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Food Packaging

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11.1 Introduction

Food packaging is defined as a co-ordinated system of preparing food for transport, distribution, storage, retailing, and end-use to satisfy the ultimate consumer with optimal cost (Coles et al., 2003). Food packaging is an essential part of modern society; commercially processed food could not be handled and distributed safely and efficiently without packaging. The World Packaging Organization (WPO) estimates that more than 25% of food is wasted because of poor packaging (WPO, 2009). Thus, it is clear that optimal packaging can reduce the large amount of food waste. Moreover, the current consumer demand for convenient and high-quality food products has increased the impact of food packaging. The purpose of this chapter is to provide background knowledge for those who are interested in or may become involved in the development of food packaging and/or processing.

This chapter consists of four major parts. The development of quality food packaging is impossible if the packaging does not perform its required functions. Therefore, the first part of this chapter discusses the important role packaging plays in maintaining food quality and reducing product waste. The second part is about the properties and forms of food packaging materials and systems to facilitate understanding and appreciation of the major packaging materials, including plastic, paper, metal, and glass, which can affect the quality of food and its shelf life. The third part of the chapter explains aseptic packaging, modified atmosphere packaging and active packaging technologies, which have assumed increasing importance in the food industry in recent years. Finally, the last part of the chapter discusses sustainable food packaging issues, including recycling, biodegradable materials, and package design.

11.2 Functions of food packaging

11.2.1 Containment

The term "containment" means, simply, to contain products to enable them to be moved or stored. It is so basic that it is easily overlooked. However, containment is a key factor for all other packaging functions. All products must be contained for delivery from their point of production to their ultimate destination. Even items that consumers consider as "not a packaged product," such as bulk produce, must be packaged for transportation. Without packaging, products are likely to be lost or contaminated by the environment. For this reason, we have actually used packaging for millennia. Early packaging such as animal skins, baskets, or leaves from trees were used to contain liquids, powders, grains, etc. The containment function significantly contributes to protecting and preserving products during their distribution.

11.2.2 Protection/preservation

There are two broad types of damage that fresh and processed foods sustain during storage and transportation. One is physical damage such as shock, vibration, compressive forces, etc. The other is environmental damage that occurs due to exposure to water, light, gases, odors, microorganisms, etc. A good packaging system will protect or reduce these types of damage to the package contents. For example, an essential aroma or flavor in coffee or juice may easily be evaporated or oxidized without optimum barrier packaging. A shelf-stable food in a can or pouch may maintain its stability (especially against microorganisms) as long as the package provides protection. However, in the case of fresh food products, the ideal

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