

## 1 Avoid Light and Moisture

Gluten-free flours are sensitive to light and moisture, which can degrade their quality. It's crucial to store them in a dark and dry place, such as a cabinet, rather than in clear glass containers that allow light exposure.

## 3 Protect Against Air Exposure

Simply folding and pinning flour bags isn't enough protection against air. Use airtight plastic containers or heavy-duty freezer bags to properly seal flours and grains, ensuring they remain fresh for longer periods of time.

## 5 Avoid Moisture Opening Containers

When taking flours out of the refrigerator, allow them to reach room temperature first. This prevents condensation, which can introduce unwanted moisture that reduces shelf life and could compromise the quality of the flour.

## Storing Gluten-Free Flours

Proper storage extends flour shelf life



## 2 Refrigerate High-Fat Flours

Nut flours and others with high-fat content, like flaxseed and millet, are susceptible to rancidity. Keeping them refrigerated, especially in warm climates, helps maintain their freshness and prevent spoilage.

## 4 Label Jars and Containers

When transferring flour to jars, keep track of information like expiration dates by taping the original label to the container or placing it inside. This ensures that you have quick access to important details whenever needed.



## 6 Always Check Freshness

Even with ideal storage, gluten-free flours can go bad. Conduct a quick smell test before use; if it smells off, discard it immediately to ensure the quality of your baked and cooked goods.