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By Gemie Martin

**Q: What grains should I store?**

A: The website [www.providentliving.org](http://www.providentliving.org) suggests we store “wheat, white rice, corn, and other grains.” Keep in mind your family member’s needs. Some may be sensitive to products such as wheat. In that case, products such as rice and corn may be necessary to store. Rolled oats are suggested for storing (over oat groats) and will last well long term if properly packaged. Corn can be ground to make corn meal or masa (for tortillas). You will want to make sure your grain mill can handle corn before you try to grind it. I always grind a cup of wheat after grinding anything else, to clean excess oils and moisture from inside my mill. Brown rice is not suggested for long term storage but could be part of a short term (three month) food supply. Make sure your wheat will sprout to add nutritious options such as sprouted wheat and wheat grass.

**Q: Where should I purchase grains to store?**

A: Check what is available through the Church’s Family Home Storage Centers and other sources that sell foods to store. You want to buy good product that is meant for human consumption (as opposed to that produced for seed crop which could have harmful chemicals). Some discount warehouse stores sell grains in bulk. If it has not been packaged properly for long-term storage, you will need to do that yourself. Factor in the cost of cans and lids (or Mylar pouches), and oxygen absorbers if you are packaging foods yourself.

**Q: How much of grains (and grain products) should I store?**

A: The Provident Living website suggests we store 25 pounds of grains per adult per month. That would mean that for a three month supply, we should have about 75 pounds per person. Include flour and cereal that you are storing in your three month supply as part of this. For a long term storage, plan for 300 pounds of grains per person per year.

**Q: How (and where) should I store grains?**

A: All grain products store best if kept in a cool (75° F or less), dry, and oxygen free environment. They should also be kept free from rodent infestation. Metal cans such as the #10 cans we commonly store these foods in are best if rodents are or could be a problem. If grains are sealed up oxygen free, (in cans, pouches or PETE containers) insects should not be a problem. The Provident Living website suggests containers be stored on shelves where air can circulate rather than on the floor.

**Q: What is the shelf life of grains and grain products?**

A: Most grains if properly stored will keep 30 plus years. Properly stored white flour lasts 10 years.