



Buy This and Say Bye-Bye to That Shopping for Bread

Buy	Bye- Bye
Bread, rolls, buns, etc. freshly made (that day if possible), with all real ingredients.	Avoid breads that are loaded up with a bunch of additives and preservatives.
Choose pastries that are made from scratch with real ingredients.	Avoid prepackaged pastries that are loaded up with a bunch of additives and preservatives.
Choose pancakes, muffins, quick breads, etc. that are made with real ingredients.	Avoid mixes that contain a lot of additives and preservatives.
Choose tortillas that are made up of real ingredients.	Avoid tortillas that contain a lot of additives and preservatives.

***Note:** If you cannot buy bread that is freshly made that day, choose packaged breads that are free of additives and preservatives. You may have to store these breads in the freezer to decrease spoilage. Just take out the slices that you need for the day and leave the rest in the freezer. Then, simply, thaw out more as needed.