

# Things to Not Buy

(for Longer Term)

<i>Flour</i>	Flour is okay to buy as long as you don't buy over 6 months worth. A better bet is buying wheat berries to grind.
<i>Some Oils</i>	Most oils do not store well for long periods of time. The best oil to buy for storage is olive oil in a tin container.
<i>Cereal</i>	These foods will go rancid quickly. Only buy up to 2-3 months worth at a time.
<i>Chips</i>	These foods will go rancid quickly. Only buy up to 2-3 months worth at a time.
<i>Crackers</i>	These foods will go rancid quickly. Only buy up to 2-3 months worth at a time.
<i>Condiments</i>	Condiments do not last long in storage. Only purchase a few extra containers at a time if you decide to buy in bulk. It would be better to can homemade condiments and they will last much longer.
<i>Eggs</i>	Eggs from the store have been cleaned and do not have a long shelf life so they are not good to buy in bulk. If you do want to buy a large amount of eggs, your best bet is to purchase farm fresh eggs that have not been cleaned so they still have their protective barrier in place.

