

Food Fight - S1E13 - The Big Takeaway.mp3

Lukxmi Balathasan [00:00:06] Hi, everyone, welcome to The Food Fight podcast. I'm Lukxmi Balathasan.

Matt Eastland [00:00:10] And I'm Matt Eastland.

Lukxmi Balathasan [00:00:11] And we're both from EIT Food, Europe's leading food innovation initiative working to make the food system more sustainable, healthy and trusted.

Matt Eastland [00:00:20] This episode we're calling the big takeaway, because as we come to the end of our first series, we want to revisit some of the standout discussions from the past few months and share some of the thought-provoking ideas and learnings that we've encountered, including...

Rob Wilson [00:00:36] We've got to be a part of the solution and be active rather than passive listener and think that it's all gonna be rainbows in a couple of years.

Matt Eastland [00:00:43] And this...

Jim Laird [00:00:44] I genuinely believe that making protein from smaller organisms does create that future food future of sustainable protein.

Lukxmi Balathasan [00:00:52] Yes, I think it's safe to say and I have met some real food heroes this past year. People who've been working tirelessly to make food better for us, for the planet, and ensure equal access to food across the globe. In terms of innovations we've heard some things about, you know, beer made from surplus bread, alternative proteins to replace meat products and also leaders projects looking at how we can combat the world's addiction to sugar. And Matt. So if you had to pick one thing you've heard so far that really blew your mind what would that be?

Matt Eastland [00:01:24] Wow, so many to choose from. I think I was probably kind of in awe of what Rob was doing at Toast Ale. The idea of making, you know, like really delicious beer from bread that would otherwise go to waste. I really hadn't thought about that. So that was great. And then in thinking about one of our spotlight episodes, so what Food Pairing are doing, you know, like mixing data with taste, like really, really innovative stuff. And maybe those guys have actually worked our way to crack the nut of how do you make food, which is tasty, healthy and sustainable. So, yeah, I'm really interested in seeing how they progressed. What about you, Lukxmi?

Lukxmi Balathasan [00:02:05] Yeah, I know I agree, the food waste industry has been going strong and I think what Rethink Resource is doing, building a platform to connect industry that has waste products, which other industries might actually be using is ingredients is fantastic. And, you know, I think allergens is quite topical and with food maestros doing to take the guesswork out of it is fantastic.

Matt Eastland [00:02:26] Yeah. So I totally agree. And I think we're going to be coming on to some of those innovations that entrepreneurs later in the show.

Lukxmi Balathasan [00:02:32] I think it's probably good to remind ourselves of where we began the series, and that was a discussion about feeding the growing population. So to

put in perspective, by 2050, the world's population is likely to be around 10 billion people. That's almost 30 percent extra people on planet Earth in just 30 years. And the question really is, how are we going to manage?

Stephane Durand [00:02:55] We produce less food than we consume. So therefore, we import a lot of food that we need.

Corinna Hawkes [00:03:02] There's a harsh reality that we consume too much. We consume too much meat. We consume too many calories. And that goes across the board. We consume too much energy.

Stephane Durand [00:03:11] Cheap food has been really a centre of policies in U.S. policy europe policy in most part of the world, really. And now is a perversion of it is at - there's too much being consumed because it's so cheap.

Corinna Hawkes [00:03:25] We have to face the harsh reality that we're going to have to reduce some of that consumption to spread consumption more evenly, because what other parts of the world and other populations who need it to actually have more.

Matt Eastland [00:03:37] That was Professor Corinna Hawkes, director of the Centre for Food Policy of City University London, and Stephane Duran from Queens University, Belfast. Setting the scene for us and for me Corinna really hit the nail on the head, explaining the unevenness in the spread of consumption.

Lukxmi Balathasan [00:03:54] Yeah that's right Matt. So on the one hand, we've got two billion people who are overweight or obese today. And on the other hand, there's 800 million people who are currently undernourished. So that's massive food inequality. And I think the divide will only continue to grow.

Matt Eastland [00:04:09] So Corinna and Stephane really worked with us to set out the challenge. But then that poses a whole bunch of questions that we'd been exploring ever since throughout The Food Fight podcast. So how do we feed a growing population whilst available farmland and resources are decreasing? How do we do all this in a healthy way where everybody then has access to a balanced diet? And how do we minimise our impact on the planet and learn to produce and use food in a sustainable way?

Lukxmi Balathasan [00:04:39] Yeah, and I think the current situation with COVID 19 has really highlighted the fragility of our current food system. It's exposed the food inequalities and also highlighted the bottlenecks in our food supply chain.

Matt Eastland [00:04:52] I do wonder whether it also doesn't represent quite a massive opportunity for the food sector to innovate. And innovation is something that we've been talking throughout the food fight series. But listening to Corinna I mean one of the kind of the big takeaway for me from the discussion was that, you know, she just said it bluntly, we all need to consume less. And, you know, what does that mean? You know, can we do that?

Lukxmi Balathasan [00:05:17] Where people can make an impact is by potentially wasting less than throwing away less food and being more inventive. They're making use of food that's already in their fridge.

Matt Eastland [00:05:27] So let's start with waste then. In terms of the solutions, if we could all waste less, that's definitely going to help the problem.

Rob Wilson [00:05:34] I think everyone that works in the food and drink industry is passionate and understand that there is this catastrophic crisis at hand where one third of the food that we're producing is going to waste the public. I don't think are so aware. Typically, we're quite blind to this. It's happening in big factories. It's happening behind the scenes. It's not just us as consumers wasting food. It's happening throughout the whole supply chain. And it's the biggest cause of climate change. The food industry, people think of it in isolation. But when you consider the deforestation, the energy usage, the transportation, when one third goes to waste, there's such an efficiency issue there. And so I think if the public were more aware of this, it would be quite refreshing to see that there's actually quite a tangible solution for us to solve.

Lukxmi Balathasan [00:06:23] So that was Rob Wilson there from Toast Ale talking about the scale of the food waste problem.

Matt Eastland [00:06:28] Yeah, and I still can't get over this statistic that one third of all food produced is wasted globally. That is enormous. And when we think about that from a sustainability point of view and the message that people like Greta Thunberg so brilliantly sharing, we don't always make that connection to food. But as Rob was saying, it's actually food production and the transport of food that contributes to that in a massive way.

Lukxmi Balathasan [00:06:56] So what can we do? Tessa Clarke is the CEO of the food sharing platform called OLIO that helps connect neighbours and also local businesses to produce food waste. She had some great tips for us.

Tessa Clarke [00:07:08] A couple of things that I would always recommend. The first thing is to plan your meals for the week, which might sound incredibly boring, but actually it's surprisingly fun on a Sunday night. You can sit down and plan your meals for the week. Second thing then is to shop to your plan. The third thing is to learn some tips and tricks about how to store your food. There are some fantastic pieces of information out there on the Internet. So, for example, tomatoes should never be stored in the fridge. Potatoes and onions should not be stored together. You can wrap some beeswax wrap or clingfilm over the top of bananas to make them last for longer. A slice of onion in with an avocado will stop it - opened avocado will stop it from going brown.

Matt Eastland [00:07:54] I never knew that.

Tessa Clarke [00:07:54] I know that's one of my favourites. So there's an awful lot that you can do kind of in the home through just proper storage of your food. The next thing really is to get creative. So to experiment in the kitchen and to kind of cook with leftovers and use up what you've got. And then finally, obviously, shameless pitch for Olio. But if all of the above hasn't worked, then clearly please share your food with a neighbour rather than toss it in the bin.

Matt Eastland [00:08:19] Yeah. Brilliant tips from Tessa for reducing food waste at home there. And the one thing that I was so amazed with, I now actually do myself all the time - onion and avocado together, that really does work. And she also mentioned her food chain platform, OLIO, which he's actually then launched herself to really tackle this problem on a much bigger scale.

Lukxmi Balathanan [00:08:39] Yeah. OLIO has just recently rescued me when I had a refrigerator malfunction and was able to share my contents of my freezer with my neighbours. And nothing had to go to waste.

Matt Eastland [00:08:48] Nice.

Lukxmi Balathanan [00:08:48] Well done, Olio. So food waste at home is one side to take very seriously. But there are other stages where food waste happens, and we've had some really interesting conversations around this subject. David Kat from Wasteless shared the way they're helping food retailers reduce food waste through AI power dynamic pricing.

Matt Eastland [00:09:08] And in another one of our mini-episodes, I also really enjoyed hearing about Banabooms, a Start-Up created out of EIT Food education entrepreneurship programmes who are giving new life to surplus bananas by turning them into a sustainable breakfast cereal.

Lukxmi Balathanan [00:09:23] I had the privilege of working with this company two years ago when they formed and being not a big fan of bananas, they've made a potential waste product, very tasty and very innovative. So what they're doing is they're collecting banana, extruding them and making almost like Cocoa Puffs. They're made with bananas. Its really great.

Matt Eastland [00:09:44] Yeah they sent me a packet of their Banabooms cereal is actually really, really tasty. So kudos to them. I think what they've done, particularly as they were students, as well as also being entrepreneurs. Incredible.

Lukxmi Balathanan [00:09:56] And I think this one is a great example of doing both focussing on sustainability and also on health, because I can see there's been a great, tasty, delicious but healthy treat for kids.

Matt Eastland [00:10:07] Yeah, this idea of using food and side streams to create new desirable products form the basis of probably one of our favourite episodes of the season one. And I want to hand back over to Rob Wilson, who we've already heard from, to explain a little bit more about his company, Toast Ale, who are using waste bread to replace grains in the brewing process and actually then create delicious beer. And then we also hear from his co guest, Linda Grieder of Rethink Resource, a company who created this platform to allow food businesses to actually trade their waste side streams together.

Rob Wilson [00:10:43] The worst offender of the more when it comes to food waste is the humble loaf of bread. So 44 percent of the bread that's baked in the UK goes to waste. And when we realised that you could brew a really delicious beer using that bread and in fact the origins of beer production that date back thousands of years have always had bread in the ingredients up until really the industrial revolution.

Matt Eastland [00:11:07] Is that right?

Rob Wilson [00:11:08] Local bakeries, local breweries would partner up and surplus would be passed on to the brewery. And so I guess we loved the whole circular economy, nature of what we're doing, but also the circularity of bringing the beer production back to its origins, an element of romance, I guess, in that given the craft beer boom that's happening.

Linda Grieder [00:11:31] We can connect different companies or different industries already that can reuse in others side streams. So, for example, there's a cosmetic producer on our platform and asking for some ingredients that he can use as a replacement for plastic beans, for exfoliants, for body scrubs. But he probably doesn't know at that moment what it could be and what our platform then does is screens our database of registered side streams and gives him an output of possible matches. And for that example, it could either be nut shells or raspberry seeds or so anything. Or anything.

Matt Eastland [00:12:18] Raspberry seeds?

Linda Grieder [00:12:19] Yes.

Lukxmi Balathanan [00:12:22] I think thanks to that episode in both Rob and Linda's probably given our listeners some really great ideas of what to do with the waste products that they might just have in their household.

Matt Eastland [00:12:32] Yeah, that's right. I mean, and the stuff from Linda, I mean, the raspberry seeds things within the pharmaceutical industry still blows my mind. Just the idea of being able to use waste food like genuine waste food in another way and give it another source of life is just fabulous. Love That.

Lukxmi Balathanan [00:12:49] Is also really great to Rob talked about that episode that they've had no open source their recipes.

Matt Eastland [00:12:56] That's right.

Lukxmi Balathanan [00:12:56] So try sitting at home can have a go. So I'm sure that's really come in handy right now. And I hear that everybody's taking up baking as a new hobby these days being stuck at home. So Toast Ale is a place to go if you want to look into how to convert your surplus sourdough into some delicious beer.

Matt Eastland [00:13:12] Yeah, I mean, there's so many great food waste projects in EIT Food, and I guess I'd really encourage everybody to sort of cheque them out. You know, I just suppose for people listening, you know, what are the waste takeaways for consumers, Lukxmi? What have we learned from all of these great people we've had in the studio with us?

Lukxmi Balathanan [00:13:28] Well, that clip from Tessa just reminded me that I should not be keeping my tomatoes in the refrigerator. And it's really incredible you know simple tips about a story of fruit and vegetable and can really go a long way from saving really good food from being binned.

Matt Eastland [00:13:42] I agree with you and I think there's just some other maybe two other things that I took away is one, which was when you go shopping for food, you just need to have a list and that sounds so simple, but so many of us don't do it. So you just end up buying way too much food or food that doesn't fit anywhere in terms of the meals you want to create. So you end up leaving in the fridge and wasting it. And then when you have actually cooked your meals, how many people are actually making better use of their freezer like Rob was talking about just as soon as you finish creating that great meal. Don't let it go off. Just portion up, stick it in the freezer, and then you've got a delicious meal, pretty much whenever you want it. So it's just nice, simple tips that we can all do.

Lukxmi Balathasan [00:14:23] Well, the next big talking point we want to move on to. Which relates back to both feeding a growing population and creating a more sustainable food system is a discussion around Alternative proteins or meat alternatives and this has been a really hot topic last couple years.

Matt Eastland [00:14:38] Yeah, that's right. I mean, it's a huge, multifaceted topic, this one, and where there's a lot of interesting, exciting innovations happening in the food sector. So why don't we hand over to some of our guests to explain more

Jim Laird [00:14:54] For me we are alternatives to the animal right now the only protein that is scaled since dawn of time has been animal. The animal still accounts for 95 percent plus of our protein sources. And so for me, anything outside of the animal also so outside of meat and fish alternative. So it captures plants, it captures fungi, and it captures emerging technologies of insects, cultured meat so a fully broad landscape.

Roberta Iley [00:15:18] We know that for many people around the world currently there really isn't a choice, you know. And many of the livestock options, for example, provide really valuable opportunities for people to get that protein nutrition, which is very difficult to see how that could change in the near term. So there's quite interesting question for me, which we're increasingly exploring as part of the challenge of kind of, how do we make sure that we hit that right balance? And that's the alternative proteins that coming onto the market are really delivering on the sustainability and the house side of things.

Jim Laird [00:15:50] I genuinely believe that making protein from smaller organisms does create that future of food or future of sustainable protein. To explain how we do that, it's own sciency. In reality, we take the sugars out of grain such as wheat and maize, and we ferment it. So large scale fermentation large-scale fermentation tanks, similar way that you'd see large scale brewing tanks or the way large scale vats making yoghurt. We convert the sugars using fungi into protein and in a single step fermentation. And what we make as a whole biomass or whole food, which contains protein and fibre, which is then very versatile, versatile for a range of category applications and product applications.

Lukxmi Balathasan [00:16:31] So you've just heard the voices of Jim Laird from the start-up, 3F Bio and also Roberta Iley from Forum for the Future.

Matt Eastland [00:16:38] Yeah so for me, I guess the things that I really liked about this is aid that you can just basically brew protein on this huge scale potentially, and then transform it into foods that people kind of at least feel that they know and love. So Jim is talking about, you know, you can turn into sausages and burgers into things that look like chicken, you know, so it brings Alternative proteins a lot closer to consumers, but it's really potentially very healthy and very sustainable. So actually, it's something that consumers will hopefully be happy to adopt. And obviously they are adopting in much bigger and bigger ways.

Lukxmi Balathasan [00:17:13] And for me, what I thought was quite interesting is that we are looking to other cultures and looking to other sources of food and being a little bit more creative. I guess for us, meat and two veg is just sort of the easiest, typical option that we tend to go to that opening it up and looking at other alternative sources of protein will enable us to be more creative in the kitchen. I think this is going to also have a really big impact on our health.

Matt Eastland [00:17:36] Yeah agreed. And, you know, I think Jim was also talking about the different types of protein that you can have. So the ones that you kind of know already so vegetable protein, soya proteins, and obviously what Jim was doing, but also things like insects and lab grown meat, which, you know, I know some people will find that fairly revolting, but potentially this is something which is going to be really important in the future. And it's certainly from a sustainability perspective. It could be a big deal from an ethical perspective, it could be a big deal. You still like meat that you're actually growing meat, you know. Is that something we're going to accept? I think this sector is just really, really exciting. And going back to, you know, what Corinna was saying right at the start. You know, it could be the answer for, you know, in order to be able to feed the world 10 billion people by 2050, alternative proteins have definitely got a good chance of being part of that solution.

Lukxmi Balathasan [00:18:30] Yeah, and I agree, Matt. I think, you know, I think something that Jim's pointed out to us is like Alternative proteins is not going to completely replace meat. I think when it's going to do is have us consume less and value actual meat products that are currently on the market. And the interesting thing that alternative meat has done, you know, vegan burgers and vegetarianism has been around for a really long time. But what alternative meats and bringing in technology has made vegan burgers sexy again.

Matt Eastland [00:18:57] Yeah thats right.

Lukxmi Balathasan [00:18:57] I think has been an astonishing accomplishment.

Matt Eastland [00:19:00] So I think maybe there's maybe this is something about balance. So, you know, at the moment, maybe the world is much more focussed on traditional meat farming and production for as actual fact, you know, what alternative proteins could do is it could make up maybe some of the lion's share of that, which will then allow farmers to focus on, you know, rearing like really great quality, organic grass fed, you know, like really kind of artisanal meat products. So the balance shifts a bit. But like Jim said, I don't think you're ever going to get rid of meat and there's a lot of people out there that probably don't want that as well. So maybe this is just a bit more about getting the balance right.

Lukxmi Balathasan [00:19:40] And technology has really played a role in giving us a taste and texture. And the key thing to this market for it to continue growing survive is all about taste.

Jim Laird [00:19:49] I think delicious does come first in food or delicious and acceptability and, you know, within the protein choices and meat and fish are part of those putting choices they have for some consumers, given deliciousness and they tick lots of boxes for lots of consumers. What the plant space has to do is try and give the consumer what it loves and that will include succulent texture, lack of aftertaste. And those are things which everything that is competing with the animal has to deliver against. So succulence, I think texture properly comes back is almost top of the list when you talk to consumers. You get the texture wrong. The texture is part of taste.

Matt Eastland [00:20:25] You've lost the consumer

Jim Laird [00:20:26] You've lost to consumer.

Matt Eastland [00:20:28] So I think yeah, Jim sums up pretty well. You've got to be able to compete with traditional meat products. If people feel that they have a good alternative and, you know, maybe there are some examples out there, we're actually Alternative proteins taste even better and cleaner and healthier than what people are used to. Then surely that's only going to make this industry flourish even more?

Lukxmi Balathasan [00:20:51] Absolutely. We could literally run a whole series just looking at alternative proteins, it's so popular at the moment. So if you want to hear more about Jim and his alternative proteins, please check out 3F Bio. And on the subject of Alternative proteins, we also in our mini series interviewed Aleph Farms. They're a really interesting company that are actually looking at the field of cellular agriculture, which is basically taking cells from a real cow, and then growing it in a lab in a slaughter free environment, which is completely mind boggling. So we can actually have real meat and the same taste and texture without any of the guilt, which is absolutely amazing.

Matt Eastland [00:21:28] That is amazing. I think one of the big takeaways for me on alternative proteins was the fact that it's something that might actually make food proteins specifically much more affordable for more people. So being able to feed more people more sustainably and also more healthily as well. So a really, really important emerging part of the food sector.

Lukxmi Balathasan [00:21:52] Yeah, it's a really good point Matt and health in the food sector is something I'm really passionate about because I feel like with the big focus and sustainability we sometimes forget that a lot of the food that we eat to be sustainable, that can still have negative impact on our health. And we hosted a great number of really lively panels at events last year discussing how we make that healthier and really importantly, whose responsibility is it?

Bela Gil [00:22:18] I always say that there are two ways that people really change when in regards to food, which are when they become parents and when they get sick, that's when they seek out the transformation. But I mean, we don't have to become sick to change we can already have a healthy diet in order to prevent becoming sick and what I focus now as an influence is to work with children because I believe that food education for children is the best way for us to create a healthy community.

Lukxmi Balathasan [00:22:54] That was Bela Gil who spoke to us live at Seeds and Chips last year that took place in Milan.

Matt Eastland [00:23:00] Yeah, and what Bela said there was one of the standout moments from the whole series for me. I've never had anybody so succinctly summarise, you know, sort of health and the issues around the fact that we only tend to think of healthy food and our health and well-being when we either get sick or when we become parents. And actually our focus is should be on prevention and actually just eating healthy food as part of our lifestyle. So that actually when you have kids, you know, it's just part and parcel of your family life.

Lukxmi Balathasan [00:23:32] And Bela talked about positive influences especially on children and supermarkets really need to step up to help people make healthier choices. And for me, the key takeaway there is that healthy foods and the impact on our health is everyone's problem, not only the consumers, but of the industry. And we really discussed this topic from both a industry perspective and from a consumer perspective so please do check out that podcast.

Matt Eastland [00:23:57] And more recently, on a similar topic, when we visited Lisbon for our annual EIT Food Venture summit with loads of start-ups and loads of our partners that we hosted discussion about sugar and our addictive love of it. So we posed the question to a panel of experts about, you know, is sugar the new tobacco and what can we do as consumers? But also what is the industry doing to help reduce the amount of sugar in our foods, to try and help make us all healthier.

Lukxmi Balathasan [00:24:27] But it was really amazing was that we met two companies working as sugar replacements that feature the sweetness of structural properties and sugar without having such dramatic health downsides.

Tom Simmons [00:24:40] The insight that we work on to try and address this problem is not that's sugar. Excess sugar consumption per say is bad, but consumption is the wrong type of sugars is the real issue. So we don't help address the problem by developing a brand new ingredient never before seen by mankind. Instead, what we do is we go to the most abundant source of sugar in nature, which is actually in dietary fibre. So I spend my academic career working on dietary fibre, plant carbohydrates. Most people don't know that dietary fibre is actually composed almost entirely of sugars. So what we do is we take dietary fibre we fragmented down in a similar way to how bacteria in your guts fragment down when they feed on fibre. And we find that we can take fibre and make it behave like sugar in food and yet still behave like fibre in the body. So we can make cookies, cakes, ice creams, etc, which tastes like half cane sugar in them. But instead of causing sugar spikes, they actually attenuate blood sugar levels like fibre does instead of causing excess cravings after eating them. They actually fill you up like fibre does.

Annick Verween [00:25:46] Ilan, you do it totally different, right? You're focussing on protein. Can you tell me a little bit more about Amai Protein and what you call the sweetest protein in the world?

Ilan Samish [00:25:55] So in Amai, we decided to look into nature and ask what is the solution of nature is giving us? So you have fruits from West Africa to Malaysia in China, along the equatorial belt. You have foods which are sweetened by sweet proteins. They adhere to the sweet tooth sectors just like sugar. But then they just add just like a protein with no remains other than essential amino acids that go into our body. Now, if this is so good, how come we don't use them? We actually do use in the market, there is one protein, it has an E number and you can buy it, but there is a very high cost and scarcity of it. So we looked at the issues, the challenges of these proteins, which is cost and supply stability, P.H, temperature, acidity and the sensorial profile. And by applying computational protein design coupled to production by fermentation, by precision fermentation by yeast, just like you brew beer, we make proteins and we made a protein that is stable for pasteurisation and that you can put in very small amounts. And because we are 10000 times sweeter than sugar, one teaspoon of our protein replaces 50 kilograms of sugar. Consequently, we are 90 percent cheaper than sugar in sweetness units.

Matt Eastland [00:27:25] Amazing.

Tom Simmons [00:27:29] You've just heard from Tom Simmons, who's the founder of STEM, who is utilising fibre to replace sugar, and also from Ilan's Samish. He's the founder of Amai Proteins who've pioneered novel ingredients that can replace sugar. So, Matt, it sounds like I missed a really fantastic episode.

Matt Eastland [00:27:46] Yeah, you really did. It was a shame. I mean, Annick did an amazing job stepping in for you, but it was such an interesting panel. And I think the idea of that being - I mean I didn't even know this, but you know, you can have sweetness from fibre and sweetness from protein particularly, that's sort of kind of mind-blowing, really.

Lukxmi Balathasan [00:28:04] This is the amazing thing about science. And I think it's incredible that we can take two things that are really good for us fibre and protein and make into something that also is delicious, which I find absolutely incredible.

Matt Eastland [00:28:16] That's right. And the other thing which really came across nice on the panel is the fact that, you know, you've got small start-ups who are doing really interesting, innovative things in this space. But you've also got really big companies like Danone who are working with these start-ups to actually embed these into their products. So you've got like, loads and loads of products out there now, which are actually getting reduced amount of calories from sugar because they're investing in new innovations and technology to bring these kind of sweeteners into their products and ingredients.

Lukxmi Balathasan [00:28:46] Yeah, and that's the exciting thing about working at EIT Food you know, we get to meet that connection. We get to bring these really innovative ideas to industry, then be able to then showcase it to us, to consumers.

Matt Eastland [00:28:58] Okay so, unfortunately, we're actually coming close to the end of the show now. And it's a real shame because we covered so many amazing topics in series one. You know, we spoke about trust in the food industry, you know, and whether consumers do trust that the food industry. We spoke about safety and bridge from Swiss De Code, about the amazing technology they're using to sort of track and trace safety through the food supply chain. And we also spoke about the amazing technology that's coming out of the fishing industry as well. So, you know, we couldn't cover it today, but please, please, please check out the episodes because they were really great. But as we're coming to the end before we round up as a fun thing, I wanted to just pose this question: So if you were to create the ultimate food fight, takeaway meal and Lukxmi, I'm directing this at you, incorporating as many of the great innovations we've been hearing about this series. What would that be? What would it look like? What would you eat?

Lukxmi Balathasan [00:29:57] Mm-hmm. So I think we talked a lot about meat. But, you know, there's a lot of impact in our oceans with the food that you know had an impact on the environment. I would love to see that whole concept of cellular agriculture - so lab-grown fish and chips.

Matt Eastland [00:30:16] Nice.

Lukxmi [00:30:17] Maybe 3D printed chips made from very healthy vegetable puree. That may be a thing.

Matt Eastland [00:30:24] Okay. And would this mean that you wouldn't actually be even going into a fish and chip shop? You'd just be producing your own fish and chips takeaway away straight at home?

Lukxmi Balathasan [00:30:33] Well, I think if we're talking about the ultimate future, I would just go to my computer press print. And then there will be the 3D printing supermarket that would then deliver me my delicious fish and chips.

Matt Eastland [00:30:46] Okay, nice 3D printed food, healthy, sustainable and tasty. Love that.

Lukxmi Balathasan [00:30:52] Exactly. And what about you, Matt? What would be your ultimate food fight takeaway meal?

Matt Eastland [00:30:57] Okay. Well, I'm a huge fan of pizza. I would eat pizza every day if I could. So I guess for me it would be a pizza where the dough is made from some combination of alternative proteins to kind of bump up that protein content. And then I guess the toppings would have to come from some kind of like food sharing app where they were about to get to waste but actually, they go straight onto a pizza. I don't know, maybe make it a social thing where actually, because of the fact that the food was about to go to waste, it actually reduces the price of the pizza. More pizza for everyone. And then throw on top, if you could, where you're making the pizza base, if you've got any leftover breadcrumbs, turn them into beer so you can have beer with your pizza.

Lukxmi Balathasan [00:31:44] Ah living the dream. So we've packed quite a bit into this episode, but I feel like I was really good to recap and think about all the positive actions we're making towards a more sustainable and healthy food system. So that's it from us for this time. But don't worry, we're definitely going to come back for series two. But in the meantime, if you want to know more about EIT Food and the innovators and entrepreneurs working hard to transform our food system to make it more sustainable, healthy, please check us out at eitfood.eu or at Twitter [@eit_food](https://twitter.com/eit_food). So from me Lukxmi Balathasan.

Matt Eastland [00:32:21] And from me Matt Eastland thanks everybody for listening and we're all really looking forward to being back with you all very soon, in a few weeks time. Take care, everybody, and keep fighting for a better future.

Lukxmi Balathasan [00:32:32] Bye for now.