



# Autumn Food Trends

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**2021**





# Autumn

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Warm delightful recipes is one of the best things about the colorful season. While you may already have a few traditional favorites, it's always a good idea to add to your cookbook, and why not do so with the autumn food trends coming up. Stay up to date in the kitchen by discovering the trending foods that are becoming more popular as the days get colder.



# Comfort Foods

Comfort foods are some of the most popular autumn and winter food trends to staying warm and filling your stomach with meals such as:-

- Home made pasta and pizzas
- Casseroles
- Homemade soups

People will be spending more time inside during the colder seasons, which gives consumers more time to experiment with traditional recipes



# Pumpkin

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What is autumn without a pumpkin, below are some ideas of what to make with left over pumpkin

- Pumpkin Bread a diverse breakfast or dessert-bread option that has surged in popularity in recent years
- Pumpkin Casserole
- Pumpkin & Chilli Soup
- Thai pumpkin soup
- Pumpkin and sage risotto
- Spiced pumpkin seeds as a snack
- Pumpkin pancake
- Pumpkin Gnocchi
- 100g of raw pumpkin contains an average of 26 calories, 1g of protein and 0.1g of fat



# Alternative Ingredients

Embracing alternative ingredients in recipes, whether it be for dietary restrictions, health benefits, or simply something different, alternative ingredients are going to be popular this Autumn.

There are countless ways to substitute ingredients, but some of the most common alternative ingredients people choose are:

## Alternatives

<b>Gluten</b>	<b>Dairy</b>	<b>Meat</b>	<b>Nut</b>
Rice	Cashew milk	Tofu	Sunflower seeds
Soy Flour	Flax milk	Tempeh	Pumpkin Seeds
Potato	Hemp	Banana Blossom	Oat meal
Oats	Almond	Jackfruit	
Chia	Soy	Mushrooms	
Corn	Coconut	Beans	
Coconut flour	Rice Milk	Chickpeas	
Arrowroot	Oat	Vegetable Proteins	



# Apple

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The Harvest season is here meaning apples are in their prime. While they're a traditional autumn food trend, there are always new and exciting recipes to choose from including sweet and savoury options:

- Spiced apple chutneys
- Old English chutney with diced apple
- Caramelised Apple crumble
- Mulled apple glaze
- Sage, Apple & pumpkin stuffing
- Pork & Apple seasonings
- Toffee apple slices



# Carbon Foot Print

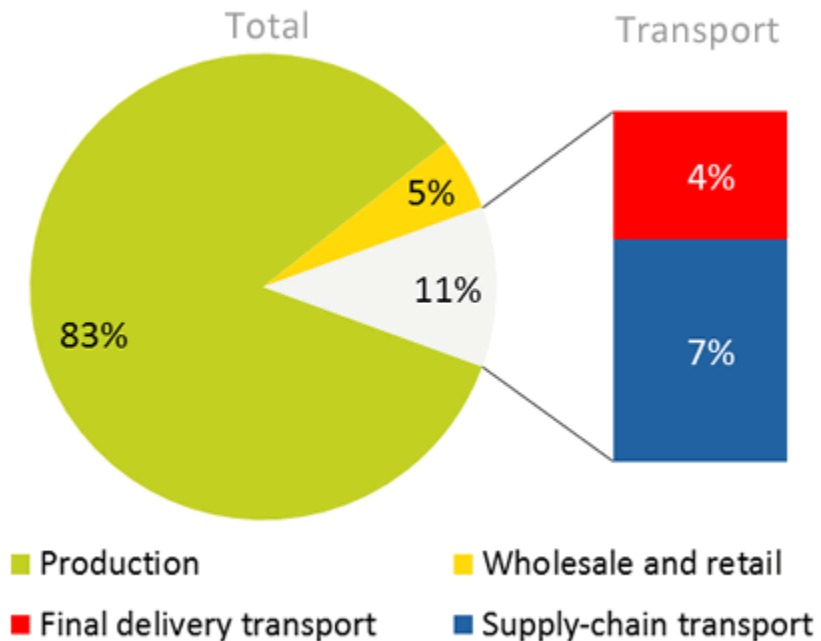
The British individually create on average 3 tonnes of carbon per year, or 8.2kg per day, from the food and drink we consume

A scientist has taken on the challenge of calculating the maths. Professor Mike Berners-Lee from the University of Lancaster has created UK 'carbon equivalent' (CO<sub>2</sub>e) data, outlining the total greenhouse gas cost, including methane, nitrous oxide and other gases, of everyday foods in the UK.

# Foods below 1kg CO2e per kg produce

FOOD	KG CO2e PER KG PRODUCE
Oatmeal milk, unrefrigerated (from UK)	0.2
Apples (local)	0.3
Potatoes and root veg (UK grown)	0.3
Soya milk, unrefrigerated	0.4
Onions (UK grown)	0.5
Garlic (UK grown)	0.5
Apples (shipped from New Zealand)	0.6
Lettuce (UK grown)	0.6
Almond milk, unrefrigerated (from California)	0.6
Bananas (shipped from Latin America)	0.7
Broccoli (UK grown)	0.7
Squash (UK grown)	0.7
Cauliflower (UK grown)	0.9
Kale (UK grown)	0.9
Lemons (shipped from Spain)	0.9

## Food Emissions Breakdown (%)



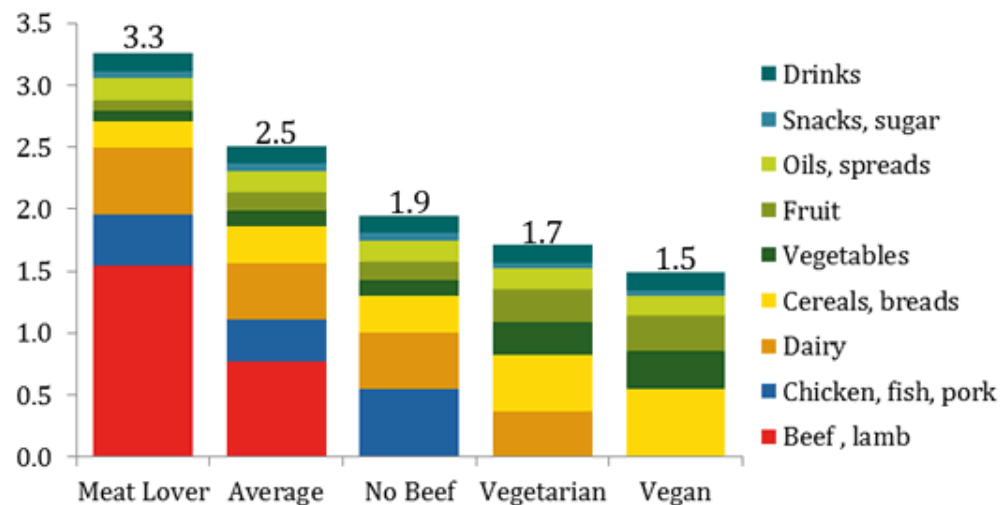
Source: Weber and Matthews 2008



# Tables showing

- Footprints by diet type
- Carbon footprint of fruits and vegetables per kg

### Foodprints by Diet Type: t CO<sub>2</sub>e/person

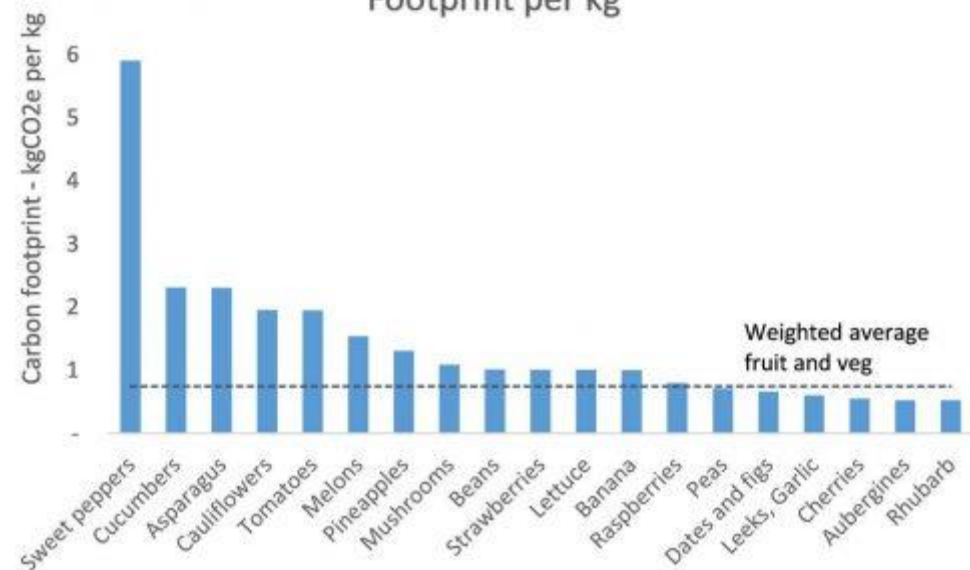


Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption.. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

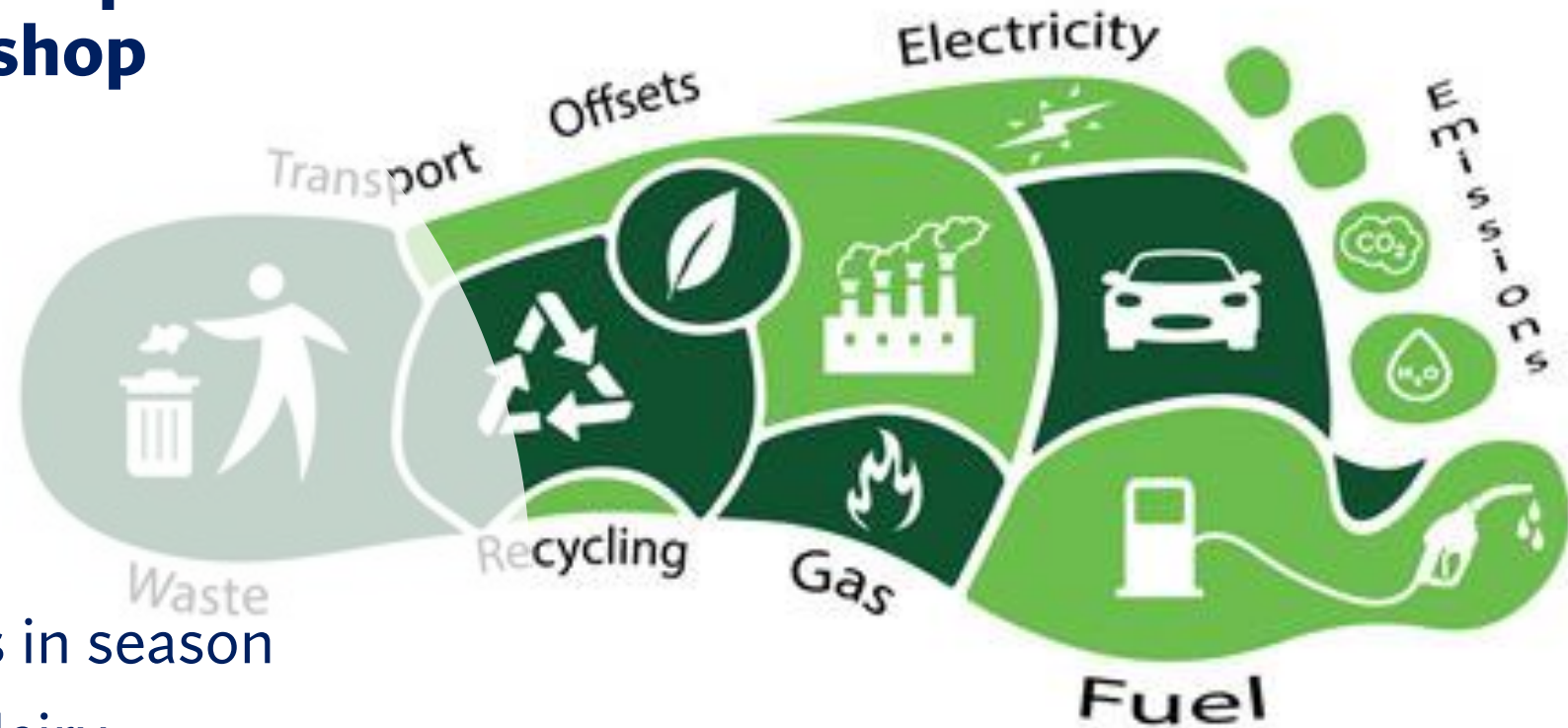
Sources: ERS/USDA, various LCA and EIO-LCA data



### Carbon footprint of Fruit and Vegetables, Higher Footprint per kg



## Cut the carbon footprint of your food shop



- Know when food is in season
- Reduce meat and dairy
- Eat everything you buy
- Buy less packaging
- Use low carbon cooking methods