

BREAD RESCUE PLAN

Eat what you need. Freeze the rest. Use safe stale bread.

LOAF / DATE: _____

EAT SOON
Keep a few slices for the next meals.

FREEZE NOW
Portion the rest while it is still good.

USE STALE
Only if dry/stale and free of mold.

1. CHOOSE WHAT YOU WILL EAT FIRST

Meals / slices: _____

Where stored: Cool, dry counter / follow package instructions

2. FREEZE THE REMAINDER

Portion size: Slices or pieces I normally use at one time

Pack in: Clean airtight freezer-safe bag or container

Date / location: _____

Cool fresh bread completely before wrapping. Freeze before it turns moldy.

3. TAKE OUT ONLY WHAT YOU NEED

☐ Toast a frozen slice ☐ Thaw a portion at room temperature

Stale but safe bread: ☐ Croutons ☐ Breadcrumbs ☐ French toast

SAFETY CHECK

If bread or baked goods show mold, discard them. Do not cut off the spot.