

Great Grains - Handout II

Storing breads, cereals, and pasta:

1. Store bread at room temperature in a tightly sealed bag or container.
2. If you are planning to keep your bread longer than 1 week you should freeze the bread.
3. Cereal products may be stored in tightly closed containers for the following lengths of time:
 - breakfast cereals: 2-3 months
 - bulgur: 6 months
 - cornmeal and hominy grits: 4-6 months
 - pasta (except egg noodles): 1 year
 - rice (all except brown): 1 year
 - brown rice: 6 months

Tips for cooking rice or pasta:

1. Do not wash before cooking (unless specifically told in the package directions) and do not rinse after cooking.
2. Use only the amount of water that will be absorbed by the rice.
3. Cook pastas with large quantities of water.
4. Cook the pasta according to package directions. Test pasta for firmness.
Do not overcook pasta or it will become sticky.



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition, and Consumer Services of the U.S. Department of Agriculture.