







Seafood Age

www.seafoodage.eu 🟏 👩

PROJECT PARTNERS -

























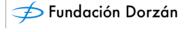




ASSOCIATE PARTNERS











SardanKT Ltd

Project funded by the Interreg Atlantic Area Programme through the European Regional Development Fund. www.atlanticarea.eu

Smart and eco-innovative **SEAFOOD** processes and products for healthy AGEing **SEAFOOD-AGE PROJECT** ERDF funding: 2.194.640,95€ Total budget: 2.926.187,91€ Duration: 05/2019 | 05/2022



SEAFOOD-AGE aims to contribute to healthier ageing and the circular economy paradigm

Prospects indicate that around 2040, the 65+ age group will be in the range of 24% to 45% of the population across the Atlantic Area regions. Malnutrition is a common problem mostly due to changes in eating habits, food choice and difficulties for meal preparation and intake.

Healthy ageing requires a healthy diet, and seafood products provide essential nutrients not always accessible to older adults. With their valuable nutritional properties, marine resources can play a major role in healthier ageing. However, the efficient and sustainable use of marine resources poses further challenges.

SEAFOOD-AGE project is a transnational joint effort aimed at creating solutions towards healthier ageing and a circular economy seafood sector. It will exploit the maritime dimension of the AA regions and will adopt circular economy concepts to generate ready-to-eat seafood for healthy ageing, produce novel ecopackaging and develop a smart label for better quality, safety and minimum food waste.

