

Gourmet Reserves® Shelf Life

What is the shelf life of Gourmet Reserves preparedness foods? It is impossible to give a definitive answer without knowing how the foods are stored and in what containers. The manufacturer's general conservative shelf life statement for Gourmet Reserves cans is 10+ years.

Extended shelf life is primarily affected by oxygen, fat, moisture, heat and time - the lower the values the better. Excessive quantities of these elements will cause loss of nutritional value, off flavors, odors, and rancidity. Handling and physical damage must also be kept to a minimum. Damage to can seams and excessive rust must be avoided. Gourmet Reserves products are sealed in heavy gauge metal cans with an oxygen absorber added. Be sure to observe storage tips for best results.

Provided that proper storage procedures have been followed, we can offer general guidelines as to the shelf life expectations of the Gourmet Reserves foods. Once the foods leave our facilities we have no control over storage conditions. So be conscientious and avoid high heat — the cooler the better.

The most susceptible ingredients to aging are dairy products, sour cream powder, cheese powders, and egg products. Other items subject to aging include tree nuts, brown rice, and shellfish. Note that it is possible that some beans, grains, and other types of food will store for longer periods of time in ideal conditions, we feel it is inappropriate to promise or suggest shelf lives of any longer than 15 years (although shelf life may be longer when stored in ideal conditions).

The manufacturer does its best, utilizing the latest canning techniques and oxygen absorber technology, to ensure the longest possible shelf life. Because of the various factors which affect shelf life, over which we have no control, we cannot guarantee that your results will match our estimates. In order to maximize shelf life, do not expose to high or freezing temperatures for an extended period of time.

Estimated shelf life of Gourmet Reserves® products in typical room temperature storage conditions:

- Vegetables 8-10 years
- Fruits 8-10 years
- Meats 5-10 years
- Eggs..... 5-10 years
- Complete Entrees soups/breakfasts/desserts most recipes 5-10 years
- Recipes w/ shrimp, brown rice, sour cream, tuna & nuts 2-5 years
- Entrees 5-10 years
- Cheese powders..... 5-10 years
- Sweeteners 10-15 years
- Granola 5-10 years
- Pasta 8-10 years
- Milk, Nonfat..... 8-10 years
- Beans, Textured Vegetable Protein (TVP) 8-10 years
- Royal Kreme Crackers (ready to eat)..... 10-15 years
- Sauces and Seasonings 5-10 years
- Grains (cooking required) 10-15 years
- Beans & Peas (cooking required)..... 10-15 years
- Scrambling and Omelet Egg Mix (cooking required)..... 5-10 years
- Pancake Mix (cooking required) 3-5 years

Proper Food Storage Tips

It is crucial that you store food reserves properly. Please follow the following recommendations:

- Avoid exposure to heat and moisture. Make sure foods are not accessible to insects or animals.
- Never store food directly on the ground or on concrete floors — moisture can build up inside containers.
- Avoid such storage places that experience temperature build-up such as attics, garages or car trunks. Ideally, storage for Gourmet Reserves should not exceed room temperature for extended periods.
- Store in a location that is accessible so that periodic inspections are easy.
- Rotate supplies.
- Avoid excessive and rough handling of pouch and canned foods.