



The innovations in food packaging: Sustainable solutions for a changing world

Chee Lee*

Bioprocess Technology Division, School of Industrial Technology, Universiti Sains Malaysia, 11800 USM Penang, Malaysia

E-mail: clee@usm.my

In recent years, there has been a growing demand for sustainable food packaging solutions as people become increasingly aware of the impact of packaging waste on the environment. Innovations in food packaging have been making strides in meeting this demand while also improving food safety and quality. In this article, we will explore the latest sustainable solutions for food packaging and how they are helping to create a more sustainable future. One of the most significant innovations in food packaging is the use of biodegradable and compostable materials. Biodegradable materials are those that can break down into natural elements in the environment, while compostable materials are those that can break down into nutrient-rich soil under specific conditions. These materials can be made from a variety of sources, such as plant-based materials like corn starch, sugarcane, or even mushrooms. They offer a more sustainable alternative to traditional plastic packaging, which can take hundreds of years to break down (Ervin & Frisvold 2016).

Another sustainable packaging solution is the use of recycled materials. Recycled materials, such as paper and cardboard, can be used to make food packaging that is both recyclable and biodegradable. By using recycled materials, we can reduce the amount of waste that goes to landfills and minimize the environmental impact of producing new packaging. Innovative packaging designs are also making strides in sustainability. For example, edible packaging is a new trend in food packaging, where the packaging is made from edible materials like seaweed or fruit skins. This type of packaging offers a sustainable solution while also reducing waste and providing a unique sensory experience for the consumer (Fischer & Connor 2018).

Another innovative packaging design is the use of active and intelligent packaging. Active packaging refers to packaging that has active components to help preserve food, such as antimicrobial agents or oxygen scavengers. Intelligent packaging, on the other hand, uses sensors to monitor food quality and freshness, such as temperature or humidity sensors. These types of packaging help to reduce food waste and improve food safety. In addition to sustainable materials and packaging designs, the use of new technology is also driving innovation in food packaging. For example, nanotechnology is being used to create new types of packaging materials with unique properties, such as increased barrier properties or improved strength. This technology can also help to reduce the amount of material needed for packaging, thereby reducing waste (Frank, 2017).

Another example of new technology in food packaging is the use of blockchain. Blockchain technology can be used to track the entire supply chain of food, from the farm to the consumer. This technology can help to improve food safety by providing greater transparency and traceability in the food supply chain.

One of the most pressing challenges in food packaging innovation is balancing sustainability with food safety and quality. Sustainable packaging solutions must not compromise the safety and quality of the food they contain. For example, biodegradable materials may not be suitable for packaging certain types of foods, such as those that require an airtight seal to prevent spoilage. Therefore, it is important to ensure that sustainable packaging solutions are appropriate for the specific food products they are intended to contain (Qian et al., 2012).

Sustainable food packaging innovations are essential for creating a more sustainable future. Biodegradable and compostable materials, recycled materials, innovative packaging designs, and new technology are all driving

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innovation in food packaging. These solutions not only help to reduce the environmental impact of packaging waste but also improve food safety and quality. As the demand for sustainable food packaging solutions continues to grow, it is essential that we continue to develop new and innovative solutions that meet the needs of consumers, producers, and the environment. By working together, we can create a more sustainable future for our planet (Smith 2013).

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