

# OPTIMAL **BULK** STORAGE

**Pantry (p)** = 50-70 ° F

**Refrigerator (r)** = 34-40 ° F

**Freezer (f)** = 0-5 ° F

## **GRAINS**

### **Rice, white**

Because of the lack of oils, white rice has a longer storage life.

**p**=2+ years

### **Rice, brown**

**p**=2-4 months

### **Whole wheat, rye, millet, quinoa, buckwheat, barley**

**p**=6 months

**r**=9 months

**f**=9-12 months

## **MEAT SUBSTITUTES**

### **Textured protein**

**products** (imitation bacon bits, TVP) Keep tightly sealed and for longer storage, refrigerate.

**p**=4 months

### **Nature's Burger,**

### **Falafel mixes**

Manufacturer does not require freezing, however it is recommended.

**f**=12 months

## **NUTS & SEEDS**

Refrigerate after opening.

For a longer shelf life, store nuts in the freezer.

Unsalted and blanched nuts keep longer than salted. Package tightly in suitable freezer container.

### **In shell**

**p**=4 months

### **Nutmeats**

**p**=2 weeks

**r**=2-3 months

**f**=6 months

### **Seed: raw/roasted**

**p**=2 weeks

**r**=2-3 months

**f**=6 months

### **Nut and seed butters**

**r**=6 months

### **Popcorn, kernels**

It is suspected that frozen kernels pop better.

**p**=6 months

**f**=1 year



# WHY **BULK** IS



# BEST



Mississippi Market  
Natural Foods Co-op

[msmarket.coop](http://msmarket.coop)





**B**uying in bulk doesn't mean dealing with large quantities. At the co-op buying in bulk means using minimal or no packaging. You can even bring in your own containers to fill!

The best part is that it's easier on the earth and your pocketbook.

#### **LESS FOOD WASTE**

Research shows that between 25% and 50% of the food purchased in the United States ends up in the garbage or compost. Buying in bulk means you can buy only the amount you need- no waste!

#### **LOWER COSTS, LOWER PRICES**

Without all those packages to design, manufacture and fill, our suppliers can offer us better costs on bulk foods than packaged foods and we pass those savings on to you.

#### **LESS PACKAGING WASTE**

Americans discard 570 million pounds of food packaging each day. By bringing your own containers for bulk foods, you avoid much of the waste associated with packaged products.

#### **HOW TO BUY IN BULK**

1. If you bring your own container, weigh it and record the weight while empty. That's the *tare weight*.
2. Fill your container with the amount you need. Please use the clean scoops and funnels provided or ask for assistance if needed. We're happy to help!
3. Record the *PLU number* from the bin on the container. All the cashier will need is the PLU number, tare weight, and the product.

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### **CEREALS**

**Ready-to-eat**  
**p**=2-3 months

**Flakes**  
Rye, Barley, Wheat  
**p**=4 months

**Quick Cook Oats**  
Oats have a natural anti-oxidant  
**p**=4-6 months

**Regular oats**  
**p**=12 months

**Granolas:**  
Refrigeration may increase shelf life.  
Keep airtight – if moisture causes cereal to become chewy, re-crisp in 325° F oven.  
Low-fat/no oil added  
**p**=1-2 months  
**r**=3 months  
**f**=6 months

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### **BEANS, PEAS & LENTILS** **-dry**

Keep in a cool, dry place out of the sun, which can cause a breakdown in color and flavor.  
**p**=12 months

### **FLOURS**

**Soy flour**  
This flour is very perishable at room temperature because of high fat content.  
**r**=2-3 months  
**f**=3-6 months

**Wheat germ**  
**r**=2-3 months  
**f**=3-6 months

**Brown rice**  
**p**=1 month  
**r**=2-3 months  
**f**=3-6 months

**Other whole grain flours**  
**p**=3 months  
**r**=6-8 months  
**f**=6-8 months

**Cornmeal**  
**p**=1 month  
**r**=2-3 months

**Refined white flour**  
**p**=12+ months

**Wheat or oat bran**  
**p**=2-3 months  
**r**=6-8 months  
**f**=12 months

