

Environmental DIY Project Bread Starter

What you will need: 1 part whole wheat flour 1 part white unbleached flour 2 parts water, make sure the water is not too hot or too cold Jar with loose fitting lid, make sure there is lots of room



Day 1, step one

Once you have all of your ingredients gathered and measured, you can go ahead and mix them together, make sure all of the ingredients go into your jar with the loose fitting lid.







What your mixture should look like after all three ingredients are poured!



Day 1, step two

After ingredients are combined, you can go ahead and mix them all together, make sure you give it a little mix, clumps do not have to be gone, just as long as you stir all of the ingredients together.



Day 1, step three

Once you have the ingredients mixed, you can go ahead and place the lid on top, since it's a loose fitting lid do not screw it tight, instead lightly place the lid on top.

That was the last step for today as break starter is a 5-7 day process. Leave your jar in a room temperature area, between 12-36 hours, or until you see bubbles.





Day 2, step one

After leaving your mixture out for around 12-36 hours in room temp, you want to unscrew the lid to the jar, and remove about half of the mixture out and dispose of it.





Day 2, step two

Once you are left with half of the amount of mixture that you started with, you will want to follow "Day 1, step one" and do the steps over again.

To remind you, take one part whole wheat flour, one part white unbleached flour, and two parts water. You will add all of those ingredients into your already made mixture.



Day 2, step three

Lastly, once all the ingredients are placed into your jar, you can go ahead and mix it up, after mixing, lightly place the loose fitting lid over the jar, and place it somewhere room temp. Leave it for 12-36 hours

Days 3, through 5

For these days you will want to repeat all of **Day 2's** steps. Make sure you leave the mixture till it's bubbly to continue on to the next day, or for about 12-36 hours.

All you need to do is dispose half of the mixture, then add the ingredients and store for a day, then repeat.

Once you complete day four, you are now done and can enjoy your DIY bread starter on the 5th day, and make some delicious bread!

Why i chose Bread Starter for my DIY project

I chose to teach everyone how my family makes our own bread starter. I thought this could apply to anyone, and can become a hobby to many, all you need is a few at home ingredients that everyone has access to. It is simple and a healthier route, you also know every ingredient you are putting into your tummy.

I personally know many families who have picked up making their own bread as a skill, hobby, and of course the yummy end result. Making your own bread starter will have a slight positive contribution to lower your carbon emissions, however, learning to make your own bread from your own yeast, vs buying bread from the store every week is an easy habit to change, allowing a more sustainable lifestyle in a larger connection to the food you eat. Changing to creating your own bread, will reduce the emissions of the process chain that goes into making bread such as, growing, harvesting, transportation of the grain to be milled, producing flour, shipping to a bakery, and packaging. Everyone in the world, knowing how to produce homemade bread and yeast, would have a big change such as reducing plastic use, as yeast's main source of packaging is in fact plastic.



Europe has a yeast industry named COFALEC "The E.U Yeast Industry" Their biggest factor was greenhouse gas emissions and their global warming potential. The company creates big portions of yeast, wasting water during the washing process, using single use plastics. If we can eliminate single use plastics one product at a time imagine how much less plastic we would be using. Humans use over 300 million tons of plastic per year, 50% being single use plastics, instead we could all join together and teach each other how to make our own no plastic products and see the world change. Some researchers have found that only one loaf of bread emits around a half-kilo of carbon dioxide. Bread is a big staple, as for Summerland I would say around 95-99% of families and individuals include bread in their life, restrictions I can think of for people who do not eat bread are either celiac or on a diet, that's why i think we should all learn this skill as bread is a very popular item in the kitchen, we can all benefit from making our own yeast, and after Coronavirus calms down we can all try each others bread!

By Julia Nixon