

D6.3

Practice abstracts batch 2

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Executive summary

The LIKE-A-PRO project aims to facilitate sustainable and healthy diets by shifting promising alternative proteins and products from niche to mainstream. To make a protein dietary shift possible, the food industry must focus on diversifying the alternative protein sources and developing new appealing products. The LIKE-A-PRO project aims to support this work by empowering food system actors with practical knowledge.

Following the project's objective of disseminating the resulting innovative knowledge at European level, a number of summaries for practitioners in the EIP-AGRI common format (Practice Abstracts; PAs) have been delivered. The original target was 10 PAs, initially foreseen as two batches of five, but 7 were delivered in the first batch and 7 in the second, bringing the project total to 14. The first batch is already uploaded on the EU CAP Network website: https://eu-cap-network.ec.europa.eu/projects/niche-mainstream-alternative-proteins-everybody-and-everywhere_en#tab_id=practice_abstracts

We used the same template developed by FOODCLUSTER considering the guideline provided on the EIP-AGRI website to collect this second batch from the partners.

1. Introduction

The current deliverable titled “D6.3 Practice Abstracts batch 2” presents the objectives, methodology and results of the collection of the second batch of Practice Abstracts (PAs) describing different successful activities organised and delivered in the LIKE-A-PRO project aiming to support the protein shift. The objective is sharing project outputs so other actors can use them and see the added value and benefits for end-users who will implement that activity presented in the PAs.

The first batch of PAs was delivered in April 2024 (see D6.2).

This deliverable is divided into 4 parts:

Chapter 1 – Introduction: the structure of the deliverable.

Chapter 2 – Methodology: describes the process of collecting and reporting the PAs.

Chapter 3 – Practice Abstracts: 7 PAs described in English.

Chapter 4 – Conclusions: concludes the report and provides information on the use of the outcomes.

2. Methodology

In the Grant Agreement (GA) it is described that end-user material will be produced in the form of summaries for practitioners in the EIP common format. Since the 1st application was submitted, the EIP-AGRI Network has become part of EU CAP Network and the EIP-AGRI website was no longer updated after April 2023, and it now refers to the EU CAP Network website.

To meet the objective of the task, a protocol was identified to develop the template for the LIKE-A-PRO practice abstracts and to collect the first batch of PAs. This template was reused for this second batch of PAs.

At the WP6 partner meeting in June 2026, the concept of PAs was repeated to the participants using definitions and examples derived from the EIP-AGRI common format (see figures below) and the LIKE-A-PRO PAs developed in the first batch.

What is a Practice Abstract?

EIP-AGRI common format



Practice abstracts in the EIP-AGRI common format:

- help projects share their results in an easily understandable way for farmers, foresters, rural communities and others from practice
- foster knowledge flows, and shares project results more widely and at a faster pace
- support the development of project proposals with added value, avoiding duplication of ongoing or completed projects
- facilitate networking by connecting project partners with farmers, foresters and others from practice
- answer to real needs from the field



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Figure 1. Slide from WP6 June meeting explaining the Practice Abstract concept.

Practice abstracts – format and content

KPI = 10 (5 M18 + 5 M48)

A short summary that describes a main information/recommendation/practice that can be used by the end-users in their daily practice.

- Main results/outcomes of the activity (expected or final)
- The main practical recommendation(s): what would be the main added value/benefit/opportunities to the end-user if the generated knowledge is implemented? How can the practitioner make use of the results?
- Links to audio-visual material (photos, films, etc.) are included as much as possible.
- 1500 characters

Practice Abstracts could be derived from each of these topics (examples):

- Using X method to obtain Y result (WP1, 2, 3)
- Sustainable protein sources for novel food ingredients (optimisation of extraction, purification, and fractionation processes)
- Product development – how to collaborate on improving taste and texture (WP2)
- How to perform a Living Lab
- How to engage food system actors
- True price method for social and environmental costs calculation
- Regulatory aspects for Novel Food



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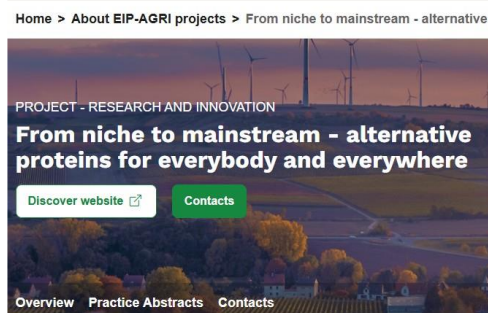


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7 Practice Abstracts already uploaded

https://eu-cap-network.ec.europa.eu/projects/niche-mainstream-alternative-proteins-everybody-and-everywhere_en#tab_id=practice_abstracts

- **Alternative Proteins and Novel Foods: EU Food Regulation and Safety Issues** (Ainhoa Bilbao // GAIKER)
- **Can we motivate consumers to choose insect-based alternative protein food products?** (Aleksandra Luszczynska, Ewa Kuliś-Stefańczyk // SWPS University)
- **Famous Dutch sustainable behavioural change campaign 'Week Without Meat' now also successfully launched in Belgium** (Floor Severens // Stichting Nationale Week Zonder Vlees)
- **How to motivate consumers to choose insect-based alternative protein food products?** (Aleksandra Luszczynska, Ewa Kuliś-Stefańczyk // SWPS University)
- **How to motivate consumers to choose plant-based alternative protein food products?** (Aleksandra Luszczynska, Ewa Kuliś-Stefańczyk // SWPS University)
- **Novel Food: Curse or blessing?** (Thomas van der Lee // Foodvalley NL)
- **What motivates consumers to choose plant-based alternative protein food products?** (Aleksandra Luszczynska, Ewa Kuliś-Stefańczyk // SWPS University)



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Figure 2. Slides from WP6 June meeting showing examples of Practice Abstracts.

At this meeting, we also agreed on a timeline for choosing and writing the PAs (see Figure 3).

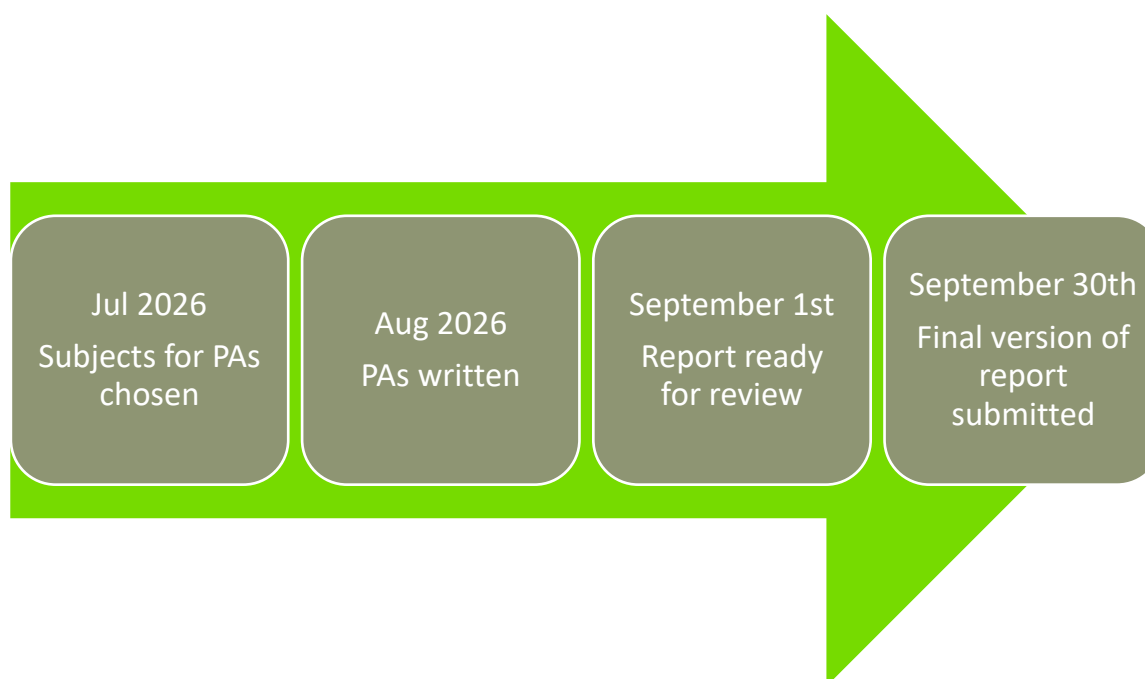


Figure 3. Timeline for development of Practice Abstracts batch 2.

Based on input from the partners, we decided on these subjects:

- How to engage food system actors for your project?
- From uncertainty to action: practical steps to navigate EU Novel Food approval
- Development and Validation of Alternative Protein Product Portfolios: Technological, Nutritional and Sensory Assessment of 63 Pilot-Scale Food Prototypes
- Extruded High-Protein Snacks Enriched with Alternative Proteins: Shelf-Life Stability, Nutritional Quality and Sensory Performance
- Hybrid Meat Products with 50% Alternative Protein Replacement: Technological Feasibility, Quality Attributes and Shelf-Life Performance
- From Chicken Breast to Salmon Fillets: Performance of Alternative Proteins Across Structurised Meat and Fish Analogues
- From Living Labs to Everyday Meals: Engaging Consumers with Alternative Proteins

Using the EIP-AGRI common format template, the WP6 leader developed an Excel template for the partners to fill in with their PAs.

3. Practice Abstracts

In this chapter, the 7 PAs are displayed in English. Some of the PAs are also available in local language. All PAs will be displayed on the EU CAP Network website together with general information on the project, first batch of PAs and links to audio-visual material and project website.

Title	How to engage food system actors for your project?
Authors	Adrián Escribano // INNOVARUM ES
Short summary for practitioners	<p>Successful engagement starts with a clear and appealing activity for the engaged entities followed by a mapping of the food value chain. It is key to identify the actor groups involved such as primary producers, processors, product developers, wholesalers, distributors, retailers, food-service operators, policy representatives, business-support organisations or consumers, and check which links are missing for the planned activities. The next step is to list and rank candidates according to how much they can contribute and benefit and their influence in their sector. Using existing networks from project partners is essential to select a balanced group of actors, countries, organisation types and genders, to keep reserve candidates to replace dropouts. In LIKE-A-PRO, this approach produced a preliminary Food Actor Network of 50 organisations covering all 14 identified middle-food-chain subgroups and 18 countries.</p> <p>It is very helpful to use a short information kit explaining the purpose, expected contribution, time commitment, benefits, data use and right to withdraw. It is important to check conflicts of interest and obtain informed consent before participation. Engagement should be a structured process, not a one-off consultation: combine meetings involving the whole network with smaller mixed groups, retain the same participants across activities if possible and guide the discussion to turn ideas into shared visions and actions.</p> <p>Engaging food system actors creates stronger partnerships, reveals operational barriers and market opportunities earlier, and produces solutions grounded in real business needs. It can improve service design, strengthen market fit and accelerate the uptake of sustainable food innovations.</p>

Title	From uncertainty to action: practical steps to navigate EU Novel Food approval
Authors	Suzan d’Rose // Foodvalley NL
Short summary for practitioners	<p>Moving from awareness to action, this guidance helps you make early, informed decisions on whether and how to enter the EU Novel Food pathway.</p> <p>Start by confirming if your product is actually a novel food.</p> <ul style="list-style-type: none"> - Check if it falls under exemptions or existing legislation - Search the Union List to see if it is already authorised - Collect evidence of pre-1997 consumption if applicable - Use tools like the Novel Food Catalogue and Article 4 consultations with Member State competent authorities (Reg. (EU) 2018/456). <p>If your product is likely a novel food, plan your strategy early.</p> <ul style="list-style-type: none"> • Prepare a strong dossier from the start, taking into account both safety and labelling requirements, to avoid delays • Anticipate high costs for data, safety studies, and regulatory support • Factor in long timelines and possible requests for additional data <p>Reduce risks through smart business choices.</p> <ul style="list-style-type: none"> • Protect your data and consider applying for data protection • Explore partnerships to share costs and expertise • Learn from similar applications and engage early with authorities <p>Key takeaway: do not treat regulation as a final step. Use it as a strategic filter early on to decide whether to proceed, adapt your product, or choose a faster market route.</p>

Title	Development and Validation of Alternative Protein Product Portfolios: Technological, Nutritional and Sensory Assessment of 63 Pilot-Scale Food Prototypes
Authors	Raúl Ansó Blanco // CNTA
Short summary for practitioners	<p>The transition towards sustainable food systems requires alternative protein ingredients capable of delivering nutritional value, consumer acceptance, and industrial feasibility across multiple food applications. This study presents the development and characterization of 63 pilot-scale food prototypes formulated with 11 alternative protein ingredients within the LIKE-A-PRO project. Products were distributed across four categories: powdered food supplements, meat and fish analogues, hybrid meat products, and convenience foods. A broad range of processing technologies, including high-moisture extrusion, dry extrusion, gel extrusion, 3D printing, conventional meat processing and powder agglomeration, were successfully applied.</p> <p>Comprehensive characterization included physicochemical properties, nutritional composition, amino acid profiles, microbiological safety, shelf-life stability and sensory performance. Many prototypes achieved nutritional claims such as high protein, high fibre, low sugar and omega-3 source. Microbiological quality was generally satisfactory, while sensory evaluation enabled identification of the most promising formulations for each product category. Fava bean, pea, microbial proteins and fungal-lentil ingredients showed particularly strong performance across multiple applications. The results demonstrate the technological versatility of alternative proteins and their integration into diverse food matrices without compromising product quality. This work provides a validated framework for industrial scale-up and supports the development of commercially viable, sustainable protein-based foods.</p> <p>Recommendation: Before starting product development with alternative proteins, evaluate the functionality of different protein sources within the target food matrix rather than selecting ingredients based only on their nutritional profile.</p>

Title	Extruded High-Protein Snacks Enriched with Alternative Proteins: Shelf-Life Stability, Nutritional Quality and Sensory Performance
Authors	Raúl Ansó Blanco // CNTA
Short summary for practitioners	<p>Snack products represent an attractive vehicle for increasing dietary protein intake while meeting consumer demand for convenient and sustainable foods. This study investigated the development of extruded protein snacks formulated with fava bean protein, nMeal insect-based protein and freeze-dried Pleurotus mushroom protein. Products were manufactured through twin-screw extrusion and evaluated during storage up to 70 days under modified atmosphere packaging.</p> <p>Physicochemical parameters, microbiological safety, texture evolution, nutritional composition and sensory quality were monitored throughout shelf life. All formulations remained microbiologically stable, with no detection of Salmonella, Listeria monocytogenes or Escherichia coli and low water activity values supporting ambient storage. Fava bean snacks achieved the strongest nutritional profile, qualifying for high protein, source of fibre, low fat and low sugar claims. YnMeal snacks exhibited the highest consumer acceptance scores, maintaining desirable crispiness and flavour throughout storage. In contrast, Pleurotus-based snacks provided valuable fibre enrichment but did not reach protein claim thresholds at the tested inclusion level. The findings demonstrate that alternative proteins can be successfully incorporated into extruded snack products, offering manufacturers a scalable route towards nutritious and shelf-stable sustainable snacks.</p>

	Recommendation: Consider extruded snacks as an effective format for delivering high-protein, nutritious and shelf-stable foods that meet consumer demand for healthy and convenient products.
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Title	Hybrid Meat Products with 50% Alternative Protein Replacement: Technological Feasibility, Quality Attributes, and Shelf-Life Performance
Authors	Raúl Ansó Blanco // CNTA
Short summary for practitioners	<p>Hybrid meat products offer a pragmatic pathway for reducing animal protein consumption while maintaining consumer familiarity and product functionality. This study evaluated the development of hybrid cooked ham, cured chorizo and pulled pork in which approximately 50% of the protein fraction originated from alternative protein ingredients. The investigated proteins included fava bean, pea, fermented fungal-lentil ingredients, microbial proteins and fungal biomass.</p> <p>Products were characterized through microbiological, physicochemical, nutritional and sensory analyses during refrigerated storage. Hybrid cooked ham achieved shelf-life stability beyond 55 days, maintaining high sensory acceptability and microbiological safety. Hybrid cured chorizo successfully reduced animal protein content while preserving traditional sensory characteristics. Hybrid pulled pork formulations remained stable for up to 90 days and delivered favourable nutritional profiles, including high protein content and fibre enrichment. Across all products, alternative proteins were successfully integrated into conventional meat-processing operations. The results demonstrate that hybrid meat systems constitute a viable intermediate strategy between conventional meat and fully plant-based alternatives, enabling substantial reduction of animal-derived protein while maintaining quality and consumer acceptance.</p> <p>Recommendation: Consider hybrid meat products as a practical strategy to reduce animal protein content while maintaining the taste, texture and familiarity expected by consumers, enabling a gradual transition towards more sustainable diets.</p>

Title	From Chicken Breast to Salmon Fillets: Performance of Alternative Proteins Across Structurised Meat and Fish Analogues
Authors	Raúl Ansó Blanco // CNTA
Short summary for practitioners	<p>Structurized meat and fish analogues represent one of the most demanding applications for emerging alternative proteins. This work assessed the functionality of diverse alternative protein ingredients in chicken breast analogues, burgers, fish sticks, salmon analogues, white-fish analogues and prime-cut products manufactured through extrusion, thermo-mechanical processing and 3D food printing technologies.</p> <p>The resulting products were evaluated for nutritional quality, shelf-life stability, texture, colour and sensory acceptance. Several formulations achieved high protein and high fibre claims while maintaining acceptable sensory quality throughout storage. Fava bean and pea proteins consistently delivered strong performance in fish and poultry analogues, achieving high acceptance levels and desirable textural properties. Microbial proteins demonstrated favourable amino acid profiles and soft texture characteristics. The study confirms the ability of alternative proteins to generate structured products with meat- and fish-like characteristics and highlights key formulation strategies for future industrial applications.</p>

	Recommendation: Consider the use of texturized and alternative proteins as a viable route to develop meat and fish analogues with structured textures, high protein content and sensory characteristics that resemble conventional animal-based products.
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Title	From Living Labs to Everyday Meals: Engaging Consumers with Alternative Proteins
Authors	Menevis Uzbay Pirili // Zeytince Association
Short summary for practitioners	<p>How can alternative proteins become more familiar and appealing to consumers? Sustainable dietary transitions require communication that connects unfamiliar ingredients with everyday cooking practices.</p> <p>Within the European LIKE-A-PRO project, Zeytince Association developed a cooking video demonstrating how alternative protein sources and ingredients can be used in meal preparation. The video featured pea protein isolate, nutritional yeast (microbial protein), almond flour, fermented and dried mushrooms, lentils and miso. Rather than simply introducing these ingredients, it showed viewers how they could be incorporated into meals and what kinds of dishes could be prepared.</p> <p>The video has received approximately 1,800 views, with interest continuing. This experience highlights the potential of practical audiovisual communication to make alternative protein ingredients more accessible and inspire new cooking ideas.</p> <p>Practical recommendations: Living Labs and community organisations can use cooking videos and recipe demonstrations to connect alternative proteins with familiar food practices. Use clear language, demonstrate practical applications and share content through relevant networks. Monitor views and audience feedback to assess reach and identify opportunities for further engagement. Other Living Labs can adapt and test this approach in their own culinary and cultural contexts.</p> <p>Video: https://youtu.be/1UAB2OLK_-A?si=nRcrAL-mwmG4DQr5</p>

4. Conclusions

The LIKE-A-PRO project has in this second batch developed 7 PAs, following the common EIP-AGRI format in order to meet the project's objective of sharing good practices with practitioners and to help boost the protein change in Europe. This second batch is supplementing the first batch of 7 PAs making it a total of 14 PAs derived from this project. We promised at least 10.

The PAs illustrate replicable experiences that can be used as models for similar purposes and enable others to exploit project results. This includes the following insights:

- It is very helpful to use a short information kit explaining the purpose, expected contribution, time commitment, benefits, data use and right to withdraw when engaging middle food system actors.
- Do not treat regulation as a final step in your product development. Use it as a strategic filter early on to decide whether to proceed, adapt your product, or choose a faster market route.
- Hybrid meat products, in which around half of the protein comes from alternative protein ingredients, can be produced using conventional meat-processing methods while maintaining consumer familiarity, providing an intermediate step between conventional meat and fully plant-based alternatives.
- Fava bean and pea proteins performed strongly in various product categories, with fava bean snacks meeting the conditions for 'high protein' and 'source of fibre' claims.
- Living Labs and community organisations can use cooking videos and recipe demonstrations to connect alternative proteins with familiar food practices.

The PAs have been sent to the EU CAP Network on 21/10/2026 and will be displayed on their website.