

## DEVELOPMENT OF ANTIFUNGAL PACKAGING COATING FOR BREAD

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**Abstract:** *One of the main concerns in the world is health. The expansion of the food industry has also led to an increase in human morbidity. Therefore, nutrients, especially food additives, started to be more closely controlled after the emergence of scientifically proven threats. Even though these substances are strictly observed to ensure appropriate quantities and materials are used, consumer opinion is still negative towards them.*

*Another crucial problem is the environment. Plastic waste generated in greater vast each year is accumulating and taking more and more space not only on land but also in water and even air. This is because plastic is cheap, strong and quickly made material leading to being the main type of packaging nowadays and creating this loophole situation. By combining naturally occurring substances, new packaging can be created to have the needed qualities.*

*The purpose of the study was to create the coating with the synergetic essential oils mix for bread to replace the usual plastic package with an environmentally friendly and mould-resistant option.*

**Key words:** bread, paper packaging, essential oil, antifungal

### 1. INTRODUCTION

Various studies on sustainable materials are underway. However, their common drawback is the expensive and lengthy manufacturing processes that lead to the use of plastic again. Another most commonly used packaging type is paper. Because of absorbency and permeability, paper packaging is unsuitable for certain types of food, but if the plastic is inserted, the packaging becomes not recyclable. So, to overcome this problem, it is necessary to develop an all-natural packaging.

Most of the products sold in the market come with packaging. They all have different requirements to be used as packaging for different types of goods. When it comes to food products, they are subject to even stricter rules because their safety depends on their packaging. Packaging can not only help preserve product quality but also increase it. Proper selection of packaging materials can extend the shelf life of microbiologically sensitive foods.

### 2. METHODS

The bread was chosen from the market leader in Lithuania – which occupies 21,8% of the market share (Euromonitor International, 2022). For the experiment were selected three different names (A, B, C) for bread were. All of them are mixed rye bread, which does not have preservatives and contains grains and(or) seeds. This type of bread contains a lot of moisture. Table 1 shows the compositions of chosen bread types.

These three products are similar in composition. All three types use 11 components - water, rye flour, sunflower seeds, wheat flour, linseed, sugar, yeast, iodized salt, wheat fibre, rye malt, and flour processing agent ascorbic acid. Therefore, their recipes are similar. The difference between C bread is that its main ingredient is whole grain rye flour, and this good thing has more different components such as grains and other seeds.

#### Essentials oils

The types of plant Essential oils (EO) were selected by evaluating source information and the company's provided chromatogram with the exact quantity of each component.

- The selected source of carvacrol is EO of oregano (*Origanum vulgare*) with the main component amount of 57.36% (Kvapų namai, 2022);

- The EO of clove (*Syzygium aromaticum*) was used as the source of eugenol with its part in the mixture of 68.18% (Kvapų namai, 2022);
- Oil of lemon grass (*Cymbopogon citratus*) provides citral, which takes a 67.54% combined geranial and neral (Kvapų namai, 2022);
- Thymol was provided by the EO of thyme (*Thymus zygis*), which percentage in the mixture is 35.06% (Kvapų namai, 2022).

Table 1: Ingredients of tested types of bread (Kvapų namai, 2022)

Product	Ingredients
Seed bread "A"	Water, rye flour, sunflower seeds (15.4%), wheat flour, pumpkin seeds (10.3%), watermelon seeds (10.3%), flaxseed (9.0%), sugar, yeast, wheat gluten, iodized salt, wheat fiber, rye malt, caraway seeds, flour treatment agent ascorbic acid.
Black sliced bread „B“ with seeds	Rye flour, water, wheat flour, sunflower seeds (13.7%), flaxseed (8.8%), pumpkin seeds (7.6%), sugar, yeast, iodized salt, wheat gluten, rye malt, barley malt extract, wheat fiber, flour treatment agent ascorbic acid.
7 grain dark sliced whole grain bread „C“	Wholegrain rye flour (23.9%), water, rye flour, wheat flour, sunflower seeds (6.5%), broken rye (3.3%), broken wheat (3.1%), barley malt extract, wheat gluten, barley groats (2.5%), sugar, flaxseed (1.3%), soy grits (1.3%), yeast, iodized salt, peeled sesame seeds (0.5%), wheat fiber, rye malt, caraway seeds, flour treatment agent ascorbic acid.

### Packaging

The paper packaging, to substitute the plastic, was chosen by the company „Mayr-Melnhof Karton AG“ (MMK). In 2016, this company created an innovative carton board specialized for foodstuff - FOODBOARD™. Its main distinctiveness:

- Is a food-safe carton board with a functional barrier that works;
- Mineral oils, phthalates, and bisphenol A are examples of unwanted ingredients that are protected in packaged meals;
- Cross-contamination is prevented throughout transport, storage, and at the point of sale;
- It is neither an extruded nor laminated compound, but rather a pure carton board solution;
- Is biodegradable, recyclable, and comes with an FSC® or PEFC™ certification;
- is offered on the brown reverse side (GT4) and light reverse side (GT5) recycled carton board (GT1) (MM BOARD & PAPER, 2022).

Base: 1 kg of soy wax was purchased from the online store soyacandles.lt. It is made 100% from soybeans, hydrolysed and comes in the flake form. Batch no. is 0018187963 with the 10th of September, 2021, date of manufacturing. Other important characteristics are indicated in Table 2.

Table 2: Parameters of soybean wax NatureWax C-3 (Soyacandles.lt, 2022)

Criterion	Value
Storage temperature	15 - 25°C
Melting point	45°C
Maximum heating temperature	71.1 – 93.3°C

12 boxes were used of this study:













- 3 boxes – inner surface covered with 2 layers of soy wax;
- 3 citral and eugenol incorporated boxes – inner surface covered with 2 layers of the mixture consisting of 100g soy wax and 2 drops of lemon grass and 1 drop of clove EO;
- 3 citral and thymol incorporated boxes – inner surface covered with 2 layers of the mixture consisting of 100g soy wax, 2 drops of lemon grass and 3 drops of thymol EO;

- 3 carvacrol and thymol incorporated boxes – inner surface covered with 2 layers of the mixture consisting of 100g soy wax, 1 drop of oregano and 3 drops of thyme EO.

### 3. RESULTS



The pictures of bread on the 1 st, 3rd, 6th and 9th day are presented in Table 3.

Table 3: Results of bread shelf-life comparison

	"A"	"B"	"C"
1 <sup>st</sup> day			
3 <sup>rd</sup> day			
6 <sup>th</sup> day			
9 <sup>th</sup> day			

On the 9th day, signs of mold observed in the bread "A" and "C". Sample "B" was intact. As "C" specimen had the bigger affected space by the unwanted fungus activity, this leads to the conclusion that this type of bread is most susceptible for mold. This bread ("C") was choosing to continue further tests. The samples in boxes containing citral and eugenol EO mix coating at two designated times are exhibited in Table 4.













Table 4: Samples, kept in boxes with citral and eugenol coating, on 1<sup>st</sup> and 9<sup>th</sup> day

		1 <sup>st</sup> day	9 <sup>th</sup> day
1 <sup>st</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
2 <sup>nd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
3 <sup>rd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		

The bread slice in the 1<sup>st</sup> box does not have any noticeable dissimilarities. However other 2 had observable changes: 2<sup>nd</sup> sample had a fuzzy mold grown on the non-contact side, 3<sup>rd</sup> had noticeable mold on both halves.













The photos before and after storage with a coating including citral and thymol are present in Table 5.

Table 5: Samples, kept in boxes with citral and thymol coating, on 1<sup>st</sup> and 9<sup>th</sup> day

		1 <sup>st</sup> day	9 <sup>th</sup> day
1 <sup>st</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
2 <sup>nd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
3 <sup>rd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		

No mold formation was observed in samples stored in this type of packaging. Samples of bread before and after keeping in a paper box containing carvacrol and thymol EO with wax are presented in Table 6.

Table 6: Samples, kept in boxes with carvacrol and thymol coating, on 1<sup>st</sup> and 9<sup>th</sup> day

		1 <sup>st</sup> day	9 <sup>th</sup> day
1 <sup>st</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
2 <sup>nd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		
3 <sup>rd</sup> sample	1 <sup>st</sup> side		
	2 <sup>nd</sup> side		

Any noticeable alterations were observed on these samples either.

#### 4. DISCUSSION AND CONCLUSIONS

In the performed experiment, wax coating with synergetic EO mix capacity was evaluated. 2 layers of the wax coating were enough to reduce the paper's air permeability, and keep the bread moist and susceptible to mold. 2 of 3 tested pairs, citral with thymol and carvacrol with thymol, showed no growth after 8 days of storing in an active coating covered box. Both blends contain thymol, meaning it could be the main constituent determining the effectiveness. Control and eugenol-thymol coating samples demonstrated similar results, which means the mixture was not effective.

Second, precise concentrations, not approximate ones, are critical to produce synergistic effects. Only specific values of both components can create synergy. To determine the exact values of the materials, it is necessary to apply a larger quantity of the coating or to use more accurate equipment.

Finally, sensory analysis is required. It shows this may or may not be acceptable to consumers depending on the smell and may become an advantage or disadvantage.

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