

How We Stopped Wasting Our Bread

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Since I was a young girl, my family has started every meal with a prayer. Although each prayer is original, one common element has been gratefulness for the abundance of food which mother prepared. Mother always made sure we ate everything by telling us not to waste food, so when I began cooking for my husband I assumed that we would do the same. But, I was wrong.

When Jason and I first settled down, I learned that our mothers cook very differently, so I often attempt to cook like his mother who had made all her bread from scratch. In fact, I put a bread machine on our registry and pledged to never buy a loaf of bread again!

For the first few weeks, I made bread every other day and Jason eagerly ate every loaf well before it began to mold. After about a month, the bread began to mold before he finished even half of the loaf, but Jason never noticed because I always had made a new loaf. To alter his behavior, I suggested that he eat more toast for breakfast, as I had been throwing out much moldy bread. Jason promised to eat more bread and I moved on to a new problem (at least temporarily).

Some weeks later, I continued to throw out much bread, and tried something new so Jason would eat my bread quicker. I gently explained that we were wasting money on whole wheat flour, yeast, and soy milk when we threw out three or more loaves of bread a week. Jason, who hates to waste money, promised that he would eat more bread and I again moved on.

Another few weeks passed and, I was throwing out even more bread. So, on a day when I was particularly moody, I informed Jason about all the time, money, and effort that I had expended making bread, bread which I didn't enjoy. Not being a fighter, Jason suggested that I adjust my bread making routine.

He explained that he didn't have time in the mornings to cut and then toast bread, so he suggested pre-cutting the loaves to reduce the morning prep time. He said that he often forgot that we had bread and proposed that we make a food schedule and write 'toast' for a few breakfasts a week. Finally, he noted that he wouldn't eat bread for breakfast daily and recommended that I freeze the bread so that we could schedule toast for breakfast fewer times per week and not worry about mold.

Sure enough, I made those simple changes and we never threw out another loaf of bread.