

6 kingdoms of life chart

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Find out how long the products stay fresh in the pantry and you'll know how much to stock up on, and when it's time to replace key ingredients such as baking powder and spices. The following chart lists the expiration date of the usual pantry brackets. Print a copy for your records, and keep it in the kitchen for quick help: Ingredient shelf resources baking supplies baking powder 18 months How to make baking powder baking soda 2 years How to say if baking soda is still good chocolate, baking 6 to 12 months Chocolate chips, semi-sweet 2 years Chocolate chips, milk chocolate 16 months Cocoa 1 year Corn flour 6 to 12 months Cornstarch 18 months Cream of tartare 2 to 3 years flour All appointments are 6 to 8 months of flour, Self-growing 6 to 8 months How to make self-growing flour flour, wheat 6 to 8 months Honey Indefinite Milk, evaporates 1 year Milk, powdered 1 year Milk, sweetened condensed 1 year Molasse 2 years Nuts, shelled 4 months Nuts , untreated 6 months Butter, rape 2 years open, 1 year opened Vegetable spray 2 years Salt Indefinite sugar, brown Indefinite How to soften hard brown sugar sugar, Granulated Indefinite Sugar, Powdered Indefinite How to Make Powdered Sugar Vanilla Extract (Imitation) 3 Years Vanilla Extract (Real) Indefinite Yeast Follow the Shelf Life on The Packaging How to Prove Herb Yeast and Spice (Dried and Ground) Allspice 2 3 Years Basil 1 to 3 Years Bay Leaves 1 to 3 Years Black Pepper 2 to 3 Years Chili Powder 2 to 3 Years Chili Powder 2 to 3 Years cinnamon 3 to 4 years cinnamon, ground 2 to 3 years cloves, ground 2 to 3 years coriander seeds 3 to 4 years coriander, ground 2 to 3 years Cumin 2 to 3 years Dill 1 to 3 years Dry mustard 2 to 3 years minced meat) 2 years, unopened garlic (whole) 3 to 4 months Garlic powder 2 to 3 years ginger , ground 2 to 3 years marjoram 1 to 3 years Nutmeg 2 to 3 years Onion powder 2 to 3 years Oregano 1 to 3 years Parsley 1 to 3 years Rosemary from 2 1 to 3 years Sage 1 to 3 years Savory 1 to 3 years Thyme 1 to 3 years Dried beans Dried 1 year Dried Beans Cooking Once Cereals 6 to 12 months unopened , 2 to 3 months opened dried fruit (raisins, apricots, etc.) from 6 to 12 months Jerky, Commercial packed 12 months Jerky, homemade 1 to 2 months Lentils 1 year Oatmeal 1 year canned, canned 2 to 5 years broth, beef 2 to 5 years broth, chicken 2 to 5 years broth, vegetable 2 to 5 years Canned fruit 12 to 18 months Canned meat (tuna , salmon, chicken, etc.) 2 to 5 years Homemade canned 12 months Pumpkin puree 12 to 18 months Soup (except tomatoes) 2 to 5 years Soup tomatoes from 12 to 18 months Tomato paste 12 to 18 months Tomato sauce 12 to 18 months Tomatoes, crushed 12 to 18 months Tomatoes, stewed 12 to 18 months Tomatoes, dried (oil packed) from up to 18 months Tomatoes, 12 to 18 months Pasta and grain cookies packed 2 months Crackers 8 months Pasta 2 years Popcorn 2 years Pretzels / Chips 2 months Rice, basmati 2 years Rice, brown 6 6 Rice, Jasmine 2 Years Rice, White 2 Years Rice, Wild 6 Months Barbecue Seasoning Sauce 1 Year Hot Sauce 5 Years Unopened Jam 2 Years Jelly 2 Years Ketchup 1 Year Maple Syrup, Artificial 1 Year Maple Syrup, Real 1 Year Unopened Mayonnase 3 to 4 Months After Date Packaging Mustard 2 Years Peanut Butter 6 to 9 Months Unopened , 3 months opened pickles 1 year salad sauce from 12 to 18 months Salsa 12 to 18 months Soy sauce 3 years unopened vinegar, apple cider Best to use in 2 years, safe indefinitely Vinegar, balsamic Best to use in 3 years, safe indefinitely Vinegar, malt Best used in 2 years, safe indefinitely Vinegar, safe indefinitely Vinegar , safe indefinitely Vinegar , Rice is best used in 2 years, safe indefinitely Vinegar, white infinitely vinegar, white wine Best used in 2 years, safe indefinitely Worcestershire sauce 1 year Coffee drinks, ground and vacuum packed 1 year unopened, 1 to 2 weeks opened coffee beans (roasted), Non-vacuum-packed 1 to 3 weeks Coffee, freshly ground 1 to 2 weeks Coffee, instant 1 year unopened, 2 to 3 months opened ice tea mix 3 years unopened, 6 to 12 months opened Juice boxes 4 to 6 months Juice, bottles or canned 12 months Soda 3 months after expiration date tea, in bags 18 months unopened , 1 year opened tea, free 2 years unopened, 6 to 12 months opened water, bottled 1 to 2 years Sources: USDA, FDA, Virginia Cooperative Expansion, UK Cooperative Expansion Service I was a few weeks into my maternity leave when I heard that my company has named a new CEO. Some of my colleagues emailed me saying: You better get here: it develops relationships with key people and you miss out. Anxious and fearful of missing out on making a connection with the new CEO, I shortened my maternity leave short and went back to work. A few months later, I found myself working on Transaction mode. I wanted so badly to feel accomplished by checking things out on my to-do list that I spent all my time attacking small tasks and let the big slide. When I spoke to my mentor about my hectic but unproductive days, she was very blunt with me. She said: You have to choose what is really important to you. I realized I couldn't set boundaries. I fell into this trap early in my career, only to find myself frustrated, anxious, and resentful later. I knew I needed to impose a structure to force myself to create and maintain those boundaries. I needed to take an objective and honest look at where I wanted to focus my time and energy. Once I realized that I could develop a plan to reduce commitments that did not meet my priorities. What I came up with: Step 1. Identify my undeniable in every area of my life I sat down at my desk, and on a large sheet of paper I drew two lines - one vertical and one horizontal. In each of the four plazas, I recorded an area of my life that was important to me-Me, Friends/Family, Career, and The World. On every square I wrote wrote priorities associated with this part of my life, limiting myself to a maximum of three priorities per square. I knew it would make me say no to things to keep my boundaries. My goal was to allow these priorities to take up most of my time (ideally about 80%) and spend the rest of the time on administrative tasks that need to be taken care of. Step 2. Adjust my calendar and to-do lists accordingly Immediately, it was clear to me that my calendar and to-do list did not meet the priorities I had set. I began to shift my schedule and commitment by saying no, and delegating some of the requests that didn't move me forward to my goals. Related: 3 questions to ask as soon as your work balance lives starts SlippingThe Myth of a Nice Girl: Achieving a Career You Love Without Becoming the Person You Hate Fran Hauser.Step 3. I checked in regularly at Tweak PrioritiesOver time, this four-square model has become an important tool, helping me create boundaries and stick to them. Since I started using it, the amount of time I devote to each square has shifted from month to month. Some months are more weighted in relation to my career, while I fill other months with family responsibilities. I do check-in every two weeks to make sure my calendar is displayed back to my stated priorities. And quarterly, I'm also completely reviewing my chart to see if I need to shift any priorities. After all, your priorities right now may not be your priority later on. The key is to allow them to change without allowing them to accumulate indefinitely (if all priority, nothing). Related: Stress makes you micromanage that makes things worse, of course it's just my four squares. Yours will be different. Think about the areas of your life that are most important right now. A career (or school if you're still in college or graduate school) will almost always be one of four. Others may be the same as mine, or you can fill them with one or more of the following: hobbies, side vanity, passion project, Travel Social or political propaganda, Continuing education or a specific relationship. Even with this model, it's still a constant struggle to balance my time between all my responsibilities and passions, especially as a working mom. I am often asked in interviews how I manage to balance everything, or how I do it all, and my honest answer is that I don't. Instead, I try to do my best in the priorities that are really important to me, knowing full well what is most important can and should change from time to time. This article is adapted from the myth of Nice Girl: Achieving a career you love without becoming the person you hate Fran Hauser. It is reprinted with Houghton's permission. Harcourt Harcourt Harcourt 6 kingdoms of life chart pdf

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