

EIGHT COMPELLING REASONS TO USE FOOD IN A CAN

1. Availability

Within hours of being harvested, fresh fruits and vegetables are processed to prevent any deterioration of flavour, quality, texture or nutrition. The process of canning in Australia is a high-quality one with food harvested at its prime. The nutrients and great taste are locked into the can, which eliminates the possibility of spoilage. Seasonality of fruit, vegetable and seafood products need not restrict a consumer's meal choices.

2. Convenience

The hard work of cutting, peeling, shelling and pitting is already done when you open a can. The reduced preparation time – plus the fact that the canning process has already partially or fully cooked the product – means no slaving over a hot stove for hours on end. Easy-open ends on cans are user-friendly and make food easily accessible anywhere. The variety of available sizes makes food in cans even more convenient.

3. Value

Food in a can is economical. You do not pay for the stalks, rinds, skins or less wanted components and canned food usually costs less than its fresh counterparts. It also caters to the way people live today and offers great value through increased nutrition and quality as well as savings in money, time and energy.

4. Safety

Food in a can offers security and peace of mind of tamper-evident packaging. And it is usually ready to be consumed straightaway, added to a meal, or heated and served, leaving no room for error or the possibility of consuming under-cooked food.

5. No preservatives

Food in a can is preservative-free. In the case of green vegetables such as peas, artificial colouring is added.¹ It has been cooked at high temperatures and does not require the addition of preservatives to maintain its lifespan.

6. Longer storage

Longer storage time than fresh items offers canned food for maximum flexibility. It is designed to last over two years.

7. Quality

Australian canned food offers consistent quality because of stringent industry quality control procedures employed by primary producers. The nutrients and great taste are locked into the can.

8. Recyclable packaging

Steel cans are 100 per cent recyclable. Once their contents have been consumed, steel cans are remelted into new steel products. Steel cans are now recycled at a rate of 56% in Australia.

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A little history on canned foods

Tinplate was first produced in England in 1699 and later on in France in 1720. It was used for plates and other kitchen utensils. The Dutch navy used to place foods (e.g. roast beef) in tinned containers packing them with hot fat and then soldering the lid on. This was then extended to salmon, which was smoked and then packed into an iron box which was tinplated (circa 1797).

Nicholas Appert in 1804 preserved meat in glass containers that were heat processed. In 1810 French inventor Phillippe de Girard suggested using this process with tin instead of glass. The patent was taken over by Bryan Donkin in 1812 and this led to trials with the British navy and the rest as they say..... is history!²

¹ Professor H.R. Lovell 2006

² Professor H.R. Lovell 2006

