



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • [wr@mnwildrice.org](mailto:wr@mnwildrice.org)

NEWS RELEASE

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Contact: Beth C. W. Nelson, President

## **Stock Your Pantry With Wild Rice**

*This shelf-stable wholegrain with a nutritional punch has flown under the radar*

As you prepare for COVID-19, figuring out what nonperishable foods to stock your shelves with can be a blur. Wild rice brings clear advantages of preparing meals.

Health officials and public safety advisers are recommending you have non-perishable food items, general medicines, and household items on hand, but this can be challenging when an entire country is racing for the canned goods, frozen items, and other pantry supplies. Wild rice can help you add a shelf-stable [nutritional punch](#) to your pantry and it may be easier to find than white rice and brown rice which have vanished from the shelves. Wild rice is also available online.

Wild rice has fewer calories but more protein than either brown or white rice. It is a 100% whole grain and gluten-free. Wild rice also has all nine essential amino acids, which you need for things like building muscle and regulating metabolism, mood, and the immune system.

Uncooked, wild rice can stay in your pantry for years – once cooked, wild rice can stay in the refrigerator for a week or frozen for six months. It is a great base for casseroles, soups, and salads and when mixed with ground meats the antioxidants in wild rice help preserve the meat's freshness and flavor after freezing. There are many great wild rice recipes combining fresh or shelf-stable ingredients and it can be used in place of white or brown rice in most cases.

While wild rice is a highly versatile grain; if you need recipe ideas or cooking information you can visit the world's largest online [wild rice recipe library](#).

If you're not familiar with cooking with wild rice, there is a handy [website tab](#) called Answers to Often Asked Questions About... Wild Rice.