

Canned Food: Shelf Life, Storage and Other Tips		
Canned Foods Information		
Food Type	Examples of Food	Shelf Life
High Acid Foods	Tomatoes, Fruit, Pickles	Best quality up to 18 months; up to 2 years
Low Acid Foods	Carrots, Pumpkin, Potatoes, Peas	Best quality up to 2 years; up to 5 years
Meats	Tuna, Ham	Best quality up to 3 years; up to 6 years
Proper Storage can allow you to keep canned foods up to double the "Best Quality" shelf life		
Tips and Other Information for Storing Canned Foods/Dry Goods		
Store in a cool, clean, dry place with temperatures between 50° - 70° F (Not cold enough to freeze; can be above 70°F up to 85°F, but not recommended for prolonged periods of time).		
High temperatures (100° F and higher) are harmful to canned foods. The risk of spoilage jumps sharply as storage temperatures rise. Prolonged storage of 75° F can cause nutrient loss. Light can cause changes in color and nutrient loss in food in jars.		
Never put canned foods or other shelf-stable items: <ul style="list-style-type: none"> • Above the stove • Under the sink • In a damp garage or basement 		
Food reacts chemically with the metal container over time. This is especially true for high-acid food. This corrosion over time causes taste and texture changes; eventually affecting the nutritional value of food.		
Cans or metal lids on glass jars CAN rust with time. When rust is deep enough, tiny holes open in the can or lid that may let spoilage agents in. Shipping accidents that dent or crush cans also cause problems.		
Foods kept longer than "Best Quality" will be safe to eat if cans are stored properly and do not show signs of spoilage.		
Do not leave ingredients such as Flour and Brown Sugar in their original packaging. <ul style="list-style-type: none"> • Transfer to see-through containers that will keep them fresh and help you identify the contents 		
Signs of Spoilage		
Loose or bulging lids on jars	Foul odor coming from can or jar	
Bulging, leaking or badly dented cans (especially along top, side and bottom seams)		
Plastic Lining for Canned Goods		
Did you know practically all cans – from those filled with food to other products like beverages and makeup – are lined with a product called "Epoxy Resin"? It is an important plastic lining that helps to protect food and beverages from the contamination of dissolved metals and from spoilage due to bacteria. The epoxy resin lining can be white, yellow or clear. This lining is controversial as it contains a chemical compound called Bisphenol A, also known as BPA. Though BPA is considered toxic, a very minute amount leaches into the food or beverage. The estimated dietary intake of BPA from the epoxy resin coating is said to be less than 0.00011mg per 1kg of body weight per day. In other words, an average adult would have to eat 230kg or approximately 500lbs of canned food and beverage for most of their life span before exceeding the safe levels of BPA set by the Environmental Protection Agency.		