

Healthy mass-market chips made of insects could solve a world food crisis



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The meat industry [contributes almost one-fifth of all greenhouse gases](#), takes up vast quantities of land, resources and energy, and relies on techniques that contribute to animal cruelty. Not only this, but demand for meat is [set to increase with global population rises and higher incomes in developing countries](#), which could create problems for world food security. The recent unveiling of the [world's first lab-grown beefburger](#) is testament to the efforts scientists are taking to ween consumers off of farmed animal produce, and now [Six Foods](#) has created a brand of chips made from crickets that could make insect meat palatable for the western world.

The brainchild of three Harvard graduates — Laura D'Asaro, Rose Wang and Meryl Natow — the startup's first product is Chirps, a gluten-free, natural, low fat chip. Instead of the usual potato or corn, Chirps are created from a mix of ground beans, rice and cricket powder that's baked rather than fried. The result is a bag of chips that contains 7g of protein — more than an egg. This comes from the fact that 200 calories of cricket meat provides 31g of protein, compared to 22g in beef. Additionally, it requires 1/2000th of the amount of water to farm, and 100 times less greenhouse gas is emitted.

Insects are for the most part absent from western diets, but around 2 billion of the rest of the world population enjoy them as a delicacy. By packaging them as chips in three flavors — Sea Salt, Hickory BBQ and Aged Cheddar — Six Foods could help replace their meat consumption with a more efficient and environmentally-friendly method to get their protein. The company is currently taking pre-orders

for its first batch, priced at USD 15.99 for three 5oz bags. Are there other ways to give sustainable insect meat a bigger part in the western diet?

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