



Novel Food

Michela e Ieso 5^B eno

A.S. 2022-2023

I.P.S. G. Ravizza Novara



What is novel food?

Novel Food means a **food which had not been significantly consumed by humans in the EU** before **15 May 1997**, when the first European regulation on novel foods came into force. "Novel Food" can be innovative novel foods produced using **new technologies** and **production processes**, as well as foods that have traditionally been consumed outside the EU.

Novel foods are safe because **food safety** is guaranteed by measures put in place by the European Commission which requires a **scientific evaluation by the EFSA** (European Food Safety Authority).

A novel food, before being placed on the market, must obtain an authorization on the basis of an assessment in line with these **three principles**:

- must be safe for consumers;
- must be labelled correctly so as not to mislead consumers;
- if it replaces a food it must not be less nutritious.

Some examples of novel food:

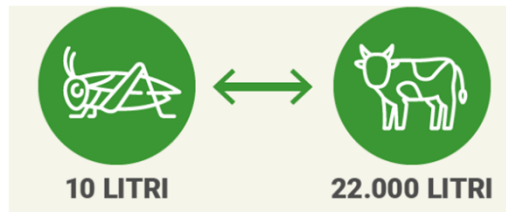
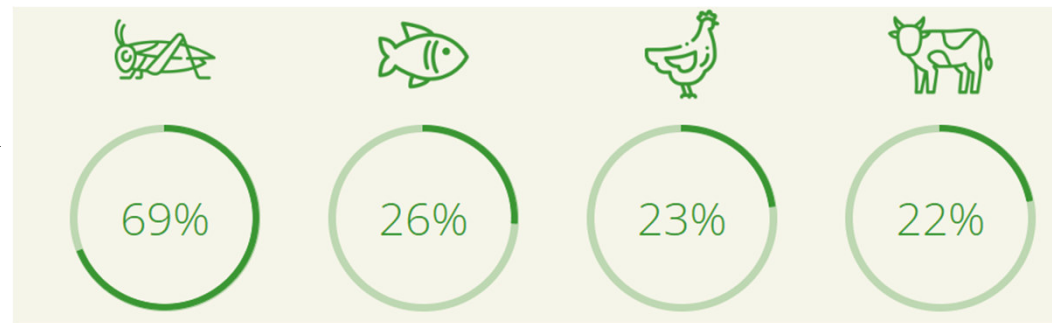
Among the many authorized Novel Food we find some insects, spirulina algae, krill oil, chia seeds, noni fruit juice, baobab fruit pulp, lycopene, lactitol, coconut extract in degreased powder, black bean extract, oils extracted from bacteria and fungi, new sources of vitamin K or foods derived from new production processes, such as UV treatment of bread, milk, mushrooms and yeast.



Category of edible insects

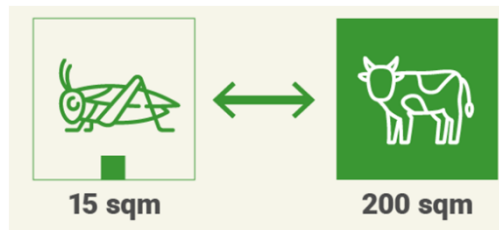
Why eat insects?

They are rich in protein. Their protein value is about 69%, almost double that of beef.



Crickets need 0.05% water compared to cattle to produce the same amount of protein.

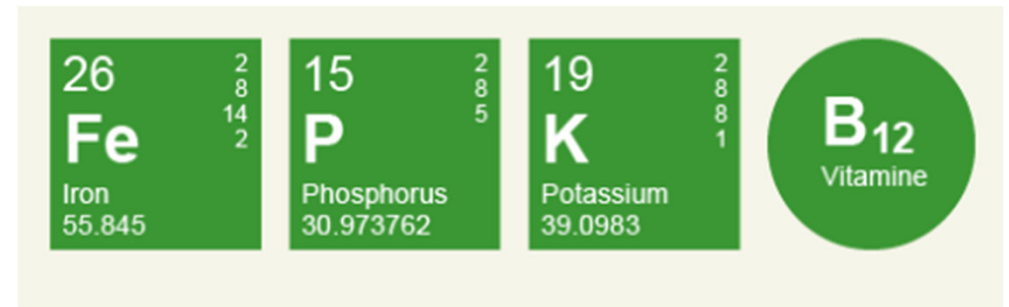
One third of the world's land is used to produce beef. On average, 200sqm of land is used to produce 1kg of beef. For insects need only 15sqm for the same amount.



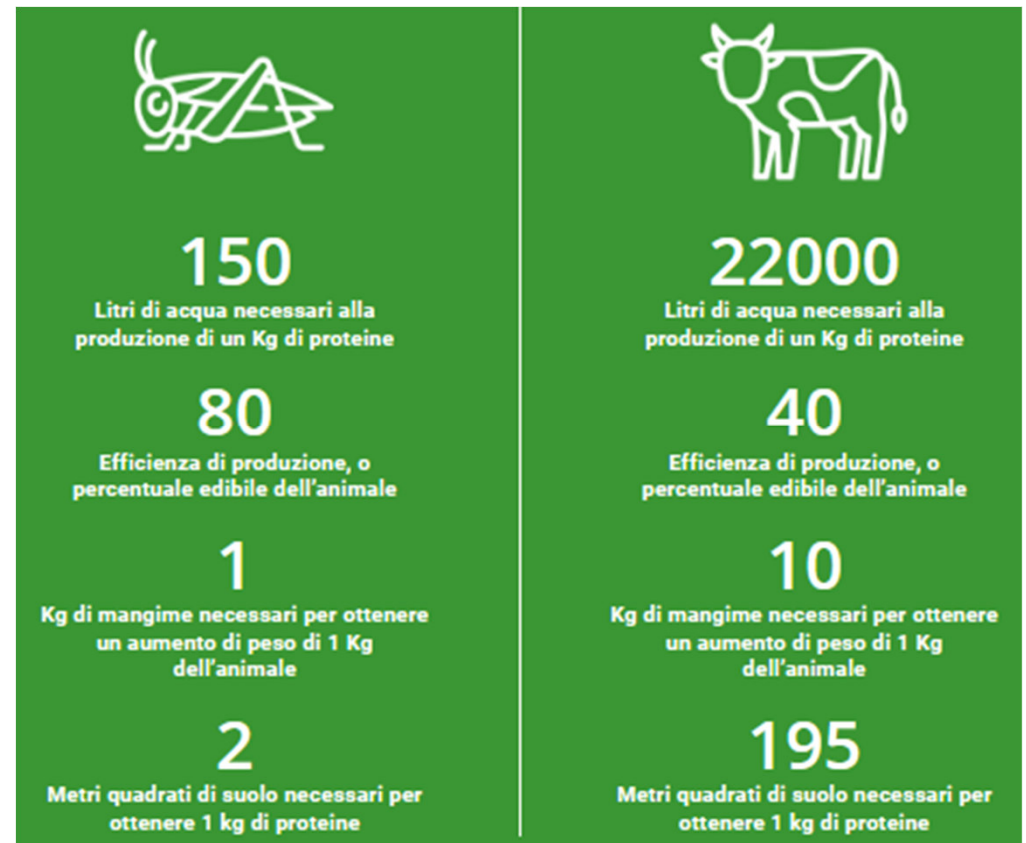
Compared to cattle, crickets produce 1% greenhouse gas. Livestock industries are the world's second largest cause of air pollution.



Crickets are rich in vitamins! They contain the same amount of vitamin B12 as salmon, have 15% more iron than spinach and are rich in phosphorus, iron and potassium.



Some data on the environmental impact in the production of proteins between cattle and insects.



Italian Cricket Farm, Italy

This company breeds crickets (*Acheta domesticus*), Flour moths (*Tenebrio Molitor*) and crickets (*Zophobas Morio*).

They also have the best cricket powder, an excellent protein product, healthy and sustainable. There are 2000 species of edible insects in the world.

Italian Cricket Farm collaborates with some organizations to answer every question regarding the production, the consumption of insects. These organizations are: **CoRoSect, IPIFF, Politecnico di Torino, DISAFA, World Sustainability Organisation, Entonote.**

- ❑ CoRoSect is a European project, based on the development of robotic systems for insect breeding. Italian Cricket Farm is one of these 19 European realities, and the role will be to define international standards for an *Acheta* 5.0 breeding.
- ❑ The IPIFF (International Platform Insect as Food and Feed) is a European association that works alongside insect breeders throughout their journey. A landmark for European insect breeders, which sees Italian Cricket Farm as its first member for Italy.
- ❑ In collaboration with the Polytechnic of Turin within the CLIK project, we are trying to understand if an insect breeding is a possible food source (protein) for future lunar colonists and for future space missions.
- ❑ "Friends of the sea and Friends of the earth are two standards for products and services that support and protect the marine and terrestrial environment. Italian Cricket Farm has had access to these brands. These certifications demonstrate, even more, the sustainability of the insect.
- ❑ Entonote deals with culinary experiments and to reciprocate opinions and advice on the use of insects.



Locusta gregaria medium

€3,75

IVA compresa



Locusta gregaria sub adulto

€3,75

IVA compresa



Acheta adulti

€2,90

IVA compresa



Acheta medium

€2,90

IVA compresa

