



Care Food Co

Research and development project

P.PSH.1382 – Using HPP texture modified products containing red meat for dysphagia sufferers and ageing consumers

Process

High Pressure Processing (HPP).

Summary

The 2020 Royal Commission into the state of Australian Aged Care determined that approximately 50% of aged care residents are either malnourished, or at risk of malnutrition.

Care Food Co products will ensure older consumers in aged care and health care facilities and those still living independently at home are delivered a nutritionally balanced, quality meal that is appealing and enjoyable, readily accessible and at a reasonable cost.

The findings from this project also enable Care Food Co to compete in-market with products manufactured overseas by offering consumers high quality, tasty Australian made products that incorporate Australian red meat as a core component. Red meat is a natural source of protein, zinc and iron that is well absorbed by the body for muscle health, which is especially helpful in maintaining independence in later years. The outcomes from the project underpin that market penetration strategy for Care Food Co's range of red meat-based meals for those ageing Australians that are either living independently, are in hospital or residential aged care facilities.



Outcomes

The project showed that the application of high-pressure processing (HPP) disrupts the food matrix allowing nutrients to be readily bio-accessible to consumers. Proposed is a HPP extended chilled shelf life, textured modified foods range. This will serve as a more convenient offering to frozen range and premium offering for seniors over thickened liquid foods. This aims to restore dignity for the consumer and help increase red meat and overall food intake for this cohort. It is estimated that 30–60% of the 400-meal will be meat.

Demand for Care Food Co's products will increase the demand for low-value red meat such as trim by transforming it into high-value fresh, enjoyable and nutritious meals for elderly consumers and dysphagia sufferers still living at home, or in institutional care, which will ultimately result in increasing returns to producers.

MLA initially introduced HPP to industry back in 2010 and we are now seeing increased application with red meat.



Scan or click
the QR code

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