


A glass jar filled with chia pudding, topped with mango chunks and black seeds, sits on a wooden cutting board. In the background, there are two small white bowls, one containing mango and the other containing black seeds. A wooden spoon with black seeds is also on the board. The scene is set against a light, blurred background.

Novel Food

Eugenio Specchio – 5Beno – IPS Ravizza – 2022/23

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- The term "novel food" refers to those food products that were not commonly consumed in the European Union (EU) before 15 May 1997, when Regulation (EC) No. 258/97. This regulation defines novel food as a food or food ingredient that presents a significant novelty compared to food products traditionally consumed in Europe. The novelty can come from a new food source, an innovative manufacturing process, or a combination of both.

- The importance of novel food lies in promoting innovation and the development of new food products that can offer benefits in terms of sustainability, food safety, health and dietary variety. Novel food can include foods from different sources, such as edible insects, seaweed, traditionally uneaten plants, products derived from new production processes and much more.

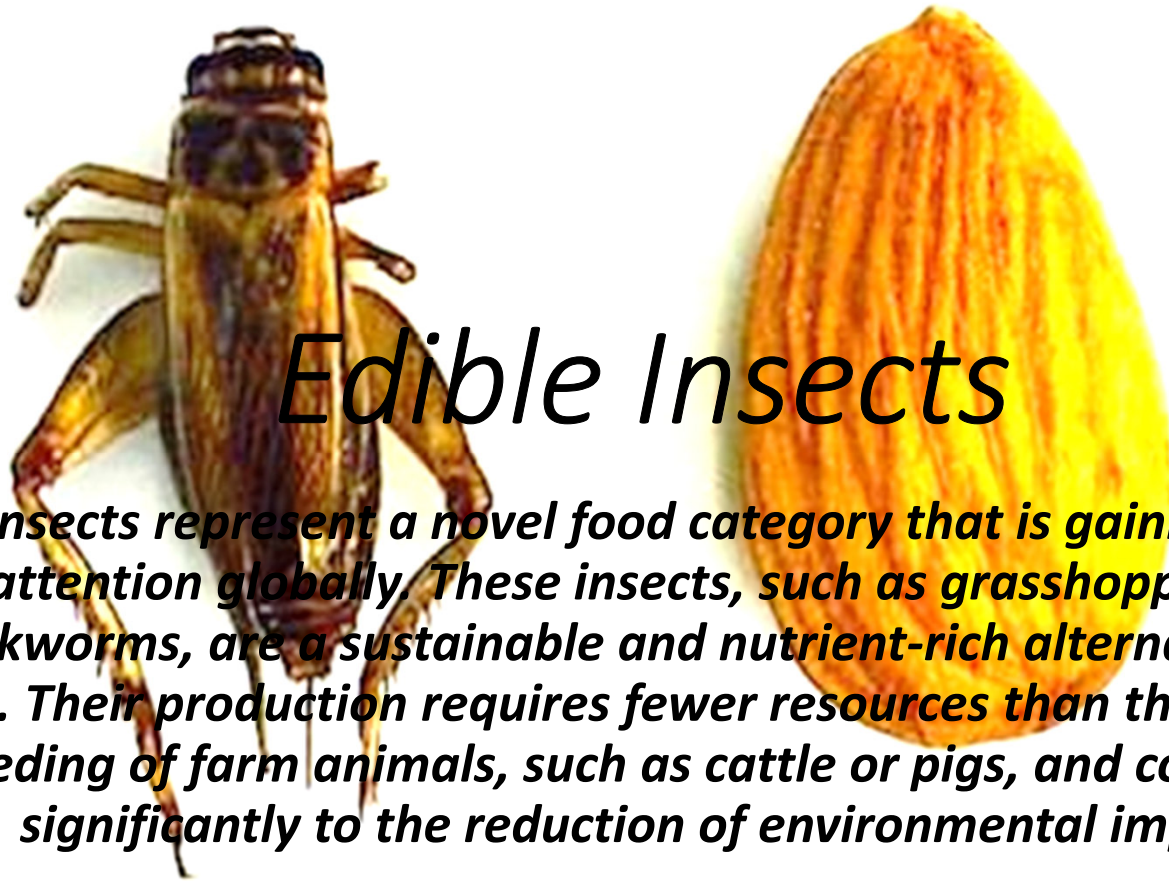


- In the EU, novel foods are subject to specific regulations to ensure food safety, correct labeling and consumer information. The main EU rules for novel foods include:
- safety assessment
- Authorisation
- Labelling
- Approval of nutrients
- This assessment is conducted by the European Food Safety Authority (EFSA).



The principals novel food categories include:

- **Edible Insects:** Insects, such as grasshoppers, crickets, and silkworms, are nutrient-rich alternative sources of protein.
- **Algae and marine plants:** Algae are rich in vitamins, minerals and antioxidants. They can be used as ingredients in foods such as baked goods, snack foods, and dietary supplements.
- **Products derived from new production processes:** This category includes foods obtained through innovative processes such as lab-grown meat, dairy products produced from genetically modified plants and oils obtained from new seed varieties.
- **Unconventional plants and seeds:** Some non-traditional plants and seeds, such as quinoa, amaranth.



Edible Insects

Edible insects represent a novel food category that is gaining more and more attention globally. These insects, such as grasshoppers, crickets and silkworms, are a sustainable and nutrient-rich alternative protein source. Their production requires fewer resources than the traditional breeding of farm animals, such as cattle or pigs, and contributes significantly to the reduction of environmental impact.

Cricket One, Italy (edible insects)

- *Cricket One is an Italian company specialized in the production of edible insects, in particular cricket (grasshoppers). The company uses controlled and sustainable farming methods to produce high quality cricket for the food industry.*
- *Cricket One offers a wide range of cricket based products, such as cricket meals, protein snacks and food ingredients and nutritional supplements. The company aims to promote the use of insects as a sustainable source of protein and to raise public awareness of the benefits of this alternative food resource.*