

NOVEL FOOD

What is novel food?

Novel Food is defined as food that had not been consumed to a significant degree by humans in the EU before 15 May 1997, when the first Regulation on novel food came into force.

It can be newly developed and innovative, produced by new technology or production processes or food that has not been previously eaten in our country.

It is important because it can be modified to remove allergens or to have certain nutrients added.

The novelty is because it is something different to what we are used to eating.

EU rules for safety, packaging and nutrients

Novel Foods Explained

Novel foods in the European Union must be:



1.

Safe for consumers, and not pose a risk to public health

2.

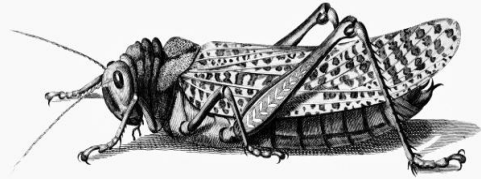
Properly labelled and not misleading

3.

Nutritionally equivalent for the consumer if replacing another food

CATEGORIES

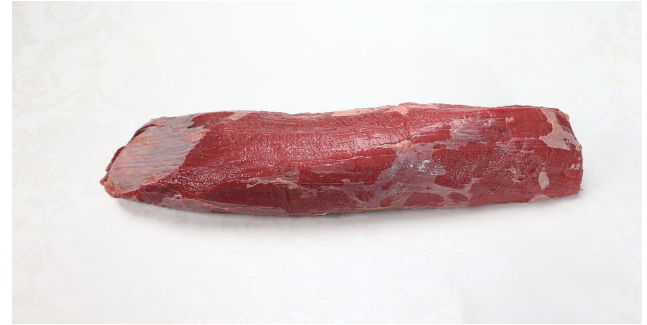
Insects



Fungi



Cultured Meats



EDIBLE INSECTS

Insects can form part of a healthy, sustainable and affordable diet. There are currently three insect species authorised as novel foods safe for human consumption on the European market: [*Tenebrio molitor larva*](#) (yellow mealworm), [*Locusta migratoria*](#) (migratory locust) and [*Acheta domesticus*](#) (house cricket).

ADVANTAGES

Environmental factors: low carbon emissions
low water and feed consumption
Health benefits : high in protein, fibre and nutrients

DISADVANTAGES

Possible risk of protein allergy
Food safety issues: incorrect food preparation
poor quality feed given to
the insects

ITALIAN CRICKET FARM

It was founded in 2017 and is the largest insect farm in Italy. It is situated in Scalenghe(To). It produces crickets, caimans and flour moths as well as other insects not just for human consumption but also for animals and reptiles.

The company produce cricket flour which has a hazelnut flavour and is ideal for use in baked goods such as cakes,bread and biscuits.

