

Whole wheat flour

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Whole wheat flour

Flour milled with the bran and germ still in it. The germ carries oil, so it keeps half as long as white flour and belongs in a freezer if it is kept longer.

How long it keeps

Unopened, this keeps **12 months** — which is what puts it on [the long shelf](#).

As sold	Unopened, in the cupboard	Once opened
as sold	12 months	—

Counted from the date on the package. Figures are the **USDA FSIS FoodKeeper** table's, for unopened storage at room temperature; FoodKeeper counts a month as 30 days.

The table was not pulled from USDA — fsis.usda.gov answers 403 to non-browser clients from this machine — so it came from a mirror of the data.gov dataset and its vintage is unverified. Treat a single figure as indicative, not as a use-by date.

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