



MILLER'S BIO FARM
Inspiring Healthy Generations

SHELF LIFE GUIDE for FARM FRESH FOOD





This Guide Will Tell You How to Properly Store Natural Groceries

Managing your home food inventory can be overwhelming. Follow this shelf life guide to farm fresh food to effectively plan ahead and keep your kitchen stocked with healthy, nutrient-dense food.

Cooking at home is at the heart of Miller's Bio Farm. We are here to keep your family supplied with quality ingredients direct from passionate small farmers.

Foods like the ones Miller's Bio Farm offers...





What is “proper” storage?

Properly storing food makes sure it will last the longest and have the absolute best quality. The times provided in this guide are for minimal to no quality loss. Follow these guidelines to keep your pantry, fridge, and freezer at the right temperature and humidity.



PANTRY

(60-80 F)

Your pantry should be dark and relatively cool. Counter storage is not recommended for longterm storage because of light.

Your pantry should be the same humidity that's comfortable indoors, around 30-50%.



FRIDGE

(38-40 F)

Your fridge should be no more than 40 F. Keep in mind that the bottom back of the fridge is usually the coldest.

Your fridge should be around 65% humidity. However, your produce drawer should be higher humidity, around 95%.



FREEZER

(-0 F)

Frozen items will technically last forever. However, taste and texture degrade over time.

Since your freezer is below freezing, it should have 0% humidity. Any water will simply turn into frost.

Does opening a container change the shelf life?











The timing in this guide is for *unopened* containers. It's really hard to predict shelf life after a container is opened. Every time a container is used, it's exposed to contaminants and variables that can affect longevity.

Should I use a thermometer?

It's a good idea to use a thermometer and hygrometer to make sure your storage areas are at the correct temperature and humidity. This will ensure the longest shelf life and best tasting food. You can purchase an affordable bluetooth thermometer/hygrometer combo for easy monitoring.

DAIRY *and* EGGS



Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY ↔ 1 MONTH	1 DAY ↔ 3 MONTHS	1 DAY ↔ 1 YEAR
 MILK & CREAM	few hours	10-14 days	3-6 months
 EGGS	few hours	3 months (6 weeks past sell by date)	do not freeze
 YOGURT & KEFIR	few hours	2-3 weeks	do not freeze
 BUTTER	10-14 days	1-3 months	1 year
 GHEE	8-10 months	1 year	1 year
 CHEESE, HARD	few hours	4-6 months	6-8 months (may change texture)
 CHEESE, SOFT	few hours	2-3 weeks	do not freeze
 SOUR CREAM	few hours	2-3 weeks	do not freeze
 COLOSTRUM	few hours	7-10 days	1 year
 WHEY	few hours	3-5 months	3-6 months
 BUTTERMILK	few hours	10-14 days	3-6 months

DAIRY *and* EGGS



Is the shelf life of dairy the same for raw or pasteurized?

Yes, absolutely! Raw dairy and pasteurized dairy started as the same delicious milk but are two different foods when it comes to storage and safety.

RAW

Raw dairy naturally sours over time. It is slowly fermenting and turning into cheese. The fridge slows this process down.

Naturally occurring microorganisms break down the lactose, the milk sugar. This makes the taste become more and more sour.

Once raw dairy becomes too sour to palate, you can cook and bake with it or make clabber cheese.

Souring times vary, depending on the cows' diet, the time off year, and storage conditions.

PASTEURIZED

Do NOT eat pasteurized dairy if the taste begins to change.

When dairy is pasteurized, there is no chance of potentially dangerous bacteria in the beginning. It's a "dead" food.

However, pasteurized dairy then becomes a vector for potentially dangerous pathogens. When the taste begins to change, you can be sure that potentially dangerous microorganisms are growing within.

How can I tell how fresh my eggs are?

Eggs come with a "sell by" date on them. This date is 6 weeks after the date the eggs were packed, which is typically the day they were laid. Once the sell by date passes, eggs can last 6 weeks or more.

To find out if your eggs are bad, simply fill a bowl with cold tap water and place your eggs in it. If they sink to the bottom and lay flat on one side, they are fresh and good to eat. A bad egg will float because of the large air cell that forms at its base. Any floating eggs should be thrown out.

MEAT *and* SEAFOOD







Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY ↔ 1 MONTH	1 DAY ↔ 3 MONTHS	1 DAY ↔ 1 YEAR
 GROUND MEAT	few hours	1-2 days	1 year
 SAUSAGES	few hours	1-2 days	1 year
 BEEF CUTS	few hours	3-5 days	1 year
 PORK CUTS	few hours	3-5 days	1 year
 POULTRY CUTS	few hours	1-2 days	1 year
 LAMB & GOAT CUTS	few hours	3-5 days	1 year
 SEAFOOD	few hours	1-2 days	1 year
 FAT (LARD & TALLOW)	12 months	2 years	4 years+
 BROTH & STOCK	few hours	3-5 days	1 year
 BEEF STIX	4-6 weeks	3-6 months	1 year





✓ **Storage Tip:** You can re-freeze thawed or partially thawed meat with no health risks as long as it's vacuum sealed and kept cold. Thawed cooked meat can also be frozen.

BAKERY



Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY ↔ 1 MONTH	1 DAY ↔ 3 MONTHS	1 DAY ↔ 1 YEAR
 BREAD	4-6 days	1-2 weeks	6 months
 CRACKERS	2-4 weeks	3-5 months	1 year
 MUFFINS	4-6 days	1-2 weeks	6 months
 COOKIES & PASTRIES	4-6 days	1-2 weeks	6 months

HOME *and* WELLNESS

Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY ↔ 1 MONTH	1 DAY ↔ 3 MONTHS	1 DAY ↔ 1 YEAR
 TOOTH POWDER	∞ forever	∞ forever	∞ forever
 SOAP	∞ forever	∞ forever	∞ forever
 MOUTHWASH	few hours	5-6 months	do not freeze
 TEA	1-3 years	do not refrigerate	do not freeze






PANTRY



Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY \longleftrightarrow 1 MONTH	1 DAY \longleftrightarrow 3 MONTHS	1 DAY \longleftrightarrow 1 YEAR
 APPLE CIDER VINEGAR	1-2 years	1-2 years	do not freeze
 POPCORN KERNELS	∞ forever	not necessary	not necessary
 DRIED BEANS	1-2 years	not necessary	not necessary
 FERMENTED VEGGIES	1-2 days	3-6 months	do not freeze
 CANNED VEGGIES	8-10 months	1 year	1 year
 FLOUR	1 year	2 years	do not freeze
 OATS	1 year	not necessary	not necessary
 HERBS & SPICES	1-3 years	not necessary	not necessary
 HONEY	∞ forever	do not refrigerate	do not freeze
 JAMS & JELLIES	1-2 years	1-2 years	do not freeze
 GRANULATED SUGAR	2 years	not necessary	not necessary

PANTRY



Foods (unopened, uncut, or uncooked)	PANTRY	FRIDGE	FREEZER
	1 DAY ↔ 1 MONTH	1 DAY ↔ 3 MONTHS	1 DAY ↔ 1 YEAR
 MAPLE SYRUP	1-2 years	1-2 years	do not freeze
 NUTS & SEEDS	∞ forever	not necessary	not necessary
 SALT	∞ forever	not necessary	not necessary
 VANILLA	∞ forever	not necessary	not necessary
 CHOCOLATE	1 year	not necessary	not necessary

✓ **Storage Tip:** To make food last its longest, store food in airtight containers.

What's the deal with expiration dates?

The little dates you find on food packages refer to quality, not safety. If properly stored, you can eat food beyond its expiration. It is always best to use your eyes and nose to check for possible food safety issues.

SELL BY

This is usually found on eggs or other products that the government regulates with regard to dating. It is NOT a safety date.

EXPIRES ON

Found on perishables like meat and pasteurized dairy. This is a guide for stores to know how long they can display the product. You can eat a product beyond this date if it's properly stored.

BEST BY

Provided voluntarily by the manufacturer to let you know how long the product will remain at its absolute best. The product is still edible past this date but the quality may decline.



MILLER'S BIO FARM
Inspiring Healthy Generations

**Goodbye,
Supermarket!
Hello,
Small Farm!**

LEARN AND SHOP:
MILLERSBIOFARM.COM

SEND A NOTE:
HELLO@MILLERSBIOFARM.COM

LEAVE A MESSAGE:
717.786.7895 EXT. 0

Looking for a family of farms to supply you with your real food ingredients? The Miller's team welcomes you.

Visit our site for your 100% A2 grass-fed dairy, soy-free eggs, truly pastured meat, local produce, pet food, and more!

Smooth and easy:

- **UPS Home Delivery**
- **Farm Driver Home Delivery in MD, NJ, NY, & PA**
- **Pickup Locations in MD, PA, NJ, & NY**