

# GLUTEN-FREE GRAINS STORAGE GUIDE

| <b>GRAIN TYPE</b>           | <b>PANTRY SHELF LIFE</b> | <b>FREEZER SHELF LIFE</b> |
|-----------------------------|--------------------------|---------------------------|
| Amaranth (Whole)            | 6 Months                 | 1 Year                    |
| Buckwheat (Groats)          | 6 Months                 | 1 Year                    |
| Millet (Whole)              | 6-12 Months              | 2 Years                   |
| Quinoa<br>(White/Red/Black) | 1 Year                   | 2 Years                   |
| Rice (White)                | 2 Years                  | Indefinite                |
| Rice (Brown/Wild)           | 3-6 Months               | 1 Year                    |
| Sorghum (Whole)             | 1 Year                   | 2 Years                   |
| Teff                        | 6 Months                 | 1 Year                    |
| GF Flours (General)         | 3 Months                 | 6-12 Months               |

*\* Store in airtight containers in a cool, dark, and dry location to maximize freshness.*