

PRESS RELEASE

MEDIET4ALL publishes a practical guide to support the development of more sustainable food packaging

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How can food packaging effectively preserve products while meeting growing consumer expectations and increasingly stringent environmental regulations? To help answer this question, the European **MEDIET4ALL** project has published a new e-book entitled "**Role of Packaging for Mediterranean Food Preservation.**"

Designed as a practical reference guide, this publication provides a comprehensive overview of today's food packaging challenges, from food preservation and safety to sustainable innovation and regulatory compliance.

A comprehensive guide to today's packaging challenges

No longer simply a container, food packaging has become a strategic element in ensuring food safety, extending shelf life, reducing environmental impacts, and enhancing consumer experience. As consumer habits evolve and European regulations continue to strengthen, companies must rethink the way they design and select packaging solutions.

The e-book provides practical insights into:

- the evolution of food packaging and its multiple functions;
- the European regulatory framework governing food packaging materials;
- the technical, functional and environmental criteria for designing food packaging;
- packaging solutions for ready-to-eat and ready-to-cook products;
- innovations in bio-based, biodegradable, active and intelligent packaging;
- strategies for combining product protection, food safety and environmental sustainability.

Research-driven recommendations from a European project

Developed within the framework of the **MEDIET4ALL** project, the guide builds on the expertise of leading European research institutions working to promote healthier and more sustainable Mediterranean food systems.

It highlights innovative packaging approaches based on bio-based materials and bioactive coatings designed to improve food preservation while reducing dependence on conventional plastics. These technologies contribute to extending product shelf life, preserving nutritional quality and supporting the transition towards more sustainable packaging solutions.

A valuable resource for the agri-food sector

The e-book is intended for food manufacturers, packaging producers, researchers, students, innovation stakeholders and policy makers seeking to better understand current packaging challenges and prepare for future regulatory and market developments.

By sharing the latest scientific knowledge and practical recommendations, MEDIET4ALL aims to accelerate the transition towards packaging solutions that combine food quality, consumer safety and environmental responsibility.

Download the e-book : <https://mediet4all.eu/wp-content/uploads/2026/07/EBOOK-4-Packaging.pdf>

About MEDIET4ALL

MEDIET4ALL is a European project funded by the **PRIMA Programme**, supported by the European Union. The project promotes healthier and more sustainable Mediterranean diets through the development of innovative recipes, sustainable packaging solutions, digital tools and awareness-raising activities for both consumers and food industry professionals.

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