SUSTAINABLE FOOD PACKAGING

Helene works as Global Sustainable Sourcing Specialist for Oatly focusing on packaging and co-packers.

Q: Why do we need food packaging?
Packaging protects food and drink and allows it to be distributed to consumers without it they wouldn’t be able to enjoy the food/drink. It also allows safe storage at both retailers and the consumer’s home.

Q: What are the packaging options for foods and drinks and which are the best for the environment?
When packaging is needed, the best option would be one that copies nature’s circular flows, like a nut-shell, made from natural resources, sunlight and water, fully protecting its content, decomposing after use, whilst providing nutrition and building blocks for other parts of the ecosystem.

Unfortunately this is far from how mankind has been designing packaging. However, there are ways for us to ‘copy’ nature when designing packaging materials, e.g., by using natural resources that can be regrown (‘renewable resources’), preferably reusing them several times through recycling. Finally when the material can no longer be recycled, it can be transformed into molecules that don’t disturb nature’s natural processes, but instead form part of new cycles.

All types of packaging have pros and cons, and very few packaging solutions can live up to all of the above properties. You need to consider the whole life cycle of a package to understand what is the most important. Reducing climate impact is really core for us at Oatly, we have therefore chosen to focus on the two main parameters leading to a low carbon footprint:

---

Welcome!

In this issue of The Oatly Way, we hope you enjoy the feature interview with Helene Thörnlund. Helene works as a Global Sustainable Sourcing Specialist for Oatly and her interview is a change from our usual interviews. Typically we focus on a nutrition or health topic, but in this issue Helene discusses packaging and sustainability – focussing on planetary rather than public health! I, for one, learnt a great deal from her interview.

We’ve included our Oatly news and another delicious 100% plant-based recipe, our simple Confit de Chickpeas, made with our new Oatgurt – Greek Style.

We welcome your feedback, so please do contact me with any comments, including suggestions for future e-newsletter topics.

Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website here.

Kind regards,

Kate Twine
Registered Dietitian and Nutrition Consultant
kate.twine@oatly.com

---

Q: Why do we need food packaging?
Packaging protects food and drink and allows it to be distributed to consumers - without it they wouldn’t be able to enjoy the food/drink. It also allows safe storage at both retailers and the consumer’s home.

---

OATLY UK: TOG - 81 Rivington Street, London, EC2A 3AY.
Consumers: info.uk@oatly.co.uk | HCPs: oatly.com/uk/hcp
using as few resources as possible (whilst maintaining functionality) and;
- the resources used should come from renewable sources (produced with renewable energy).

After use this means that no fossil carbon will be released into the atmosphere, we want to provide plant-based food products packed in plant-based packaging!

Consumers often consider the recyclability of packaging as the most important feature of packaging. We agree that recyclability is really important and that responsible use of resources includes keeping the packaging materials 'in the loop' for longer than just single-use. However, looking at the total life cycle of packaging, we find that usually the most important parameter is the production of raw materials. Therefore, at Oatly, we have chosen to focus our efforts in choosing the best possible packaging raw materials, meaning renewable sources.

Q: What packaging does Oatly currently use?
Our current packaging portfolio is mainly paper-based packaging for liquid products and ice cream, and our new Oatgurt pots are made from more than 60% renewable sources with a lid made from recycled sources. The plastic pots for Creamy Oat Fraiche will also be replaced by these more sustainable solutions.

Most of the plastic caps that we use for our liquid packages are made from renewable sources (sugar cane) and can be recycled together with fossil plastic caps. We are planning to switch all our pack laminate coating to those from renewable resources too.

For us at Oatly, the most important parameter, is to increase the renewable content of packaging materials. Today we are at 86% renewable content for our total product portfolio, and we are working to increase this to 100%.

We get many questions asking why we don’t use glass in our packaging portfolio. Indeed glass seems like a good option, since it’s based on silica (quarts sand) and can be easily recycled. But LCA-studies show that glass is in fact a very resource demanding material, both with regard to use of raw materials (heavy weight), but also energy use for production. Glass packaging is often produced with a certain share of recycled material, but the majority is still produced from virgin sources with a higher climate impact. Additionally glass is more fragile and dangerous in the distribution chain. Therefore we have chosen to keep our focus on renewable packaging materials with a lower climate impact.

Q: What changes are Oatly making to ensure they use environmentally-friendly packaging?
As described above Oatly is striving for more renewable, light weight packaging material with a low climate impact.

We currently have several ongoing packaging projects to drive improvements. As well as the laminates mentioned above, we are also looking into plant-based straws and more lightweight trays.

Our packs now features climate impact data, see box. This shows greenhouse gas emissions in carbon dioxide equivalents (CO₂e) from field to store for our products, this includes packaging.

ORGANIC CREAMY OAT

has been reformulated, now with even less saturated fat – just 1.2g/100ml, 90% less than single cream!

Nutrition information: here
Stockists: here

MORE WIDELY AVAILABLE!

You will find more of our products in even more stores. Full details: here.
Did you miss this webinar with Dr Lisa Waddell RD? No worries, we recorded it and have uploaded it (with all of the accompanying materials) here.

CLIMATE ASSEMBLY UK - THE PATH TO NET ZERO

The first UK-wide citizens’ assembly published its report in September. It gives clear recommendations on the path to take to reach the Government target of net zero emissions by 2050. You can read the Executive Summary here.

Top Tips for HCps and their Patients in Relation to Food Packaging?

Q: Top Tips for HCps and their Patients in Relation to Food Packaging?

1. Ask yourself is package needed? Can you bring your own reusable package (e.g. for fruit or certain consumables) or buy refill options?

2. First choice for packaging, choose renewable packaging materials, such as paper, cardboard and plant-based Polyethylene (PE) that can be recycled locally.

3. Second choice for packaging, choose renewable packaging material. Even if it can’t be recycled, it won’t add to increased fossil carbon levels when incinerated. Make sure you put it in the correct bin.

4. If only fossil packaging material is available, make sure it is recyclable and/or made from recycled resources. Avoid black-coloured material, polyvinylchloride (PVC) and polystyrene (PS) and different polymer-mixes that can’t be separated.

Confit de Chickpeas

Serves 4

Super Easy and Very Tasty!

Ingredients
- 175 ml olive oil
- 2 cans of chickpeas (500 g), well drained
- 400 g cherry tomatoes (the smaller the better)
- 8 garlic cloves
- 2 tbsp of capers (or olives)
- A handful of fresh sage or any herbs (15-20 leaves)
- 2 tbsp tomato puree
- 2 tsp paprika powder
- 1 tsp black pepper from the grinder
- 1 tsp sugar - optional
- ½-1 tsp salt - optional

Other
- Pasta
- 150 ml Oatly Oatgurt Greek Style

Method
1. Preheat the oven to 150-175°C.
2. Put all the ingredients for the confited chickpeas in an ovenproof casserole dish. Give it a stir and put the lid on. Place in the middle of the oven and cook for 1 hour. Give it a stir half way through. It is ready when it smells good, the tomatoes have collapsed and garlic is completely soft.
3. Boil pasta and serve this with the chickpeas. Note: use a perforated spoon to serve the chickpeas, this way you leave much of the oil behind (this oil has loads of flavor and can be used for roasted potatoes, grains, salad dressing, tomato soup and so on).
4. Add a nice dollop of Oatgurt and enjoy!

Nutrition Value per 100 g
Energy (kcal): 149
Fat (g): 6.9
Saturated fat (g): 0.9
Carbohydrates (g): 16.3
Sugar (g): 1.7
Fibre (g): 2.8
Protein (g): 4.2