

## Bread Storage

Whether you store your bread in a special bread box or on the counter, there are two main things to keep in mind. First, keep the bread somewhere dry. Excess moisture will cause mold to grow on the bread faster. Second, keep the bread away from heat (like the stove, oven, dishwasher, or window). Heat will also accelerate the growth time of mold on the bread.



Bread can be stored in the refrigerator. Many people don't like the coolness of the bread when having to pull it out of the refrigerator. If you're going to be toasting the bread or using it in a sandwich for work or school, then having it in the refrigerator is not going to make a noticeable difference.

Bread can also be frozen if you are buying in bulk. (My Mom used to do this while I was growing up.) If leaving on the counter after it thaws, be sure it is used quickly. Otherwise the extra moisture from being frozen will increase the amount of mold growth.

### About The Author

Marie Rice is the founder and editor of [PartOfTheWhole.com](http://PartOfTheWhole.com) - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!