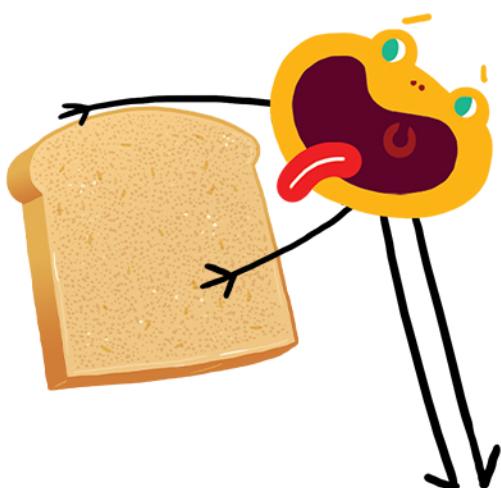


# WHOLE GRAIN SLICED BREAD



## Choosing it?

Breads made with whole grains are better choices because they contain more fibre. And fibre makes us feel full longer.

Choose breads that have whole grain flour as the first ingredient. For example, **whole wheat flour**, **integral whole wheat flour**, **whole oat flour** or **whole quinoa flour**.

Also, choose breads with sugar as far down the ingredient list as possible.

## Did you know?

Different types of grains can be used to make bread, which makes it possible to choose from a variety of breads.



## Why we like it?

Bread is an easy-to-find and nutritious food. It is an excellent base for quick meals. Sliced bread is generally used to make toast and sandwiches, but the possibilities are endless!

## Tip to reduce waste

Here are some ways to use all your bread, even if it's a little dry.

- Toast the bread and turn it into **breadcrumbs**.
- Cut it into small cubes to make **croutons for salads**.
- Cut it into rectangles to make **crackers**.

## 5 ways to use it

- Make **French toast** by soaking your bread slices in a mixture of eggs and milk before cooking them in a frying pan.
- Bake a **bread pudding** by cooking your old bread pieces with eggs, milk and dried fruit or chocolate chips.
- Use a slice of bread instead of pizza dough to make **mini pizzas**.
- Use bread in **onion soup** as a base to place your cheese for melting.

## Storing it

At the grocery store, read the “best before” date on the bread clip and choose the latest date possible. Keep the bread in the pantry. You can also put it in the fridge, but it won’t be as soft. If you do not plan on eating the bread before the “best before” date, freeze it! It will keep for 3 months in the freezer.