



Healing through food

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What is NAFLD and NASH?

An asymptomatic, "**silent**" chronic liver disease

NAFLD

Non-alcoholic fatty liver disease

Is characterized by the storage of fat in the liver and insulin resistance.

These factors trigger a chronic damage process that leads to progressive liver tissue destruction.

NAFLD can evolve to **non-alcoholic steatohepatitis** (NASH), liver fibrosis, cirrhosis, hepatocellular carcinoma and vital liver function failure.

NASH

NASH = NAFLD + Inflammation



Time is up!

Ready, set, go!

2019

THE PROJECT OF YOUR LIFE

Not a simple new year's resolution

Have you heard the word "unprecedented"?

Time is up!

2020

SMART Methodology

1.Specific: Decrease fat level (reach healthy weight)

2.Measurable: Reduce or remove liver Inflammation

3.Attainable: Find the root and close chapters

4.Relevant: Community, Health, Education, Nourishing

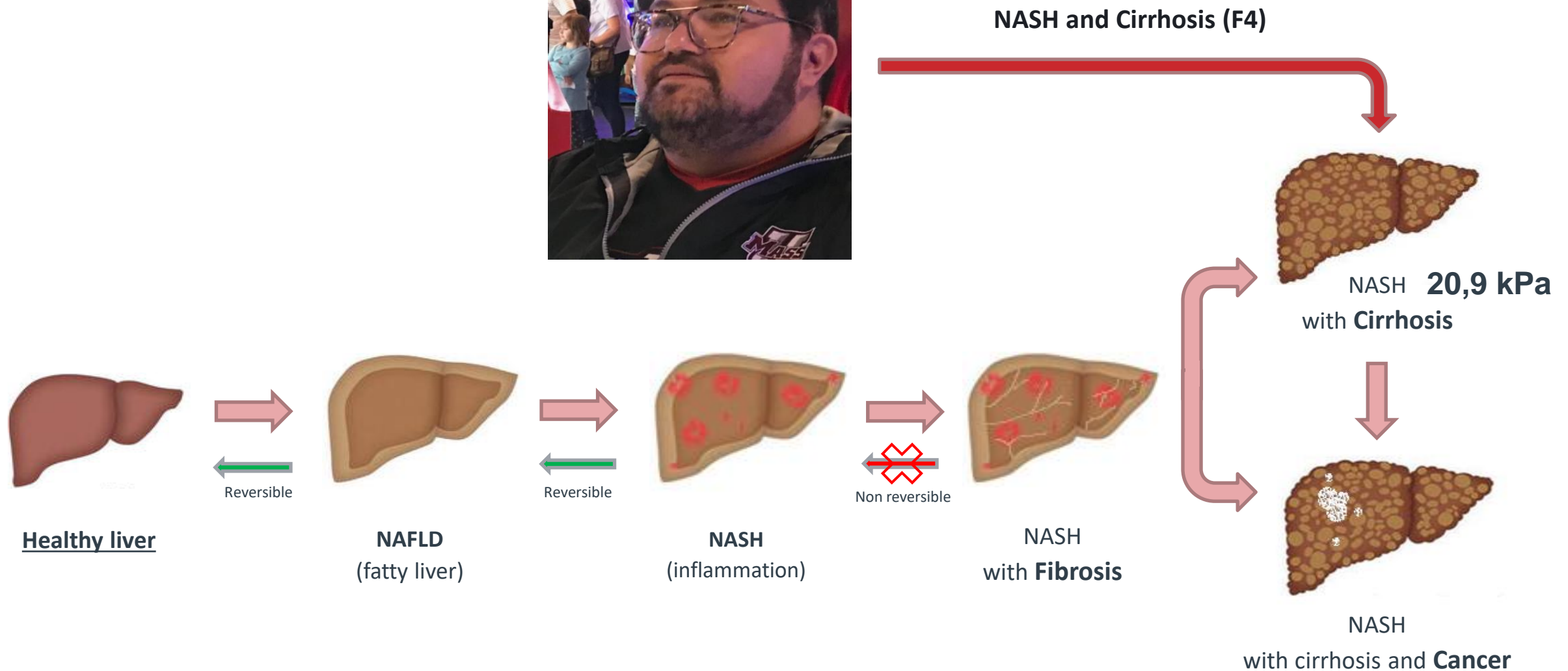
5.Time-bound: Short term goals and rewards to
boost confidence

2021

MAKING TIME & PIVOT

- Family & Friends
- Acquiring healthier habits
- Nutritious diet
- Exercise regularly
- Weight management
- Control diabetes(type 2)
- Manage stress
- Proper rest

Where I was?



and comorbidities: Type 2 Diabetes, High cholesterol triglycerides, etc

Personalized nutrition is key

Satiate the appetite with healthier choices to reduce inflammation and nourish the body

Custom made diet

- Based on what you like to eat (people's tastes & daily schedule)
- According to your own schedule and taste
- Treats allowed by your health condition

Trust your GUT feeling

- Gut Microbiota for health is extremely important

Focus, Encouragement & Have fun

- Willpower & Discipline
- Cook more, socialize
- Family & Friends support

Indulging (even smaller pieces) of bad choices makes you gain weight
Indulging on healthier choices keeps your weight and help support body's recovery
Watch out for the biochemical content of food

Benefits from the Mediterranean and Atlantic diets

Vegetable and animal protein, vitamins, minerals, antioxidants, healthy fats, low glycemic index, High water content



ALL
NATURAL
NO
DETOX
SUPPLEMENTS

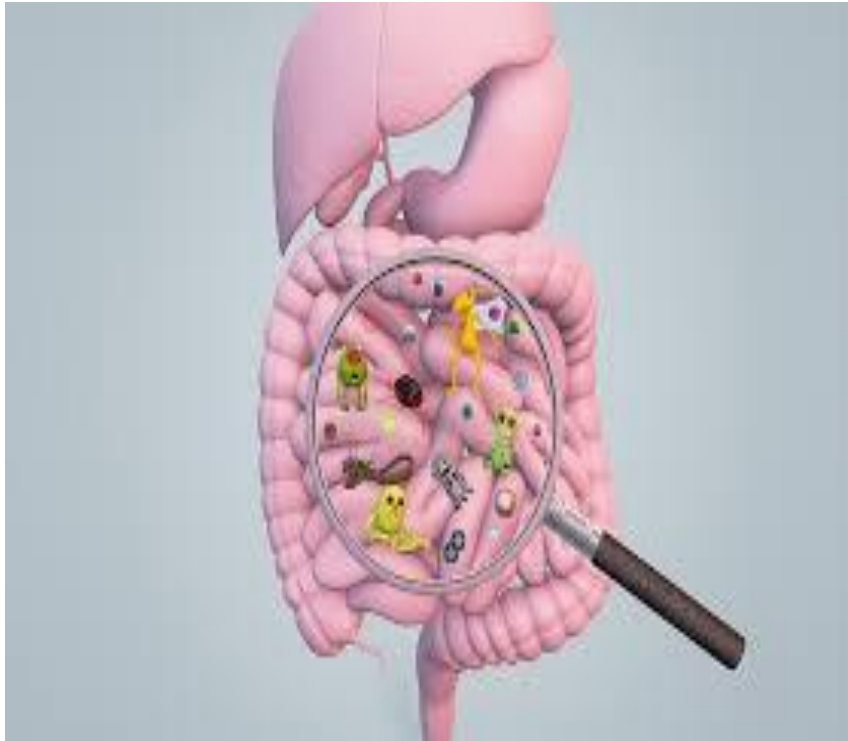


“Atlantic cuisine has an abundance of vegetables, fruit, fish, shellfish and olive oil

Intestinal microbiota (IM).- Different health status

Large number of microbiological species that live in the digestive tract

Having a proper (normal) microbiome is critical to health.



Contribute to many metabolic process:

Food digestion

production of vitamins

modulation of the immune system

Composition and distribution of IM species is determined by several factors:

Nutrition

State of health/disease

Use of prebiotics and probiotics

Age

IM an important actor in NASH development.



Profile by June 2021

Weight

70 kg

Fatty change

CAP score (dB/m): 206

kPa

7,8

Biopsy

NASH
Fibrosis Stage 3

Culinary health and Liver health advocacy

Redefine purpose from the new value of TIME

2022

Community Engagement

- Promote Culinary health
- Cook more
- Nourish on good habits
- Exercise regularly

Advocate for Liver Health

- Advocate for Mediterranean, Atlantic(Spain) diets
- Advocate for Nutrition & Healthy Convenience
- Engage the community for a Healthier lifestyle change
- Promote rest and better sleep time

Forever

Appreciate “Time”

- Nourish on Food as Medicine
- Confidence
- Cook more & Socialize more
- Keep learning to discover Nourishing ingredients

The recipe for a NEW YOU

Requires serious reflection on the value of TIME



CRYOVAC[®]
BRAND FOOD PACKAGING

Sealed Air[®]
BRAND PROTECTIVE PACKAGING

Healthy, Convenient and more sustainable

Companies
facilitating
safer,
natural,
foods



Our Mission Statement



We are in business to **protect**

to **solve** critical packaging challenges

and to leave our world **better** than we found it



SEE`S Sustainability strategy Driving growth

**Driving profitable growth with digitally certified circular solutions,
offering the lowest carbon footprint**

Mitigating the impact of the environment

Advancing the Circular Economy

Strategic Pillars

Environmental Objectives

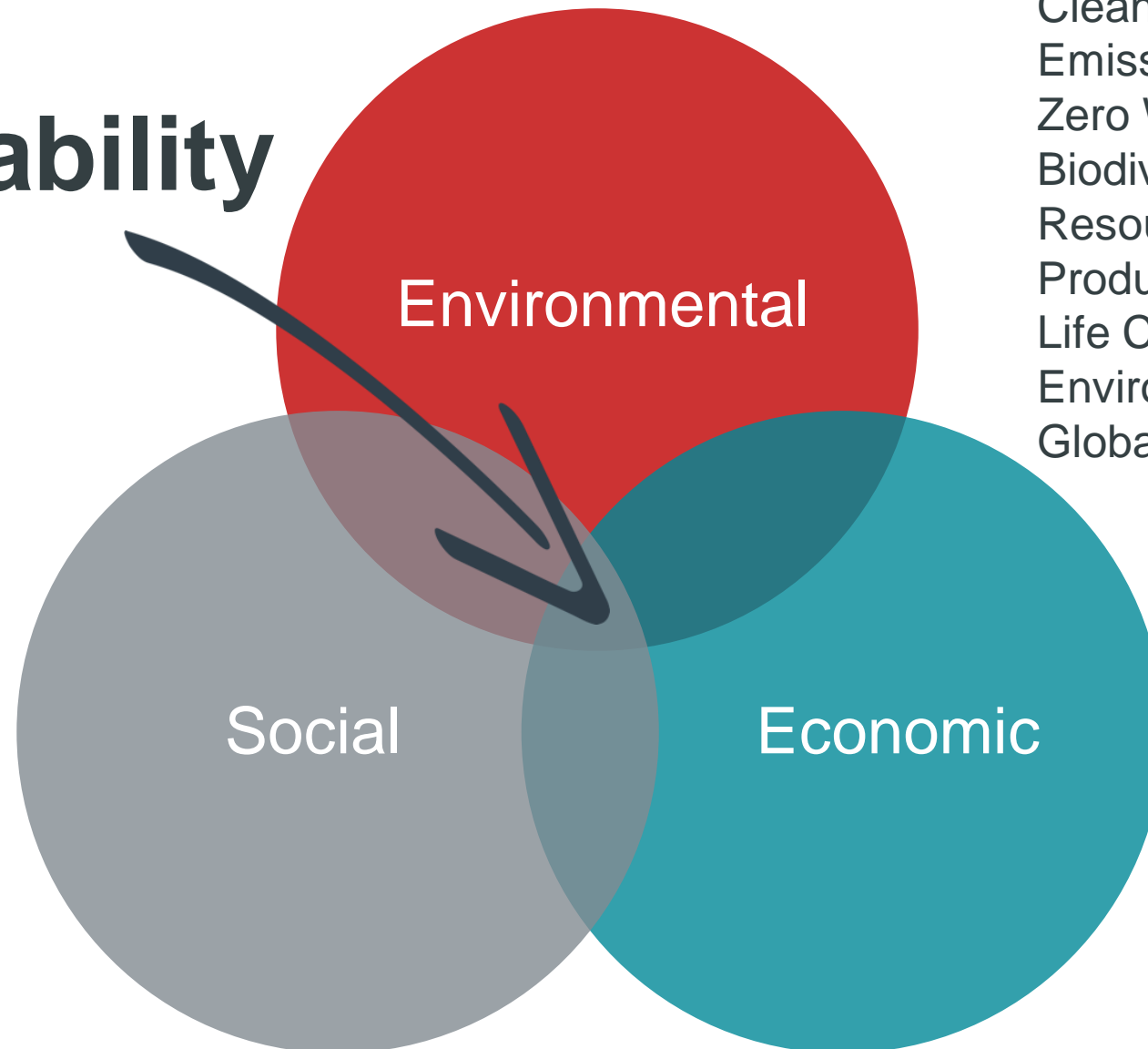
- ⇒ Net Carbon Emissions₂ (ZERO) by 2040
- ⇒ Zero waste by 2030₃
- ⇒ GHG, water & energy intensity improvements

2025 Sustainability Commitment

- ⇒ 100% of solutions designed for recycling or reuse
- ⇒ 50% recycled or renewable content
- ⇒ Collaborate to enable the development of recycling infrastructure

“Sustainability” in Packaging has Multiple Aspects

Sustainability



Clean Air, Water and Land
Emissions Reduction
Zero Waste, Releases and Spills
Biodiversity
Resource Efficiency
Product Stewardship
Life Cycle Management
Environmental Regulations
Global Climate Change

Diversity
Human Rights
Community Outreach
Local Communities
Worker Relations
Health & Safety
Job Creation
Skills Enhancement

Resource Efficiency
Capital Efficiency
Innovation
Risk Management
Margin Improvement
Growth Enhancement
Total Stakeholder Return

Packaging Systems for fish and Seafood

Vacuum packaging

Shrinking Bags



Laminates THF Vacuum pack



Modified Atmosphere packaging (MAP)

Laminates for THF MAP



BDF®(HFFS)



Tray Lidding



Vacuum skin Packaging

Darfresh®
Simple Steps®



TraySkin



Darfresh® on Tray



Darfresh® on board



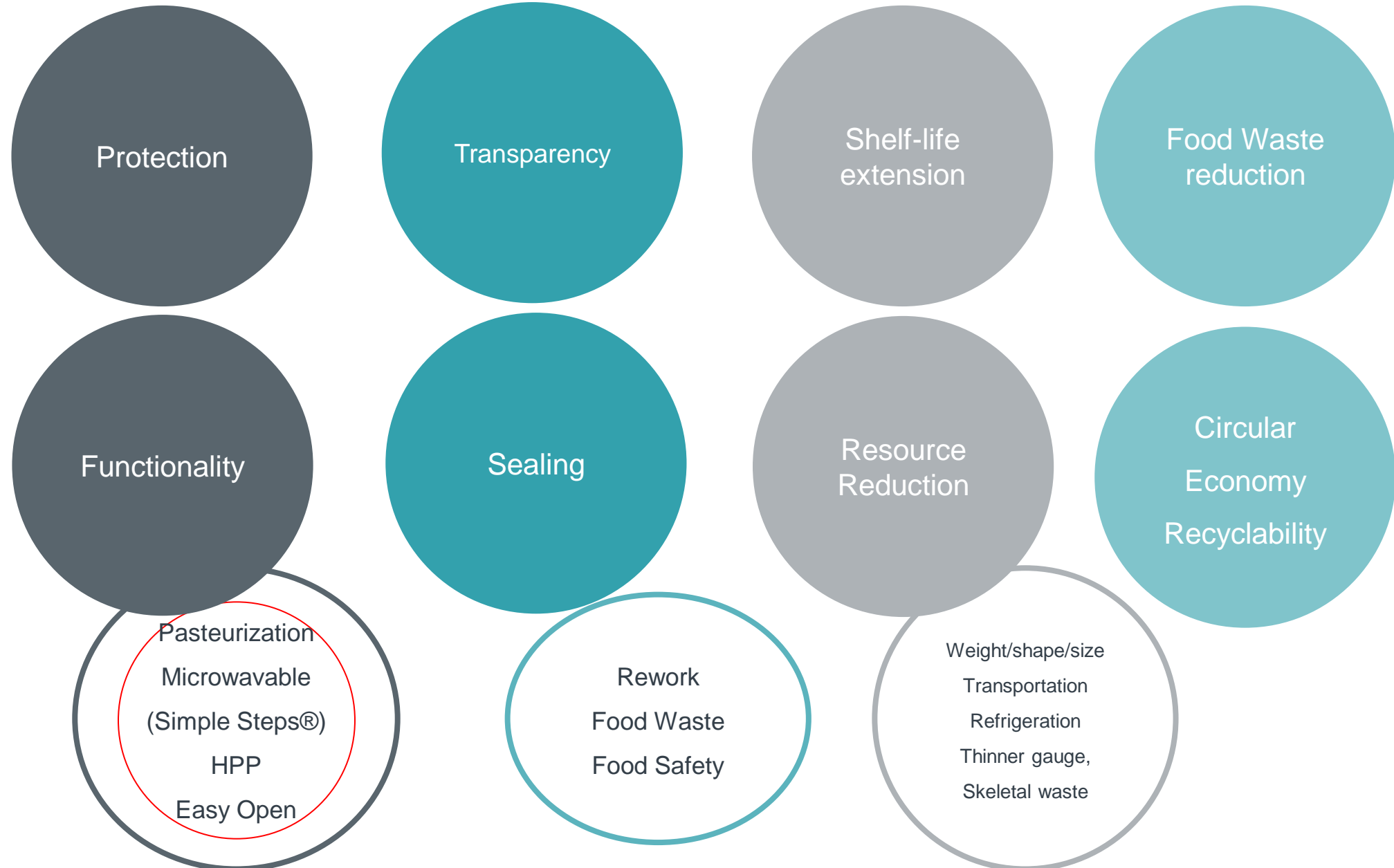
Cryovac® VPP

Vertical pouch for pumpable Liquids



Key Packaging Sustainability Attributes

Protects food, reassure food safety, saves Costs and reduces consumer food waste



Innovation Center in Passirana (Milan)

Charlotte, NC and Shangai, China

Sealed Air™



VIRTUAL
SAMPLES

Sealed Air™



LIVE
DEMONSTRATIONS



Physical Samples



¿Can Innovative packaging + HPP help consumers adopt new habits?

Enabling foods without preservatives and extend shelf life. Inactivates pathogens: Listeria, Salmonella, Vibrio

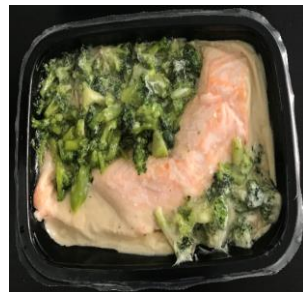
Clean Label Better Flavour Stable sensory freshness Shelf life extension Risk reduction

Tray Lidding(MAP)



Darfresh® (Skin)

VPP



CRYOVAC® Brand Eco BDF®

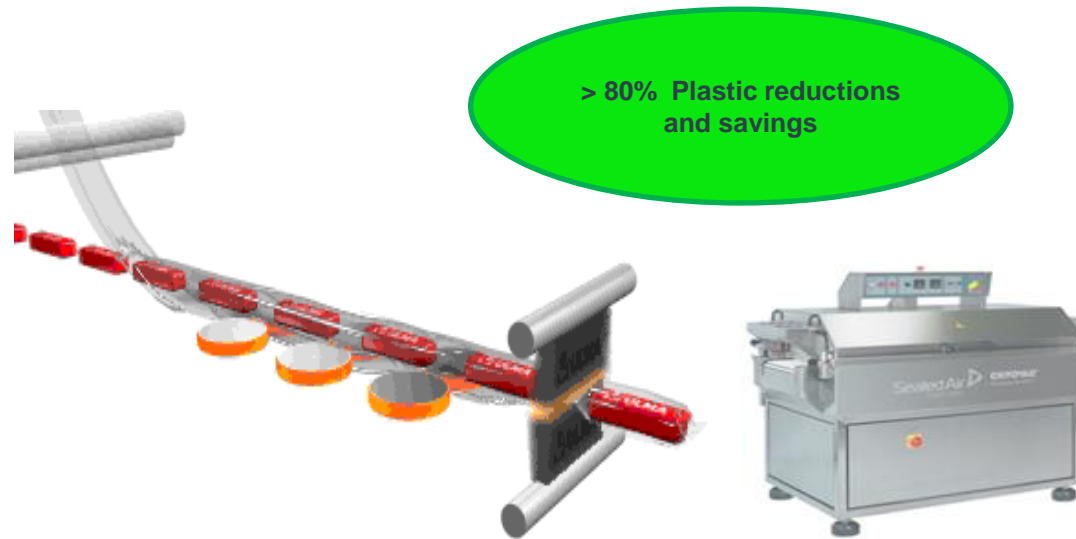
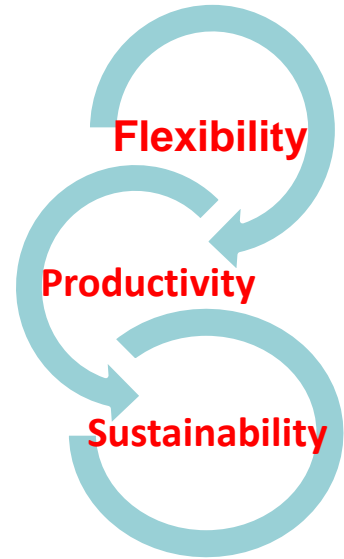
A yellow vertical bar on the left side of the slide.

Modified atmosphere(MAP) packaging system

The Cryovac® Eco BDF® System



2 GRAMS of plastic to DISRUPT the omnichannel experience.
more Sustainable films (Now using up to 30% PCR(CCR*))



Alu tray



Cardboard



Cardboard



Wood



Plastic

Plastic reduction weight up to 80-90% vs. Tray Lidding system (Rigid Tray)

*CCR.-Certified circular resins

Improving sustainability with films CRYOVAC® Eco BDF®

Reduce

- Weight reduction around **70%** (**versatility**)

Recycle

- Recyclable structures **compatible with LDPE (RIC 4)**

Recycling

- Incorporation of **30% post-consumer recycling**

Reuse

- Reuse trays and supports



Changing the game

The sustainable and responsible packaging in *Eco-BDF*®



Operational
Efficiency
“versatile”

Dedicated range
Shrink unit system



+ 75% Plastic
weight
reduction



Shelf life
extension

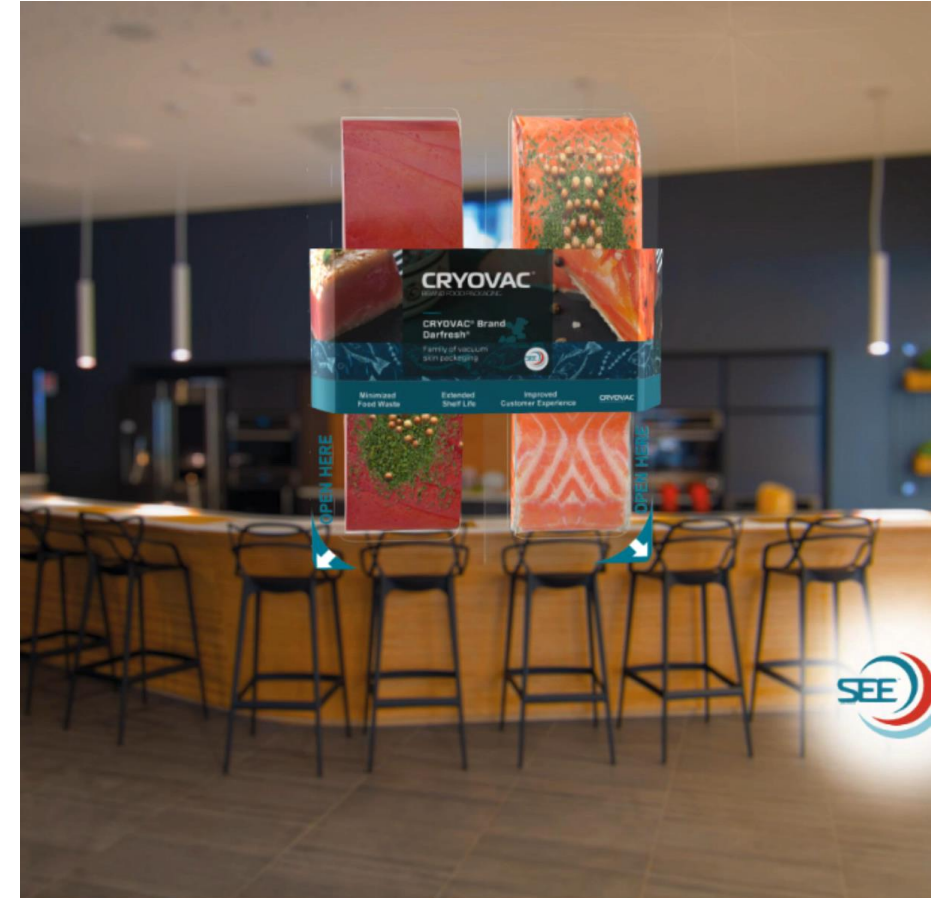
CRYOVAC® Brand Darfresh® Skin packaging system



Cryovac® Darfresh® allows the perfect premiumization of Salmon products



A Salmon Deli is needed for Healthy Convenience through portion control, smaller packs. Ready for the omnichannel



Mono Material Plastic
Recycled content
Min 30%

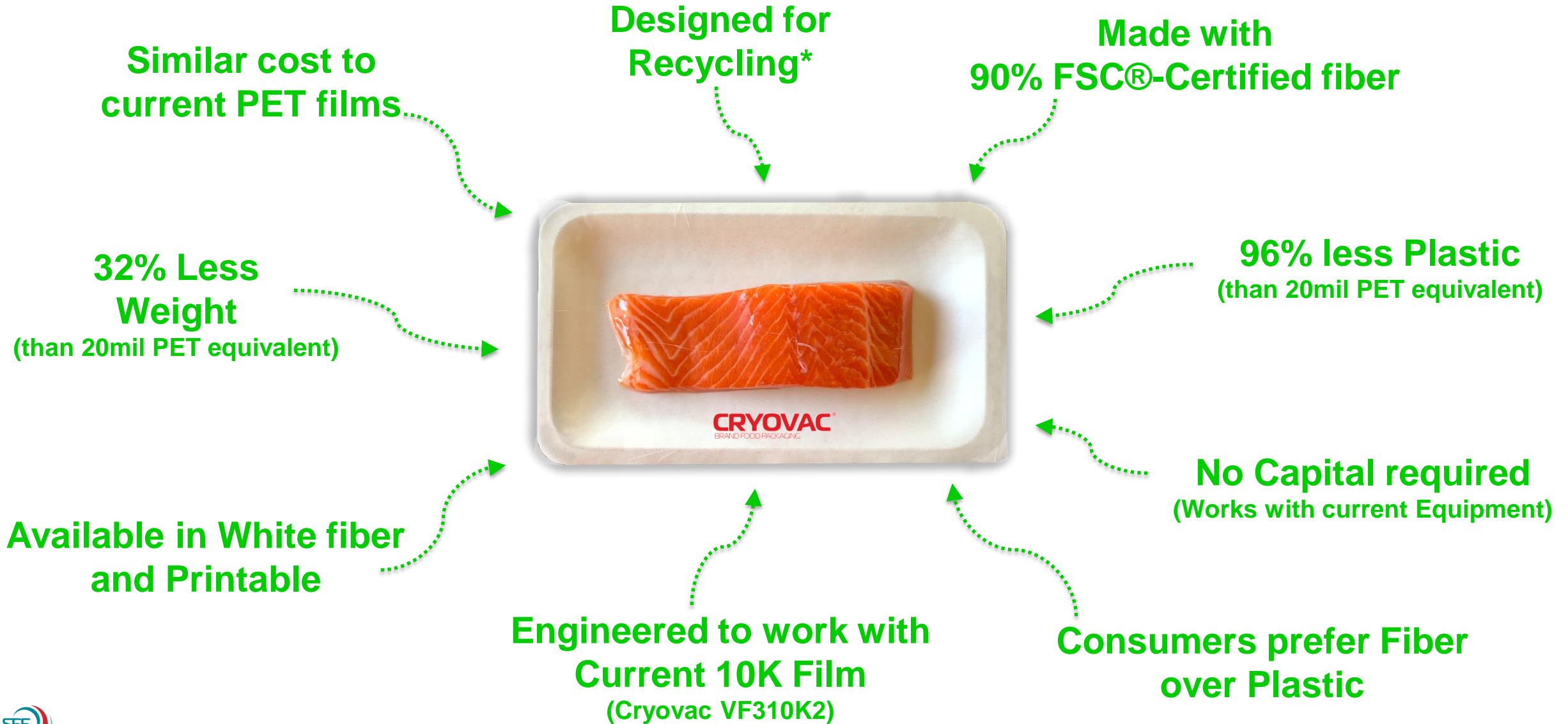
Carbon(CO2) footprint
reduction
Min 35%

Reduce Plastic Usage
& disposal cost
Zero scrap

Reduced food waste
Min 35%

Introducing FiberFlex for Fresh Seafood in the USA market

“In development”



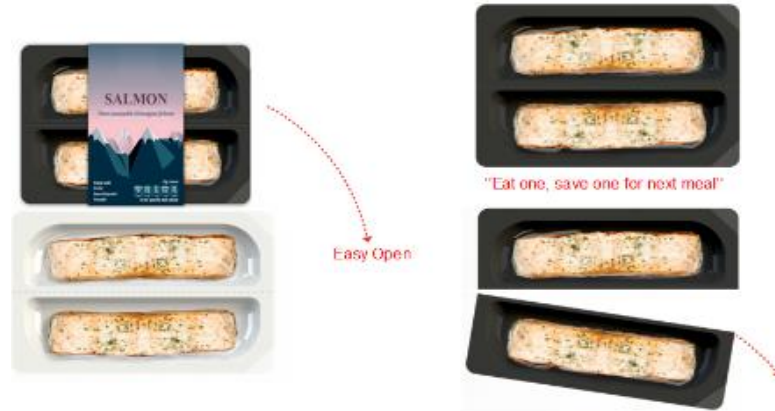
CRYOVAC® Brand Simple Steps®

Skin packaging system



Easy to cook healthy meals

Overcoming Consumers' Barriers and helping to adopt healthier habits



- Pre Seasoned / Marinaded Portions
 - No need for Cooking Skills
- Easy to Handle
 - No food Handling
 - Self Venting Pack
 - Easy Opening
- No Odour after cooking

Convenient

Consistent quality

Heat Treatable films

We adapt to the local needs

CARBOHYDRATES



Linguine



Fusilli



Penne



White rice

PROTEIN



Wild Red Shrimp



Wild Hake Loins



Wild Cod Loins



Atlantic Salmon portions

VEGETABLES



Broccoli



Bell Peppers



Asparagus



Onions

Sauces/ Spices



Teriyaki



Curry



Tex-mex



Tomato

From frozen to the plate

Authentic, convenient and sustainable Seafood solutions



// Our recipes

Cod Loins WITH CHEAKPEAKS AND SPINACH

- Less than 300 kcal
- High protein content
- Low saturated fat content



A Premium, convenient and sustainable Seafood destination
Together let's re-imagine seafood, nourish from it, heal and let's feel good!

Fish
Monger



Health &
Wellness



Microwavable



GRILLING/
BAKING



KIDS/
BONELESS



Snacking/
SUSHI



Gourmet



Ovenable



self service programs enables getting closer to the **consumer**, and be relevant to their nutritional needs

#MYDINNERTONIGHT

CRYOVAC®
BRAND FOOD PACKAGING

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**Thank you
for your time**

For more information, please visit our web:

<https://www.sealedair.com/company/sustainability>



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