

# SUMMER 2020 BAKERS FORUM

## IN THIS ISSUE

Survivor SA Contestant launches #LoafDay | Amaro Foods celebrates another plant opening in 2019  
Meet Innocent Muzivi: Technical Sales Manager | A2020 Training Programme | How two slices of  
brown or wholewheat bread per day can make you healthier | Bread Innovations Around the World

## SURVIVOR SA CONTESTANT LAUNCHES **#LOAFDAY**

Paul Smulders, one of the participants in the recent Survivor South Africa, has launched an inspiring initiative called Loaf Day. He's encouraging his followers to feed hungry people in their neighbourhood every Wednesday.

"I've come up with an idea to make Wednesday 'LOAF DAY'. What's that you ask? Well, nearly every day while I'm on my rounds I pass many street corners and places where there are jobless people either asking for funds, food or work. I honestly cannot help them all BUT it got me thinking ... If just 250 of my friends bought 2 loaves of bread which costs R20 on a Wednesday and cut them in half (which makes 4 half loaves) and while en route gave 4 hungry people a half a loaf of bread, we would have fed a minimum of 1 000 hungry people on a Wednesday! On my last two Wednesdays I managed 40 half loaves on my travels," says Smulders on the group.

People are encouraged to buy a loaf of bread on Wednesday, split into two and walk around their neighbourhood, giving the half loaves to two people in need. The gesture has even inspired a Spar in Gauteng to sell **#LoafDay** bread at a discounted price every Wednesday. Another Spar in the area pledged to give one loaf of bread to charity for every 20 that were sold as part of the **#LoafDay** special.



To join the discussion and find out how you can help, search Facebook for the **#LoafDay** group.





# AMARO FOODS CELEBRATES ANOTHER **PLANT OPENING** IN 2019

Amaro Foods has expanded its manufacturing footprint with close to 4000 sqm, following the opening of their Artisanal plant, based in Montague Gardens. The new facility is more than double the size of the old plant in Bellville.



The rapid construction of this state-of-art plant was possible with the support and close collaboration of their holding company, Libstar. What has been accomplished in just 6 months is simply incredible. The new facility meets world class food production and safety standards. It features a carefully planned and strategic design to optimise process flow. In addition, the attention to food safety is evident throughout the plant from segregation of raw materials and packaging to carefully enforced cleaning practices. Their onsite Quality Control Laboratory further supports their commitment to strict monitoring and an integrated quality system.

Another notable feature is the sophisticated heating, ventilation and air conditioning (HVAC) system.

This new plant will be producing the Woolworths range of artisanal breads, flap jacks and croissants (produced in a dedicated croissant room). The staff (+ 100) based at the new plant will be trained to understand the electronic systems that underpin the plant operation.

The Amaro Foods team has set the bar high as they continually innovate and revolutionise their operations.







# MEET **INNOCENT MUZIVI**

## *Technical Sales Manager (Gauteng)*

Innocent Muzivi has joined the Anchor Yeast family as the Technical Sales Manager for Gauteng. With close to 9 years of experience in the baking industry, Innocent began his baking career in 2011 where he worked as a Test Baker and Compliance Officer for a collective period of almost 2 years.

He joined a food manufacturing company in 2013, working for a wheat mill as a Food Technologist before moving into a commercial role.



Innocent brings with him his wealth of industry knowledge, his experience as well as his strength in execution. "Everyone has a good idea, but what is rare is the ability to execute them," says Innocent. He is able to focus and prioritise on the end goal, all while meeting the daily challenges that working with customers requires. "I put value in meeting and surpassing my customers' expectations," he says. "I'm motivated by fulfilling their expectations."

*"Everyone has a good idea, but what is rare is the ability to execute them,,*

Innocent's experience in the bakery supply chain includes knowledge on bakery ingredients and premixes, wheaten flour milling, plant and in-store bakeries. He also has a number of qualifications under his belt including BSc Food science, South African Chamber of Baking certificate, Cost and Management Accounting through CIMA, and he is busy with his dissertation for his MSc in Manufacturing Management. "I have the necessary knowledge and experience to assist bakeries with their performance and to produce quality bakes consistently and cost-effectively," says Innocent.



# 2020 TRAINING PROGRAMME

Looking to upgrade your skills? Join one of Anchor Yeast's skills programmes accredited by FoodBev Seta on the below dates.

## CRAFT BREAD II

23 – 27 March 2020  
8 – 12 June 2020  
3 – 7 August 2020  
14 – 18 September 2020  
5 – 9 October 2020

### The course consists of:

- Baking equipment and tools
- Premixes and scratch mixes
- Yeast care and ingredients in baking
- Manufacturing a range of craft fermented and sweet fermented products

## FLOUR CONFECTIONERY

30 March – 3 April 2020  
22 – 26 June 2020  
17 – 21 August 2020  
28 Sep – 2 October 2020  
9 – 13 November 2020

### The course consists of:

- A Range of Cakes
- Flour Confectionery Ingredients
- Choux Pastry Products

For more information contact Veronica Botha

**Email:** [vbotha@anchor.co.za](mailto:vbotha@anchor.co.za)

**Tel:** 011 248 8357







# HOW TWO SLICES OF **BROWN** OR **WHOLEWHEAT** BREAD PER DAY

————— *can make you healthier* —————

Bread is one of the most consumed foods in South Africa. The South African food-based dietary guidelines recommend that we make starchy foods, such as brown and wholewheat bread, part of most meals.

## THE HEALTH BENEFITS OF BROWN AND WHOLEWHEAT BREAD

Starchy foods like bread, rice, cereal and maize meal are sources of carbohydrates. Carbohydrates are the body's first choice as a source of energy. The brain, nervous system and red blood cells exclusively use glucose (the breakdown product of carbohydrates) for energy, making some carbohydrates vital as part of our diet.

Interestingly, 3 in 4 people in South Africa think that eating bread can make you fat. Yet brown and wholewheat bread are low in fat and free from cholesterol, with one slice of brown bread containing the same energy (kilojoules) as one medium apple. The bread flour used to make brown bread contains vitamins and minerals specifically added to improve the nutritional quality of the bread. These include vitamin A, B1, B2, B6, niacin, folic acid, iron and zinc. Bread provides meaningful contributions of nutrients you want to eat more, minimal amounts of nutrients to limit, such as sugar, salt and fat.



## A FOCUS ON FIBRE

Carbohydrate-rich foods are also the biggest source of fibre in our diets. Fibre does far more than just keep us regular: it is involved in a wide range of health benefits. High fibre carbohydrates like wholewheat bread help maintain a healthy gut, have cholesterol-lowering benefits, and help decrease our risk of diabetes, colon cancer, stroke, and heart disease. Foods rich in fibre tend to be low in energy too, assisting with weight loss. Fibre-rich foods are naturally nutrient-rich, too, boosting our nutrient intake for an overall healthier diet.

Men need 38g of fibre per day and women need 25g of fibre per day. Unfortunately, many South Africans fall short of their recommended fibre needs for the day. Eating brown bread can be a way to help make up our fibre shortfall. Eating two slices of brown bread per day gives us almost 20% of our daily fibre needs.

Registered dietitian Monique Piderit advocates that bread is an easy and convenient food to have at any time of the day: breakfast, lunch, dinner, or as a quick and easy snack. A healthy homemade sandwich can be a great vehicle for delivering nutrients, while contributing about 10% of your carbohydrate needs for the day, making it a win-win situation to include brown and wholewheat bread as part of your diet.



# BREAD **INNOVATIONS** AROUND *the World*

Take a look at some of the latest innovations in the world of breads:

## HIGH-FIBRE CITRUS BREAD

Italian scientists recently conducted research to find out the effects of adding citrus fibre from blood oranges and lemons to durum-wheat based bread. The aim of the study was to find out the exact amount of citrus fibre that could be added to bread without affecting it adversely, thereby creating a bread that's both fortified with fibre and a vehicle for reducing wastage. "In southern Italy, particularly in Sicily, the citrus industry produces approximately 500,000 tonnes a year of 'pastazzo,' a by-product derived from the industrial squeezing of citrus fruit, which currently presents serious disposal problems," the study states. The study found that adding up to 2% citrus fibre produced a bread with a long shelf-life and a slight citrusy taste that was not too different from the control bread baked.



## INDIGENOUS AUSTRALIAN INGREDIENTS USED FOR BREAD ROLL



University of Queensland researchers have developed a healthy, long-life wholemeal bread roll using indigenous ingredients to replace additives usually used in bread manufacturing – wattle seed to extend shelf life and Kakadu plum as a natural bread improver. "The wattle seed bread is uniquely Australian, all-natural and very nutritious," Dr Sultanbawa, University of Queensland's Associate Professor, said. "One wattle seed bread roll gives you the recommended daily intake of iron, zinc and dietary fibre – in fact one roll contains two-and-a-half times the iron, six times the potassium and nearly five times the zinc of an average white-bread equivalent." Dr Sultanbawa and her team worked together with Indigenous employment provider Karen Sheldon Group to produce the bread, which is now available on the Qantas Club menu in Darwin.

## UK LAUNCHES FIRST INSECT BREAD

In a first for the UK, Roberts Bakery has launched insect bread, boasting sustainability credentials as well as health benefits such as antioxidant power and gut health-promotion. With more protein than standard bread, the limited-edition Crunchy Cricket Loaves each contain around 336 crickets. The bread is made using cricket flour supplied by a company called Eat Grub, and to make the flour, crickets are dried, ground and mixed with wheat flour and grains. 'As well as having very strong sustainability and environmental credentials, insects are also seriously tasty and shouldn't be overlooked as a great recipe ingredient,' says Alison Ordonez, Head of Innovation at the bakery firm. 'Our Cricket Loaf provides consumers with a good source of protein and an easy way to familiarise themselves with insect-based food.'

