and stored in a cool, dark cupboard.

**Stock** - must be in cube or powder form, not liquid or paste. Again, the salt content is what will keep it. Look for MSG free.

## **Sugar**

**Tea** - black or green tea. If the zombie apocalypse happens tea will be important.

**Vanilla** - pure only - scrape the beans into alcohol - not the imitation extract

**Vinegar** - ACV or white or brown will last forever. It's cheap, versatile and you can make it easily if you run out.

