



# Health and Environmental Value of Seafood

**Marta Santos**

**Working Group 3: *EU control and sanitary issues, consumer rules***

**Zoom online meeting – 30<sup>th</sup> March 2021**

# Context



Seafood is one of the most important food commodities consumed in Europe (EU imports 58.3% seafood)

Seafood is a high quality, balanced, healthy and safe food item

Enormous variability in seafood species produced and consumed in Europe

Most consumers, especially children, pregnant woman and elderly people, do not meet dietary recommendations of eating two portions of fish per week



## EATING SEAFOOD 2x PER WEEK:



Leads to improved  
**BRAIN & EYE**  
DEVELOPMENT



Contributes to an  
**INCREASE** in your  
**OMEGA-3 LEVEL**



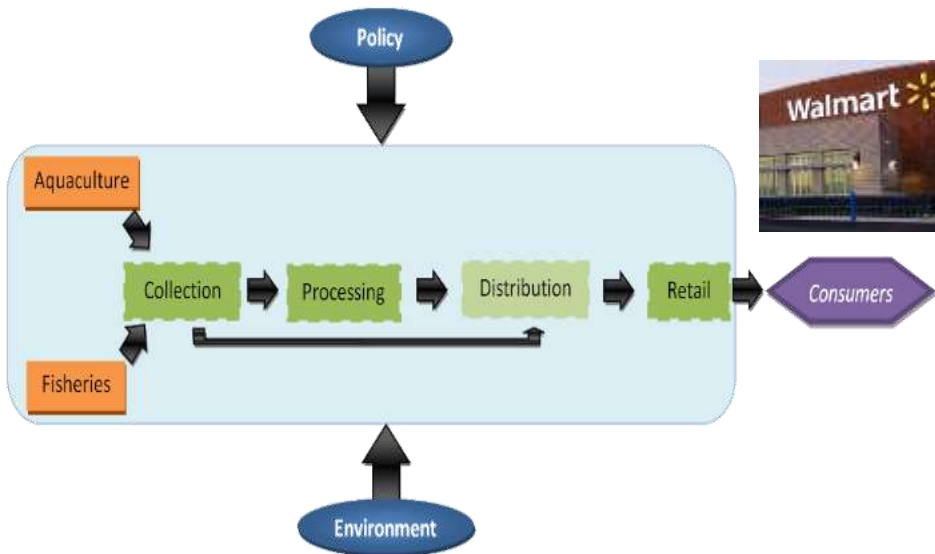
Helps to **REDUCE** risks  
of **HEART DISEASE**



Benefits **PREGNANT** and  
**NURSING WOMEN** and  
their **BABIES**

See more at: [www.choosemyplate.gov/ten-tips-eat-seafood](http://www.choosemyplate.gov/ten-tips-eat-seafood)

# Context



The seafood sector is complex and conservative, with supermarket chains/large retailers being key players in influencing markets and consumers choices



Seafood production has transitioned to farmed species

Seafood is permanently monitored to anticipate hazard outbreaks



# The Project

## PROGRAMME

H2020 (EC) – BG-08-2017  
Innovation Action (IA)

## TOTAL BUDGET

€7.5 million

## DURATION

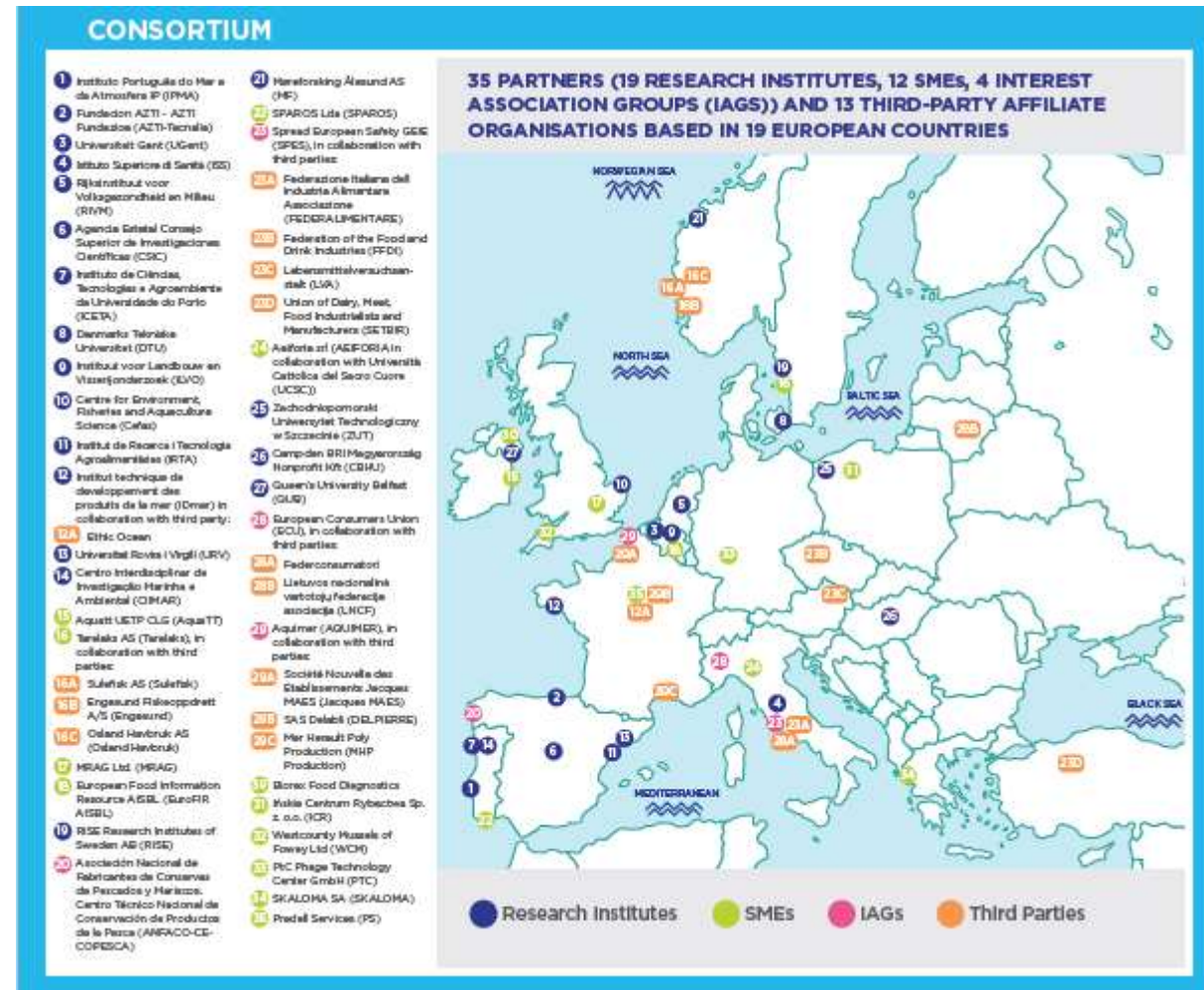
Nov 2017 – Apr 2021 (42 months)

## CONSORTIUM

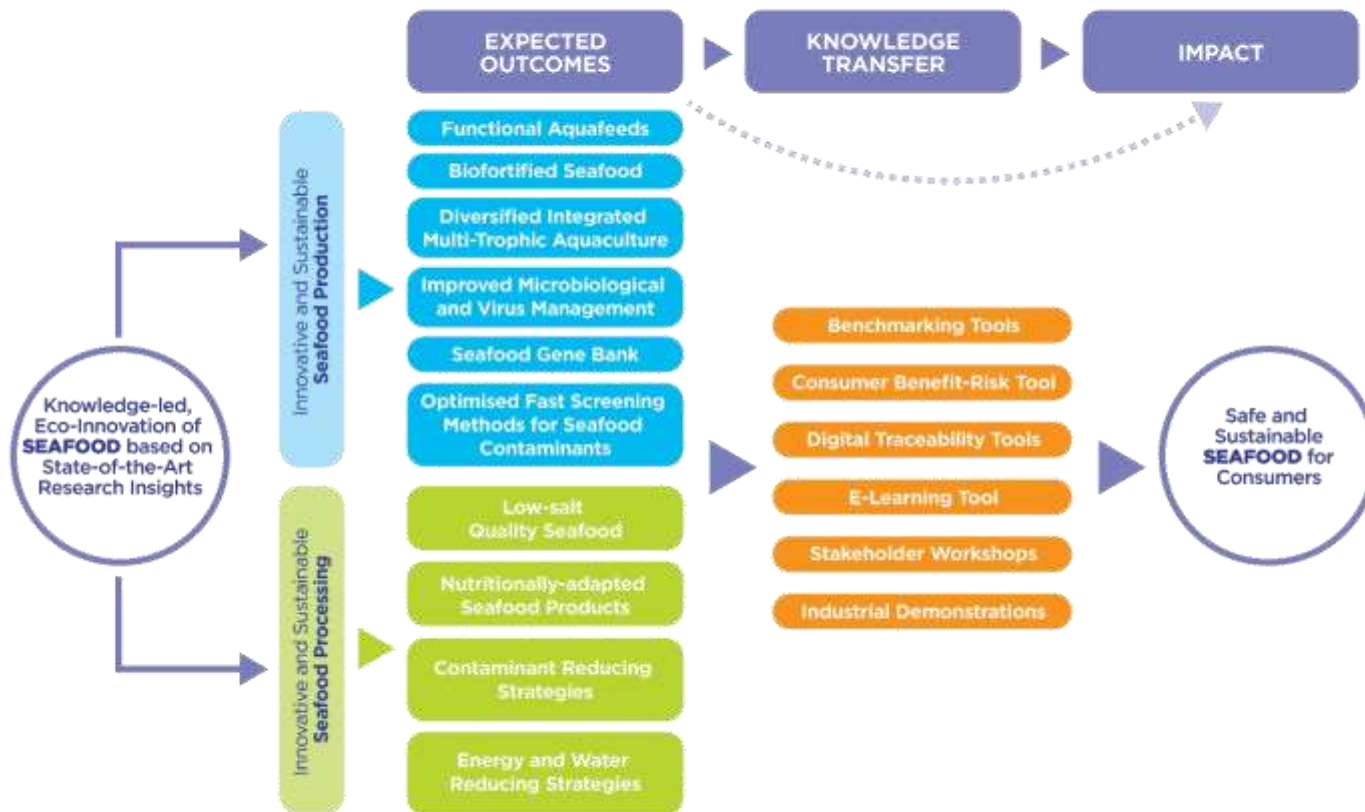
35 partners + 13 third-party affiliate organisations  
from 19 countries

## COORDINATOR

Instituto Português do Mar e da Atmosfera IP (IPMA),  
Portugal



# Objective



*Strengthen seafood production and processing industries in Europe by providing validated market-driven and consumer-responsive eco-innovative sustainable solutions for seafood production and processing that contribute to food security, mitigate production hazards, contribute to employment and increase consumer awareness of seafood quality and safety*



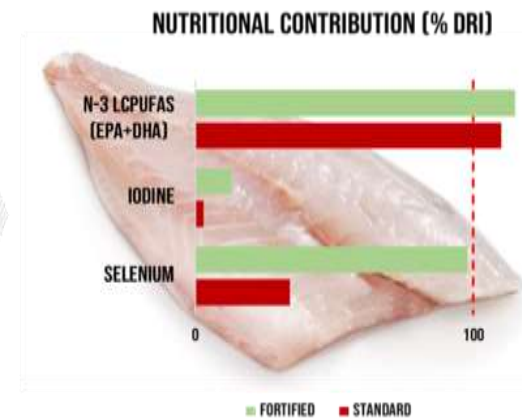
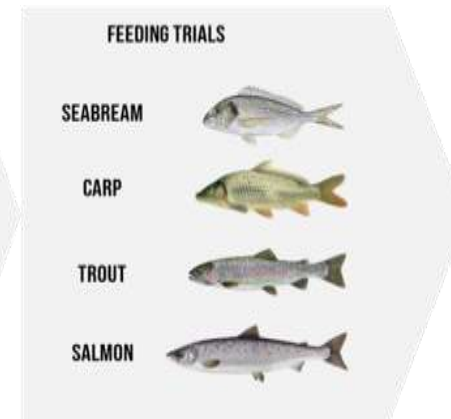
# Innovative solutions



**Integrated Multi trophic Aquaculture**

**Production**

**Tailor-made fortified fish and aquafeed**



# Innovative solutions



25% Na reduced products

Processing

Ready-to-eat tailor-made products

**6 PARTICIPATING COUNTRIES**  
Technical Center & Selected Species

**SELECTION OF BEST RECIPES**  
National center:  
Each country will prepare 3 recipes of high quality, for each of the 3 target groups (children, elderly people, people at risk of malnutrition) and submit them to the national technical center.  
National center will select 2 recipes per country and submit them to the national center.  
The 4 national center recipes (2 per country) of the 6 countries selected will be tested with the same rules as the national level, where only the 2 best ones per category will be released.

**CONSUMER TESTS**  
The 6 selected recipes will be checked by consumers (scientific tests) in restaurants, catering or institutions in every country. Depending on the collection of consumer surveys and laboratory data (high quality or additional data) with quality, safety and taste (scientific tests) will be organized in collaboration with catering companies.

**COMMUNICATION**  
The selected recipes will be promoted through communication campaigns both of online and offline. The involvement of communication agencies, bloggers and content creators will be encouraged to promote the products.



# Innovative solutions



HPP - pasteurization



RF+TSE -  
pasteurization



Energy and water reducing strategies





# Innovative solutions

Scientific Name	English name
<i>Cyprinus carpio</i>	common carp
<i>Cyprinus carpio haematopterus</i>	Amur carp
<i>Salmo salar</i>	Atlantic salmon
<i>Oncorhynchus mykiss</i>	rainbow trout
<i>Oncorhynchus keta</i>	chum salmon
<i>Oncorhynchus tshawytscha</i>	chinook salmon
<i>Salvelinus alpinus</i>	Arctic char
<i>Oncorhynchus nerka</i>	Sockeye salmon
<i>Oncorhynchus kisutch</i>	Coho salmon
<i>Oncorhynchus gorbuscha</i>	humpback salmon
<i>Salmo trutta</i>	Brown trout
<i>Sparus aurata</i>	gilthead seabream
<i>Gadus morhua</i>	Atlantic cod
<i>Gadus macrocephalus</i>	Pacific cod
<i>Solea solea</i>	common sole
<i>Limanda limanda</i>	common dab



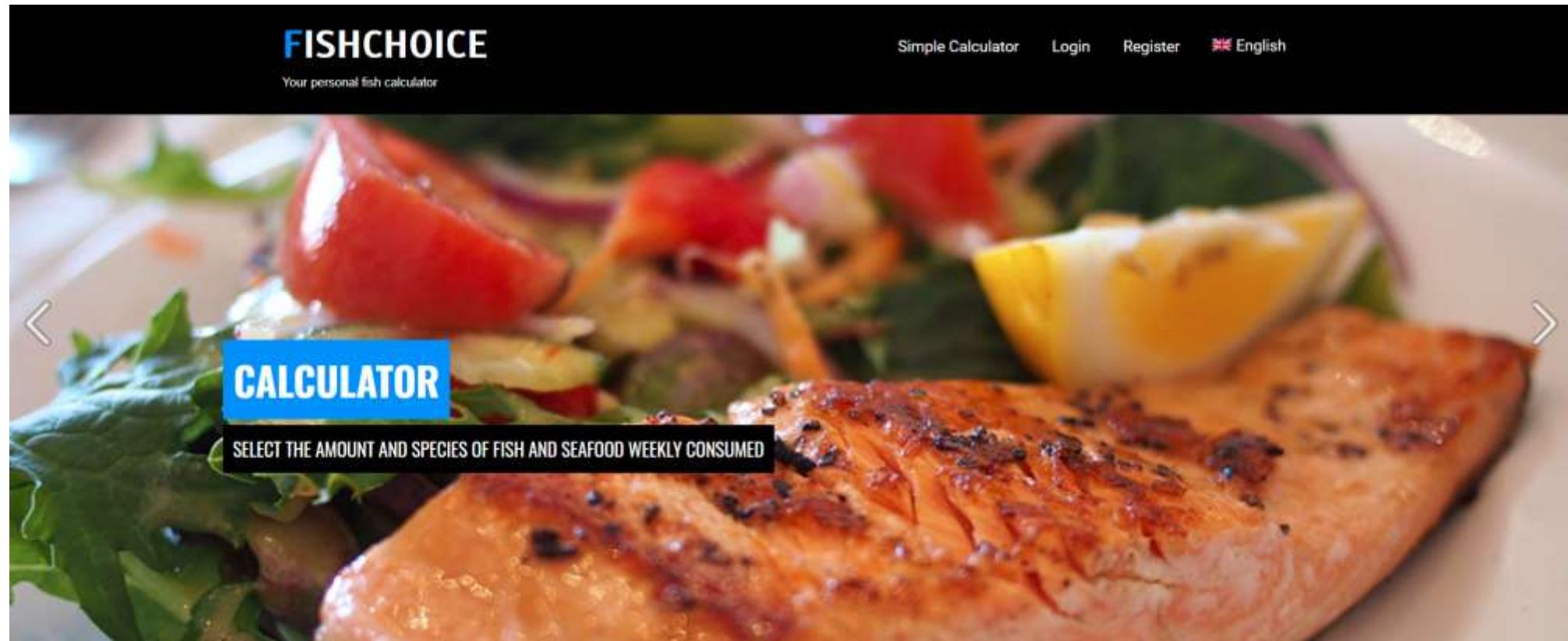
**Authenticity reference database and gene bank**

**Fast screening DNA authentication tool**

# Innovative solutions



**Benefit-risk  
communication tool**



<https://www.fishchoice.eu/>



# Innovative solutions



QR quality labelling

Benchmark for quality certification

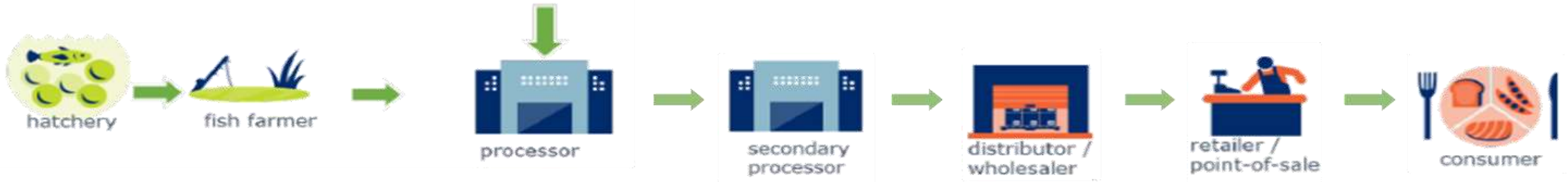
Automated traceability tool



wild caught



aquaculture



# Innovative solutions



e-Learning tool



<http://www.opentea.eu/en/e-learning/courses-Creating-nutritious-safe-and-sustainable-seafood-for-consumers-of-tomorrow.29/>

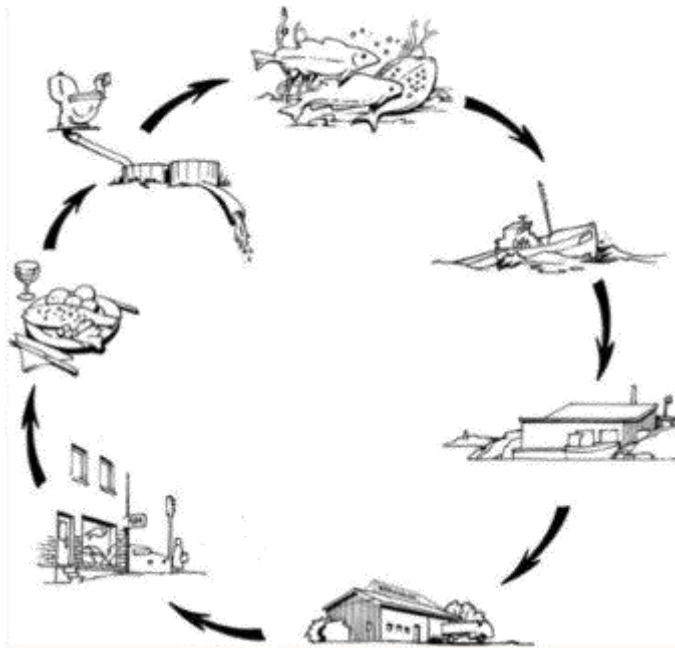
online course on

## Creating nutritious, safe and sustainable seafood for consumers of tomorrow

This free-of-charge e-learning aims to provide a continuing professional development resource for those working in the seafood sector and training materials for those entering the blue economy, covering topics and innovative solutions for improving the socioeconomic and environmental sustainability of the seafood production and processing industry, while contributing to product quality and safety.



# References



Publication in progress...

- <https://seafoodtomorrow.eu/>
- <https://www.youtube.com/watch?v=UF17if3VsmU>
- [https://www.youtube.com/watch?v=oU\\_hvQCif3A](https://www.youtube.com/watch?v=oU_hvQCif3A)
- <https://www.fishchoice.eu/>
- <http://www.opentea.eu/en/e-learning/courses-Creating-nutritious-safe-and-sustainable-seafood-for-consumers-of-tomorrow.29/>
- <https://seafoodtomorrow.eu/?s=newsletter>
- <https://seafoodtomorrow.eu/deliverables/>
- <https://seafoodtomorrow.eu/horizon-results-platform/>

**Final  
online  
event:  
15<sup>th</sup> April  
2021**



**SEAFOOD** TOMORROW    

**Save the date!**

**SEAFOOD** TOMORROW - Nutritious, safe,  
and sustainable seafood for the future

**One-day online event**  
**15<sup>th</sup> April 2021**

**Event organized by: EuroFIR AISBL**

**For more information, please see:**  
**[seafoodtomorrow.eu](http://seafoodtomorrow.eu) or follow us @SEAFOOD\_TMRW**

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**REGISTRATION:** [SEAFOODTOMORROW Final event Tickets, Thu 15 Apr 2021 at 10:30 | Eventbrite](https://www.eventbrite.com/e/seafoodtomorrow-final-event-tickets-147467099348)





# Thank You

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