



# How To Reduce Bread Waste



Bread is a staple in many households, but it can go stale quickly if not used or stored properly. Here are some practical tips to keep your bread fresh and creative ways to use up every last slice:

## Choose the Right Bread

- If a large loaf is too much, opt for a smaller one to avoid waste.
- Sourdough breads stay fresh longer due to their fermentation process, while darker, wholegrain-rich breads also keep better than those made with white flour.

## Store Bread Properly

- Store bread in paper bags or a bread bin for the best freshness. Avoid plastic bags, which trap moisture, and the fridge, which dries bread out faster.

## Revive Stale Bread

- Make breadcrumbs: Blend dried-out bread into breadcrumbs for coating, stuffing, or adding texture to dishes.
- Croutons: Dice stale bread, toss with a bit of oil, and pan-fry or bake until crispy. Perfect for salads or soups.
- French toast: dip into egg and sprinkle with cinnamon.
- Toast or crisp it up: Slightly stale bread is perfect for toasting. For baguettes, brush with water and warm in the oven at 150°C for a few minutes. Wholemeal or rye bread makes a hearty base for grilled cheese sandwiches or garlic toast.
- Homemade crackers: Slice bread very thinly, dry out, and bake until crisp for crackers that pair well with dips.
- Bread pudding: Combine chunks of stale bread with milk, eggs, sugar, and spices for a comforting dessert.
- Freeze slices: Pre-slice your bread and freeze it. Toast straight from frozen for fresh-tasting slices anytime.

## Donate or Share

If you have more bread than you can use, consider donating it to a local food bank or sharing it with neighbors. Every loaf saved is a step toward reducing food waste!

Try some of these tips to make the most of your bread, reduce waste, and enjoy delicious meals while doing good for the planet.



**Eat sustainably for a healthier planet and a healthier you!**



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