

REDUCTION OF FOOD WASTE. THE BREAD'S CASE

NUTRICIÓ SENSE FRONTERES

Nutrició Sense Fronteres is a non-profit organization that has been working since 2005 to contribute to the reduction of nutritional inequalities in the world in accordance with human rights.

They act on 10 Sustainable Development Goals



FOOD WASTE

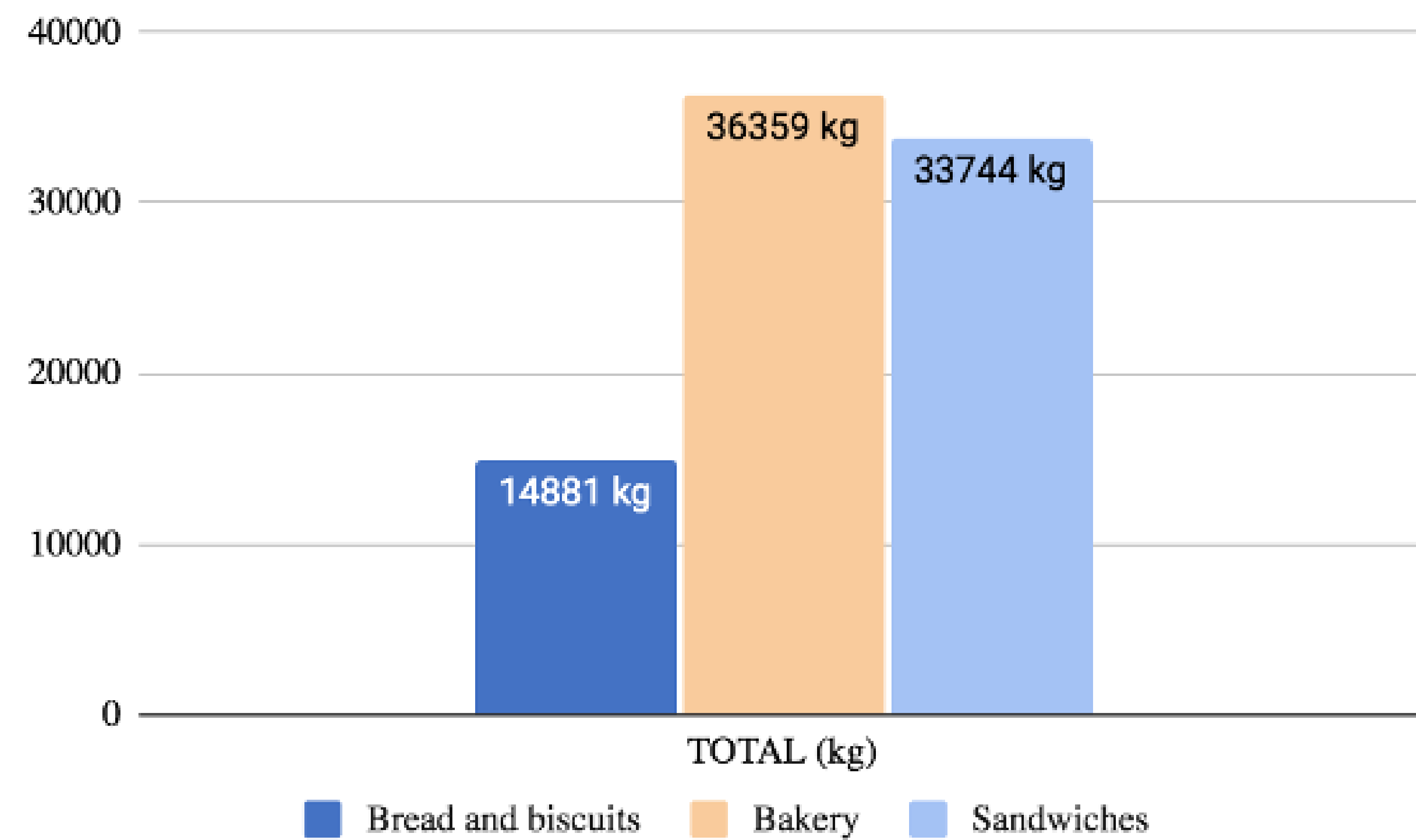


Figure 1: Representation of the three categories and their respective quantities (kg) collected by NSF in the last 10 years. Prepared by the author.

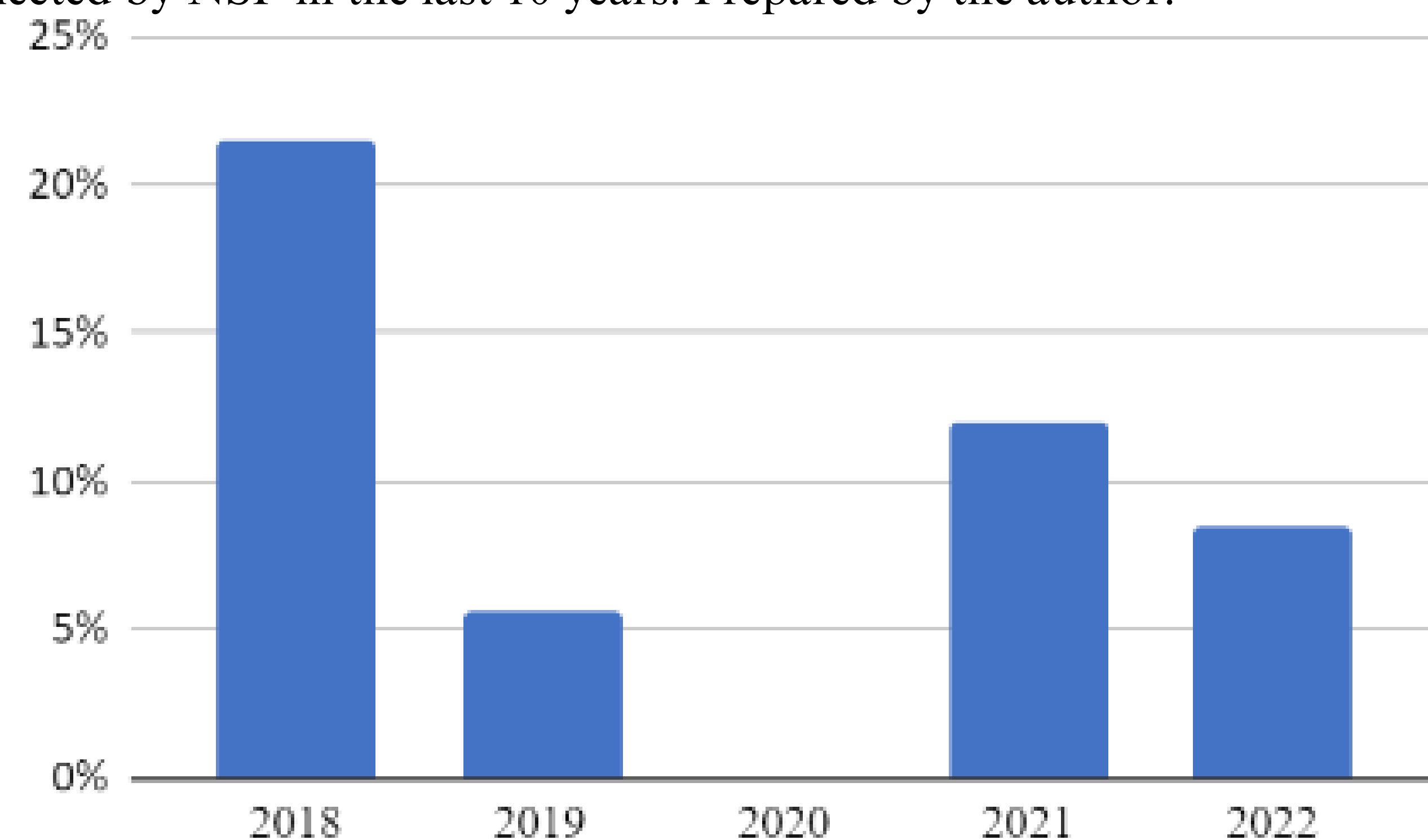


Figure 2: Percentage of total bread and derivatives from 2018 to 2022 compared to the total food collected by NSF. Prepared by the author.

NEEDS AND IDENTIFICATION

NSF collects unsold bread from supermarkets and restaurants. This bread is not in the best organoleptic circumstances. It has bad texture to consume directly so they need to find a way to use it

OBJECTIVE

- Create a guide to find alternative ways of reuse bread in bad organoleptic conditions
- Contribute to NSF food recycling project focused on bread.

GUIDE

Bread uses

Bread crumbs

Bread toast / biscuits

Use of bread recipes

"Torrijas"

"Migas"

Onion soup

"Salmorejo"

"Ajoblanco"

Bread pudding

FINAL THOUGHTS

- Excellent opportunity to contribute to the NGO's cause and help find ways to reduce food loss.
- Discovered other ways to make the most of bread that is no longer fresh.
- Bread waste is a common problem in most countries.
- Reusing bread is a promising strategy to reduce waste and encourage the circular economy.