

Final event 15th of April

Task2.2: Digestible, attractive, functional, sustainable and nutritionally adapted food to specific population groups



Murielle Fretigny, IDmer



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Partners involved in this Task 2.2

Seafood clusters

- ANFACO (Spain)
- AQUIMER (France)

Technical centers

- CIIMAR (Portugal)
- IDMER (France) / Ethic Ocean
- ILVO (Belgium)
- RISE (Sueden)
- ZUT (Poland)



SEAFO DE TOMORROW Partners involved in this Task 2.2

IDmer: Technical center with 20 highly-qualified professional of the seafood and marine technology sectors. **IDmer** has facilities to conduct innovation and production activities, with health and safety certificates.

Ethic Ocean: Marine conservation organisation, working with the seafood industry to help the implementation of sustainable seafood supply practices.



Issues – why?



- More than 30% of stocks are overfished worldwide.
- Some less known species need to be better valorized.
- Vulnerable people (senior, children, pregnant women) are not eating enough seafood.
- => need to propose attractive recipes adapted to the 3 targeted public.
- => need to select less known and sustainable species.

Issues – what is a sustainable species?



- Coming from a sustainable stock not overfished.
- Captured with a fishing gear which has a minimum impact on the ecosystem.
- Species that had time to reproduce before being captured.

Objective:

Promote the use of sustainable fish species by best showing their nutritional and taste properties



- Youth (8-10 years old),
- pregnant women,
- Seniors (>60 years old)







Specific needs of the population targets



The goals chosen within the project for product development were as follows:

Target population	Nutritional focus	Portions	Functionnal properties
children (8-10 years old)	Omega 3, Vitamin D	About 250 g, including 70 g (±10 %) of seafood	Protein/ lipid ratio > 2 (or 1.5 for fatty species), no bones
Pregnant women	Omega 3, Vitamin D, Iodine	250 to 300 g, Including 100/120 g of seafood	Protein/ lipid ratio > 2 (or 1.5 for fatty species)
Seniors (≥ 60 years old)	Vitamin D, Vitamin B12, Protein, low salt	About 250 g, including 70 g (±10 %)	Protein/ lipid ratio > 2 (or 1.5 for fatty species), easy to chew and handle, no bones



The formulation targeted the quantities corresponding to a « rich in » or at least « source of » claim:

- Rich in omega 3: > 80 mg of EPA and DHA /100 g and 100 kcal of product
- Rich in vitamin D: > 30 % of 5 μ g of vitamin D /100 g and 100 kcal of product
- Rich in vitamin B12: > 30 % of 2,5 μ g of vitamin D /100 g and 100 kcal of product
- Rich in iodine: > 30 % of 150 µg of iodine /100 g and 100 kcal of product
- Rich in protein: at least 20 % of the energy value of the food is provided by proteins.

For **salt intake**, the recommendation is to consume less than 3,2 g of NaCl per day, the guideline is to **reduce as much as possible its use**, while having **a tasty dish.**



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- As a result, the eco-innovative solution is:
- Highlighting a sustainable seafood species
- Adapted to the target (nutrition, texture, shape, taste,...)
- Attracting, promoting fish consumption
- Easily transposable to an industrial process
- Affordable







National and European contests:

13 competing schools & 6 winning recipes



Results



- 6 recipes fitting the criteria
- Semi-industrial production for demonstration

Products in their final packaging, skinpacked and frozen: left to right

Mussel soup, fishball senior, fishball children, carp sausage children, weat berry salad pregnant, fish roulade pregnant















Consumer tests in the real conditions:

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- In collaboration with a senior house (EHPAD) in Dordogne (France), target: 50 seniors, in retirement homes, 89% of the residents would like the dish to remain unchanged, which shows **great general satisfaction**.
- Consumer test for children: supposed to take place in Paris region, delayed due to the pandemic context.



E-book

SEAFO®

- Short presentation of the project and contests
- Short presentation of the species used and sustainability information
- 6 winning recipes
- => diffusion of the e-book to be planned shortly via all partners network



Recipe for 4 persons

- 80g of butter
- 125g of flour + 3 eggs
- 90g of olive of • 200g of tomatoer
- 10g of garlio
- 100g of pepper 100g of milk
- . 100g of liquid green
- 100g of meacture select • 50g of onlone

PREPARATION STEPS

- . Make the salty pastry with 60g of butter, flour,
- Blanch, remove the seeds and crush the tomatoe
- 4. To make the cream: mix the milk. liquid cream
- 5. Spread the pastry and line the stainless-stee
- cases with it.
- 6. Prooch the home medicard
- 7. Put the tornato concentrate at the bottom of the cuiche. Add the fish crumble and the put the arrow mixture on top
- 8. Dress with mesclun soled



BREAD



BY LEMON WHIPPED CREAM, MASHED CARROT AND FRIED POTATOES

PREPARATION STEPS

NAME OF THE SCHOOL: Lycée Branty, La Roche sur Yon. RECIPE AUTHORS: Shanny and Océane

Recipe for 4 persons

 280g of pout · 26p of olive of

· Suit

Peoper

- . 30g of four
- 300g of breedorumb 150g of hispainut
- 200g of liquid cree
- 50p of line type 400g of potatow
- · 320g of carrot . 50p of butter 5. Make the Chartily Whin creem
- 4. Cook carnots in salted water add lomon lulop and chives). 6 Souted the notations with hutter

broadcrumbs, keep cold.

7 My the corners bind with butter and cover

Debone the pout and out into sticks (20 pieces)

with hazeinuts and flour, papries.) Season, flour, dip in boston egg and finish with hazeinut

2. Wash, peel and out the carrots and potatoes 3. Cover the pout in breadcrumbs (eggs, breadcrumbs

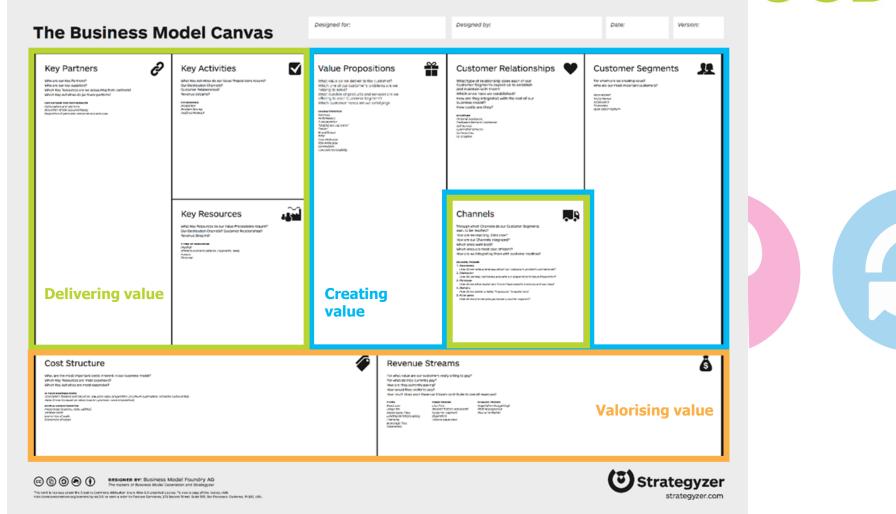
- 9. Make the presentation: 5 groquettes / plate carrot puree, mash potstoes. Chantilly lemon sauce



Task 4.2 Economic feasibility – T2.2: Tailor-made products for elderly people, children and pregnant women

Business canvas model

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Thank You

Contact Details:

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