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A review of practical solutions to reduce bread waste in Iran

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Background and Aims: Food security is one of the most important challenges in Iran. Therefore, this study was conducted to provide solutions to reduce bread waste in Iran.

Materials and Methods: In this study, a literature search with keywords related to bread waste reduction strategies was conducted in Web of Science, PubMed, Scopus, SID, and Magiran databases until August 2024.

Conclusion: The amount of bread waste in our country is higher than the world standard. Considering the conditions of the society, supervision and control, training and correction of the production process, supply and correct consumption of bread can be effective in reducing the amount of bread waste.

Results: The results of the review of previous studies showed that the solutions to reduce bread waste in Iran are in three categories of governance factors (increasing the quality of raw materials, educational programs, monitoring, eliminating government subsidies for flour, eliminating traditional bakeries), consumer-related factors (buying bread according to consumption, correct storage of bread, heating the bread of the previous meal, increasing the level of awareness of consumers) and factors related to the producer (upgrading the factors related to bread processing, using the appropriate dough production technology, using additives, not using baking soda and using improvers, Dough temperature, mixing time and how to knead the dough, control of baking conditions by suitable ovens, bread production in smaller dimensions, workers sharing in bakery income and increasing their job security, bakery worker's skill, modification of bread baking trays, new bread packaging techniques) took place.

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