

THE BEST IS YET TO CRUMB

COMBATting FOOD WASTE (AND SAVING YOU DOUGH) BY GIVING BREAD A NEW LEASE ON LOAF!

A big slice of Victoria's food waste is bread, with 125 million loaves at a value of \$800 million, thrown away each year. In fact, for every loaf eaten in Victoria, half a loaf ends up in the bin - what a terrible waste of dough!

But these handy tips will help you store and savour every slice and ensure that even the stalest loaf of bread gets a new lease on loaf as a tasty dish!



Bread goes stale quickly if stored in the fridge, so once you've opened your loaf, retie the packet or fold the pack under the loaf, and store the whole thing in a cool, dark, dry place, like a pantry or clean bread bin.



Bread bins deserve regular TLC to ensure that they don't harbour mould spores. Clean and air your bin out often, and if you are storing multiple loaves of bread in there, rotate them to ensure the oldest is closest to the front so you can use it up first.



The "best before" date on a packet of bread is a guide to when your loaf is at its peak, rather than an indication of when it must be used by. Most packaged baked goods are edible between two and seven days after the best before date. Test whether your loaf is still good to go by giving it a squeeze - if it feels and looks the same as when you bought it, eat it up!



The freezer is your secret weapon to making bread go further! Freeze an entire loaf the day you buy it and pull out slices as you need them, or munch your way through a fresh loaf and freeze the last few slices so that you have bread ready to toast at a moment's notice.



Save time by toasting bread straight from the freezer - there's no need to defrost it first! And, did you know that a sandwich made from frozen bread will defrost by lunchtime, keeping the filling cool? Nifty!



There are so many ways to use up bread that is a little stale, from dicing slices, tossing them in oil, salt, pepper and herbs and baking them to turn them into croutons; to blitzing bread to make breadcrumbs to top your pasta bake or stuff a roast chook. Get Googling, and find creative ways to use that crust!