



Canned food – hidden gems in your cupboard

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All about metal packaging in the UK



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Can Makers



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Food cans are:

- Made predominately from tinplate, which is mild steel electrolytically coated on either surface by pure tin (some food cans, typically for packing fish are made from aluminium)
- Either made from a drawn body and top component (tinplate or aluminium), or a welded body and a top and bottom component (tinplate)



- Many foodstuffs can be packed directly in uncoated tinplate containers, while others require the tinplate's inner surface to be coated with a thin polymeric protective layer
- Many food cans are now fitted with a full aperture easy open end for convenience

Canned Food is:

- Cooked in the can after it has been sealed
- Cooked under steam pressure at 116-121°C which is sufficient to kill any micro-organisms present (cooking times vary depending upon the product concerned)



- As a consequence, canned food rarely requires preservatives as part of its ingredients
- In addition, cooking after the can is sealed affords canned food exceptionally long shelf life with the nutritional value being locked in throughout that shelf life

Other benefits of canning

- Canning plants are typically located close to the point of harvest so the food is packed when both the flavour and nutritional value are at their greatest
- As foods age, their nutritional value reduces, but since canneries are located close to the point of harvest, few if any nutrients are lost in transit
- The canning process itself can slightly reduce the amount of some of the more soluble vitamins, such as Vitamin C, but in other cases the nutrient profile of the food is actually enhanced
- For example, canned pumpkin, contains 540% of the RDI of vitamin A, while the same amount of fresh pumpkin only has 26%
- Other foods like canned beans have higher fibre content than their fresh counterparts, and canned tomatoes contain significantly higher quantities of lycopene, an essential phytonutrient, than fresh tomatoes
- In fact many well know cooks and chefs, such as Theo, are now openly advocating the use of canned food, and many canned food cook books are now available



Environmental benefits of using cans

- Metal packaging, like all metal is infinitely recyclable
- It's easy to extract from the waste stream, and all the metal collected is reused to make new metal products
- As a consequence, metal packaging has the highest recycling rate across Europe of any packaging format
- In addition:

“Around 80% of all the metal ever produced is still available for use today”





The superior shelf life of food packed in cans provides an additional benefit, significantly reduced food waste

And today, global food waste is a very serious matter

Effects of Metal Packaging on Energy and Food Waste (Crown Holdings)

Randy Gue and Eric Hooper



Headline Conclusions:

**342.4 million
litres** of food
per year saved
in NA & C

**Over 1 billion
litres** saved with
metal packaging
globally* *Extrapolated data

The report also noted that if the USA entire fruit and vegetable supply were canned, then.....

The estimated
saving would be
**~7 million metric
tonnes of food**

Equivalent to
saving **~22 million
metric tonnes
of CO²**

Source: "Effects of Metal Packaging on Energy and Food Waste", University of Delaware and Crown Packaging

Reducing carbon – Product heating

Equation to determine the energy required to heat a substance is $Q = mc\Delta T$



Comparison is

0.5 litre from 4°C to 90°C (Chilled storage)
0.5 litre from 18°C to 90°C (Ambient storage)

$$500\text{ml } Q = 500 \times 4.186 \times 86 = 177,905\text{J} = 177.905\text{kJ}$$

$$500\text{ml } Q = 500 \times 4.186 \times 72 = 150,696\text{J} = 150.696\text{kJ}$$

A Difference of 27.20kJ or 15.3%



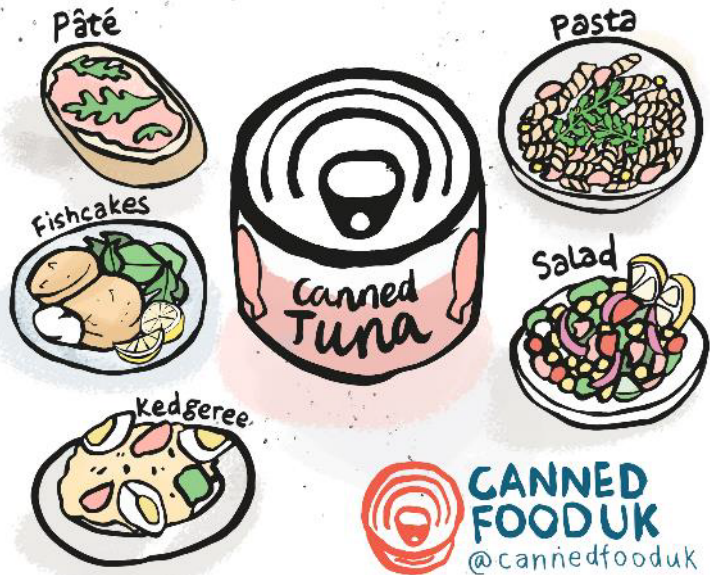
PROMOTING CANNED FOOD

Nutrition Locked In - Naturally

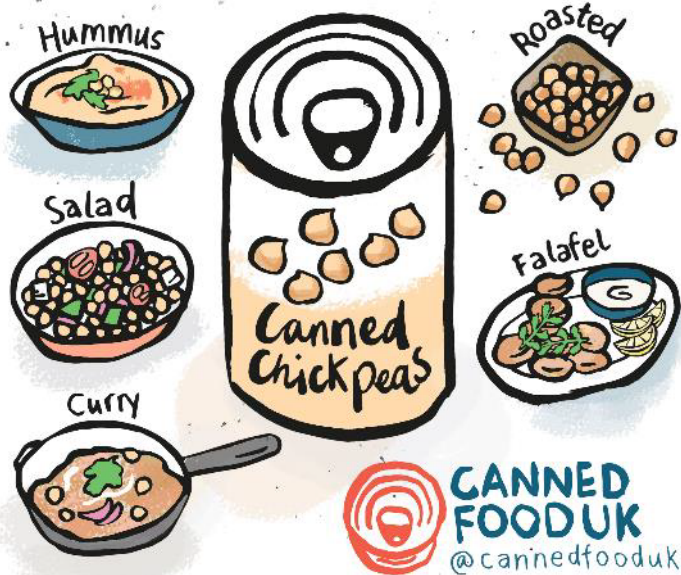
The home for promoting canned foods in the UK

Canned Food UK - Promoting canned foods in the UK

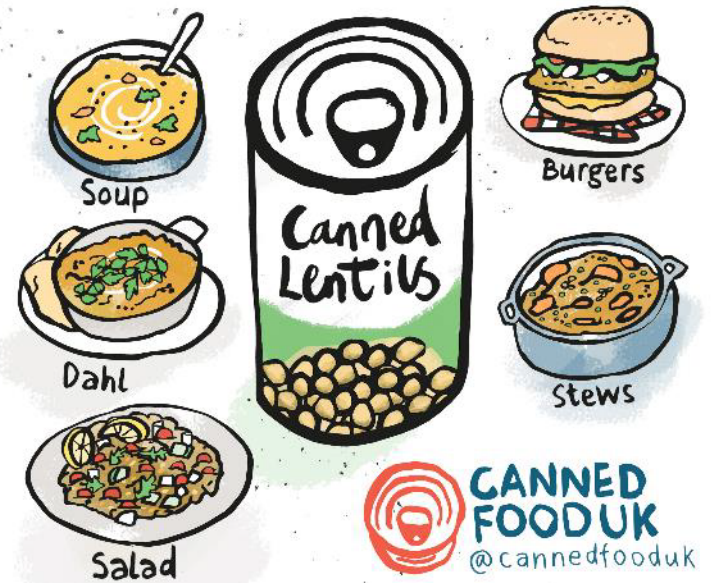
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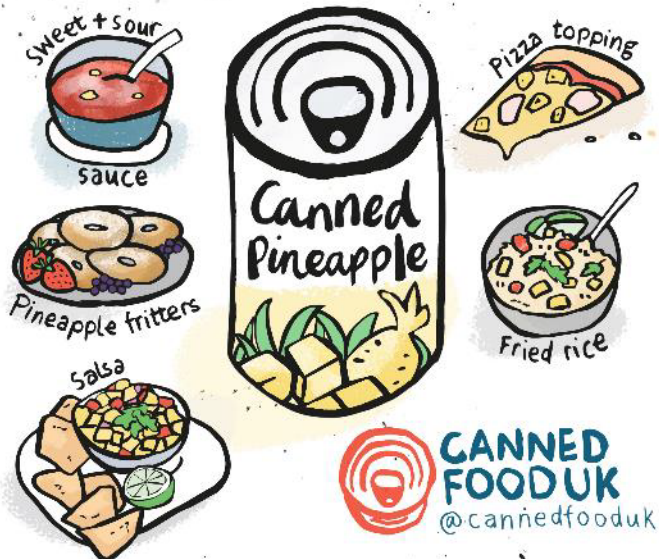
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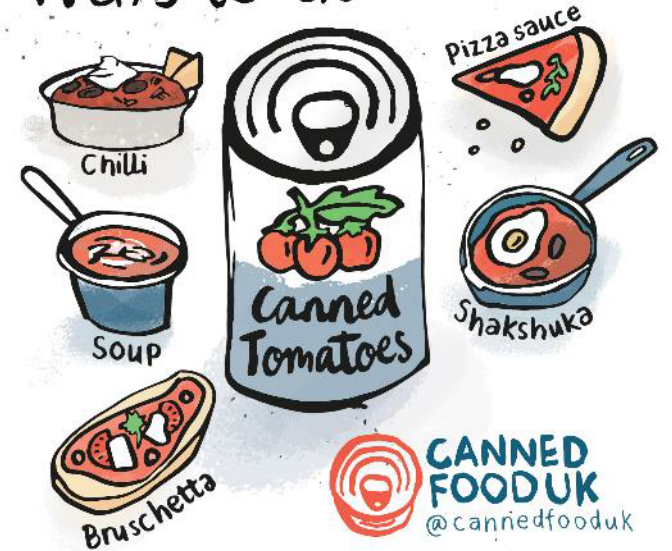
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RECIPE DATABASE

Course	Filter by...	Servings	Type of dish
Choose... ▾	Please Select... ▾	How Many? ▾	<input type="checkbox"/> Meat (55) <input type="checkbox"/> Fish (47) <input type="checkbox"/> Veggie (93) <input type="checkbox"/> Vegan (11)

Displaying 27 results of 209 recipes

1 2 3 ... 8 >

Search by keyword...



Spanakopita Parcels on Tomato Ragu By Theo Michaels



Seafood Cassoulet By Theo Michaels



Crispy Sardine Croquette Tacos By Theo Michaels



Crab and Mango Ceviche by Theo Michaels



Herby Potato Cakes



Cinnamon Pineapple Fritters



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SEAFOOD CASSOULET BY THEO MICHAELS

Course: Main - **Dish:** Fish - **Serves:**

Part of our ‘Around the World’ series with Chef & Author Theo Michaels, this recipe is inspired by France:

“A riff on a traditional French rustic dish of creamy cannellini beans cooked in a light broth with smoky canned seafood woven through and dressed with a fresh dill, garlic and lemon dressing.”

Serves 2

Method:

Fry the onions in a pan with a splash of olive oil for a few minutes to soften. Then stir in the garlic, quickly followed by the can of undrained cannellini beans, then drizzle in the oil from the smoked mussels/oysters. Mix together then add the chicken stock cube with a 1/3 of a can of water, season and leave to simmer.

While gently simmering, make the dressing – mix all the dressing ingredients together and reserve.

Now with the heat low, fold in all the canned seafood and gently stir to combine. Leave to warm through for a minute before serving into bowls, finishing the dish by spooning over the dill and garlic dressing.

Nutritional information per serving:

Nutritional value per serving

Nutrient	Per serving
Energy	1895kj
	456kcal
Fat	30.1g
Of which saturates	4.1g
Carbohydrate	20.5g
Of which sugars	3.3g
Fibre	8.9g
Protein	21.4g
Salt	2.7g

Ingredients:

- 1x 400g can cannellini beans
- 1x 85g can smoked mussels (or oysters)
- 1x 120g can squid (or octopus)
- 1 small onion, diced
- 2 cloves garlic, sliced
- Splash of olive oil
- ½ chicken stock cube

Dressing:

- Handful fresh dill, finely chopped
- 1 lemon
- 45ml olive oil
- 1 clove garlic, crushed
- Pinch sea salt



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Thank
You



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