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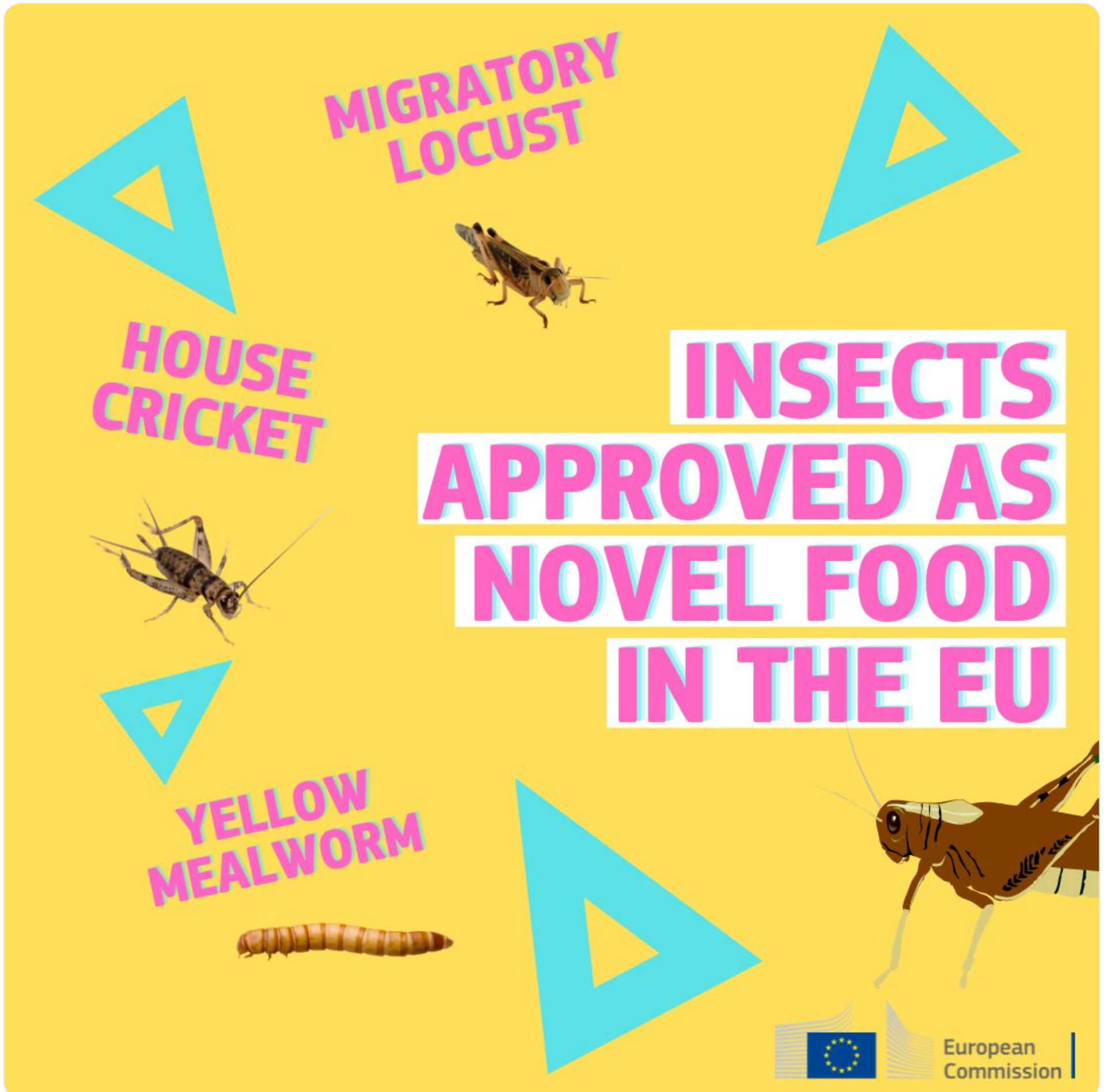
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🐛 Whether a snack or a food ingredient, did you know there are currently three insects authorised in the EU 'novel food'?

'House cricket', 'yellow mealworm' and 'migratory locust' are the three types of insects authorised as 'novel food' in the EU market. 📌



The @FAO indicates that insects are a highly nutritious and healthy food source.

Insects contain high fat, protein, vitamin, fibre, and mineral content, and can facilitate the shift towards healthy and sustainable diets 📌

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Eating insects is safe.

Novel Food can only be authorised if it does not pose any risk to human health. It must undergo a scientific assessment prior to authorisation to ensure its safety. 📌

The environmental benefits of rearing insects for food are founded on:

- ✅ high feed conversion efficiency of insects
- ✅ less greenhouse gas emissions
- ✅ less use of water and arable lands
- ✅ use of insect-based bioconversion for reducing food waste



It is up to you to decide whether you want to eat them or not!

The use of insects as an alternative source of protein is not new and insects are regularly eaten in many parts of the world.

Let's give it a try?



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