The cheapest way to buy whole grains is in bulk. But, if you are new at cooking with whole grains, you may want to start out with buying grains in a box or package with easy cooking instructions right there on the package.

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Once you get more confident, check out the links on how to cook whole grains!

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When you bring your grains home, proper storage is vital. Whole grains contain healthy oils in the germ that can turn rancid if not stored properly. Once the package is opened, whole grains are best stored in the refrigerator or freezer to keep them fresh. They can be stored for a year if stored properly, but buy in smaller amounts if you don’t have fridge or freezer space. You’ll know if the oils have turned rancid since they start to get a “musty” odor.