



Novel food

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Novel food are new products that are consumed out from the UE. Only in the last years we starting to talk about them.

Introduce novel food is important because it can help us to discover products from other countries and also protect the environment.

Jellyfish

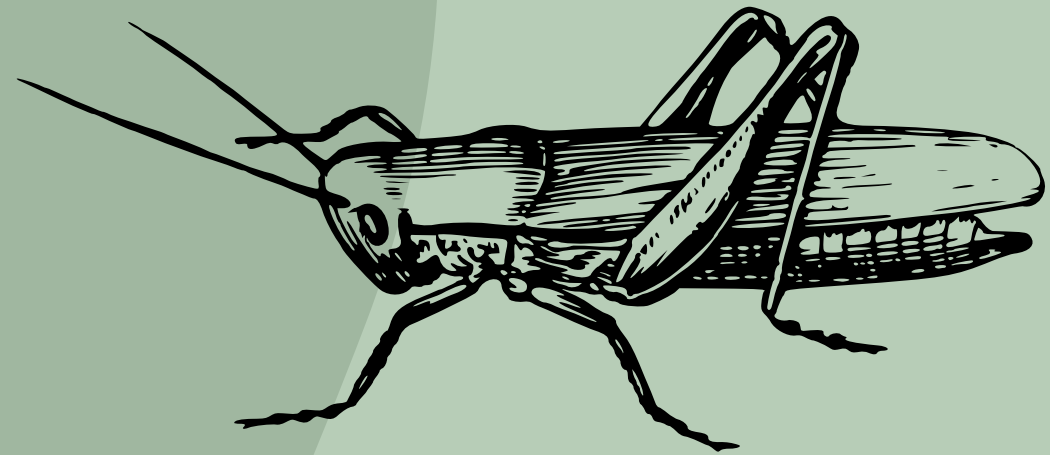


They are a sustainable choice because their mucus is used for making filters that can remove plastic particles from waste water which end up in ocean. We can use also their residues for creating fertilisers.

In UE

in the EU, according to the legislation, novel food is considered to be food not consumed significantly before 1997. Since 2018, according to the regulation, the European Commission authorises the trade in novel foods and EFSA carries out its safety risk assessments. The evaluation covers the composition, nutrients, toxicological and allergenic characteristics but also the production processes.

Example of novel food



Insects



Seaweed



Jellyfish

Edible insects: crickets

Insects are rich in proteins of high biological value and contain polyunsaturated fats and essential amino acids.

From the crickets you get the flour, which is partially degreased to be less oily and therefore less difficult to work. The flour is gluten free. Crickets are eaten by removing paws and wings, while to produce flour you have to use whole crickets.

You get less water and energy consumption.
Farm and pet feed can also be obtained.

But..

for the production of edible insects it is said that antibiotics are used and therefore residues may remain.

In Italy the largest insect farm is "Italian cricket farm" and breeds crickets, flour moths and caimans.. This company sells food for animals but also cricket flour and on their site there are tips on how to use it and also information on the product and insects in general.