

# International FoodTec Conference

Shaping the Future  
of Sustainable  
Food Ecosystems



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**Net4food**  
RED DE INVESTIGACIÓN E INNOVACIÓN  
PARA EL SECTOR ALIMENTARIO

# BOOK OF ABSTRACTS

-  Challenges and Opportunities in the Food System of the Transborder Region
-  Innovation, Technology, and Food Security in a Changing Global Landscape
-  Nutrition and Consumer Trends: Enhancing the Value of Endogenous Resources
-  Quality, Food Safety, and Environmental Responsibility
-  Marketing, Digitalization, and the Future of the Food Sector
-  Strategic Developments in the Net4Food Project

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# TECHNICAL DATA

## **Title**

International FoodTec Conference – *Shaping the Future of Sustainable Food Ecosystems*

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## P1 | SUSTAINABILITY OF EDIBLE INSECTS - INSIGHTS FROM A SAMPLE OF PORTUGUESE CITIZENS

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Edible Insects (EI) have been consumed for immemorial times in many parts of the world, being part of the cultural and gastronomic heritage of entomophagic communities. Contrarily, in other areas, typically in Western countries, they are not traditionally consumed, being vehemently rejected by people who feel disgust towards this type of food [1]. Many support that edible insects are a more sustainable option to other protein-rich foods rich in protein, like beef, pork, or chicken, including the Food and Agriculture Organization of the United Nations, FAO [2]. To incentive consumption, it is important to inform citizens about the environmental advantages of this type of food resource. Therefore, this work focused on a questionnaire survey that took place in Portugal in the ambit of the project EISuFood - Edible Insects as Sustainable Food. The study deals with aspects linked to Environment and Sustainability, assessed through 11 items aimed to measure the participant's level of knowledge. A total of 527 participants were included in the study. The results revealed a generally high level of knowledge towards most of the issues related with sustainability of EI investigated. In particular to highlight the highest knowledge being on items related with EI being a possibility to respond to the growing world demand for protein and also with EI efficiently converting organic matter into protein, thus saving valuable natural resources. In what concerns the influence of sociodemographic variables on the level of knowledge (Table 1), significant differences were found between genders for only three of the 11 issues investigated. Contrarily, differences between age groups were found significant for seven issues, showing that age seems to be a more influential variable on knowledge than gender. However, the most influential variable of all was found to be education level, revealing significant differences between groups for all the 11 issues investigated. Consequently, education assumes a pivotal role in changing peoples' level of knowledge as a motor for behavioral change and in particular for possible acceptance of EI as a sustainable and nutritive food.

**Table 1** – Evaluation of statistical differences between groups for the questions investigated using Chi-square tests.

	Q 1	Q 2	Q 3	Q 4	Q 5	Q 6	Q 7	Q 8	Q 9	Q 10	Q 11
Gender	—	—	*	—	*	—	—	—	—	—	*
Age group	*	*	*	*	*	—	—	—	*	—	*
Education Level	*	*	*	*	*	*	*	*	*	*	*

\*Significant differences ( $p < 0.05$ ); — No significant differences.

### References

- [1] S. G. Florença *et al.*, *Foods*, 11, 2022, 3643.  
 [2] R. P. F. Guiné *et al.*, *Open Agriculture*, 6, 2021, 24-36.

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