

Storing Grains



AIR, HEAT AND MOISTURE CAN AFFECT THE FLAVOR AND QUALITY OF GRAINS.

- store any grain, flour or meal in a container with a tight fitting lid
- use zip-top plastic bags or glass, plastic and aluminum canisters
- mark a purchase date on the container to keep track of freshness

SHELF LIFE CAN VARY BECAUSE EACH GRAIN HAS A DIFFERENT FAT CONTENT.

- intact grains like brown rice will keep up to 6 months in a cool, dry pantry if stored in an air-tight container or up to a year in the freezer.
- soft grains like oats, quinoa and rye can last up to 8 years when stored correctly
- hard grains like buckwheat, corn, flax, wheat, spelt, and millet have a shelf life of 10 to 12 years when stored properly
- because flours and meals have had their protective bran cover broken, they will keep in a cool dry pantry for up to 3 months or up to 6 months in the freezer.

WHEN BUYING GRAINS AND FLOURS, CHOOSE WISELY.

- check expiration/sell by dates and buy the newest one
- be sure that the packaging is sealed tightly
- grains should smell slightly sweet or have no odor at all
- if there is an oily or musty odor, it is not of good quality

TEXAS A&M
AGRILIFE
EXTENSION

Created by Ann Millican
County Extension Agent
Family and Community Health
Terry County
with help from the Whole
Grains Council