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## MRE SHELF LIFE INFORMATION

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MRE Shelf Life (Based on taste testing at U.S. Army's NATICK Research Laboratories)							
Storage Temperature (Fahrenheit)	100°	90°	85°	80°	75°	70°	60°
Storage Life in Months (and years)	22 Months (1.8 yrs)	55 Months (4.5 yrs)	60 Months (5 yrs)	76 Months (6.3 yrs)	88 Months (7.3 yrs)	100 Months (8.3 yrs)	130+ Months (10.8+ yrs)

### Notes about MRE shelf life:

We tell our customers to figure on a 5-year shelf life for MRE items at room temperature. But from the chart, you can see that the cooler you can keep your MREs, the better. If stored at room temperature (75 degrees on the high end), the taste testing indicates slightly over seven (7) years. If you can keep them cooler (like in a basement or like in our warehouse for example), the shelf life is over ten (10) years. Remember, the shelf life of MREs is based on taste testing and nutrient value, and not that the product goes bad and would be harmful to you.

**TheEpicenter.com owner** says: *"I've had 10-year-old spaghetti that was in my own supplies and it was just fine. The noodles were not quite as firm as the fresh MREs, but other than that, just fine".*

The manufacturer uses an estimated shelf life figure of "3 to 5 years, plus or minus" for its MRE-type pouched food products. Actual shelf life may vary from this estimate. A key factor effecting actual shelf life is the temperature of the storage environment. Storage at temperatures higher than 85°F may shorten the shelf life of MRE-type food products. On the other hand, lowering the storage temperature will help extend the products' shelf life. This effect is common to most processed food products.

The shelf life figures given in the table for MREs are based on taste test studies conducted by the U.S. Army's NATICK Research Laboratories. This study was conducted by NATICK without participation of the MRE manufacturers. As such, the manufacturer cannot verify the test procedures used by the NATICK labs, nor do they adopt these shelf life figures as a guarantee of any sort. The data is useful, though, as a general indication of the effects of storage temperatures on the shelf life of MRE-type food products.