Olive Oil Storage Tips

Oils degrade naturally over time and an olive oil past its prime will lose healthy antioxidants and eventually become rancid. Rancid olive oil not only smells and tastes bad, but it can ruin your food.

The best way to maintain quality is to store your olive oil correctly. Most olive oils stored properly in the original sealed packaging will keep for 1½ to 2 years and once you open a bottle, try to use up the oil within a few months.

Olive oils have three key enemies you can help control - heat, light and air. Avoid these conditions in order to maintain quality and prolong shelf life.

Avoid Heat

Don't store olive oil next to the stove, on top of the fridge, or anywhere else heat accumulates.

Avoid Air

Oil poured out of the bottle gets replaced with air, so use open bottles within a few months. Don't make a vent hole in the top of tin packaging - it might be easier to pour, but it can't be re-sealed. The oil will be in constant contact with air. The same goes for pour spouts with no cover – the bottle should be capped or sealed after each use.

Avoid Light

Especially direct sunlight or fluorescent light. Don't store olive oil in a window or on the top shelf near lights.

Finally, many people ask if it's good to refrigerate olive oil. If an oil is exposed to extreme cold during shipping or storage, it should not be affected and is ready to use once it returns to room temperature. However, some research suggests that **repeated** heating and cooling – as would happen with refrigerating between each use – puts stress on the oil and doesn't necessarily extend the shelf life.

Bottom line:

Store your olive oil in a cool dark cupboard or pantry, and use open bottles within a few months.