## Yearly Overview 2023

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<th>JANUARY</th>
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<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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<tr>
<td>What's Cookin' In 2023?</td>
<td>Innovations In Healthy Indulgence</td>
<td>Holistic Nutrition</td>
<td>HFSS Reformulation</td>
<td>Sustainable Nutrition And The Conscientious Consumer</td>
<td>Clean Label Innovation</td>
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<td>Positive Nutrition</td>
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<td>Protein Vision: Innovation In Alternative Meat And Dairy</td>
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<td>What Is The Future Of Meat?</td>
<td>Packaging Innovation In F&amp;B</td>
<td>Climate Smart Food</td>
<td>Fats In Focus</td>
<td>Tech For Traceable And Transparent Supply Chains</td>
<td>Sugar Reduction</td>
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<td>Maintaining Momentum For The Plant-Based Boom</td>
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Yearly Overview 2024

JANUARY
- Flavour And Colour Trends

FEBRUARY
- Beverage Trend Watch
- Positive Nutrition

MARCH
- What Is The Future Of Dairy?
- Food As Medicine

APRIL
- Gut Health: Feeding The Microbiome

MAY
- Better For You Snacks

JUNE
- Protein Vision

JULY
- Responsible Sourcing Of High-Risk Commodities

AUGUST
- Food For Kids
- Climate Smart Food
- Innovation In Sugar Reduction

SEPTEMBER
- Reformulation And Fortification

OCTOBER
- Reinvigorating Demand For Plant Based

NOVEMBER
- Salt Reduction

DECEMBER
- Positive Nutrition
- What Is The Future Of Dairy?
- Food As Medicine
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<td>Wellness Ingredients For Holistic Health</td>
<td>What's Trending In Flavours And Colours?</td>
<td>Positive Nutrition</td>
<td>Trending Beverages: From Non-Alcoholic Tipples To Functional Drinks</td>
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**Yearly Overview 2025**

- **JULY**: 
- **AUGUST**: 
- **SEPTEMBER**: 
- **OCTOBER**: 
- **NOVEMBER**: 
- **DECEMBER**: 

Legend:
- **SPECIAL EDITION**
- **EDITORIAL WEBINAR**
- **ONLINE EVENT**
- **FACE-TO-FACE EVENT**
MAINTAINING MOMENTUM FOR THE PLANT-BASED BOOM
European plant-based protein sales have witnessed explosive growth. But many commentators believe this trajectory is levelling out. Can innovation be leveraged to provide further fuel to the plant-based boom?

CLIMATE SMART FOOD
The looming climate crisis has placed climate-smart food production high on the agenda for food makers, retailers, regulators and shoppers alike. The scale of the change needed to meet the Paris Agreement can be described as nothing less than transformational. What will the future of the food system look like in a net zero world?

FATS IN FOCUS
Industry is rushing to find suitable alternatives to tropical oils and fats as demand shifts away from animal fats. Hard vegetable fats like palm, coconut, shea and cocoa can only be grown in the tropics and bring health and environmental sustainability concerns. Meanwhile, those oils that come from plants grown in milder European climates such as soya, sunflower and canola that can be converted into hard fats involve hydrogenation, which can produce dangerously unhealthy trans fats. What solutions are being innovated?
TECH FOR TRACEABLE AND TRANSPARENT SUPPLY CHAINS
Greater transparency around what is in the food we eat and the conditions under which it was produced is placing power over the food system in the hands of consumers. The digital age means transparency and traceability are more important than ever before. In this month’s special edition newsletter, we look at why traceability is important and uncover the latest food tech enabling brands to track their supply chains.

SUGAR REDUCTION
Public health recommendations and the prospect of policy levers such as taxation will continue to drive sugar reduction efforts across all categories. But how can further reductions be achieved without a negative impact on taste? And is there an opportunity beyond sugar to address calorie reduction for improved health?
FLAVOUR AND COLOUR TRENDS
Consumers want to be excited by their food choices. From colours that pop on Instagram to fashionable flavours that tap into foodie fads, what flavour and colour trends will shape innovation in 2024?

BEVERAGE TREND WATCH
Consumers want guilt free beverages that nourish, refresh, hydrate, indulge or help power them through the day. From the much hyped low-to-no craze to the war on sugar, what’s hot and what’s not in the drinks sector?

POSITIVE NUTRITION
You are what you eat. An old adage but one that has gathered new meaning as we unpick the relationship between our diets, physical health and mental wellbeing. From adaptogens and botanicals to pre- post- and pro-biotics, what ingredients are emerging in the preventative health space?
WHAT IS THE FUTURE OF DAIRY?
From methane reduction to regenerative farming and precision fermentation, the dairy landscape is fast evolving. FoodNavigator profiles the latest developments powering protein innovation.

GUT HEALTH: FEEDING THE MICROBIOME
The gut is considered the ‘first brain’, and consumers are increasingly aware of the need to nourish it. Leveraging prebiotics to postbiotics and symbiotics, how is the food and beverage industry feeding the microbiome with wellness front-of-mind?

PROTEIN VISION: INNOVATIONS IN ALTERNATIVE MEAT AND DAIRY
From plant-based to cell cultured, alternative meat and dairy promises sustainability on a plate. But amid signs of a category slowdown, is that enough? This two-day interactive broadcast event will examine the technology, ingredients and culinary science propelling innovation in the space.

DAY 1 – Protein Vision: Alt Meat
Developments in meat alternatives aim to better taste, texture, and nutrition. Are they succeeding? FoodNavigator asks which technologies and ingredients are winning with consumers, and where whitespace for innovation remains.

DAY 2 – Protein Vision: Alt Dairy
The global dairy alternatives market is projected to reach over $61bn by 2029. As it grows, so too does innovator – and consumer – appetite for new ingredients and product formats. Join us as we examine the trends shaping the future of alt dairy.
<table>
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<tr>
<th>Date</th>
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<td>JUNE 19</td>
<td>BETTER-FOR-YOU SNACKS</td>
<td>Consumers want tasty snacks, without the guilt. How is this category, with a traditionally unhealthy reputation, working to change its image with less fat, salt, and fewer calories? FoodNavigator highlights the latest developments in the healthier snacks market.</td>
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NOVEMBER
13
REINVIGORATING DEMAND FOR PLANT-BASED
Faced with a global market slowdown, plant-based players are looking to renew demand and encourage repeat purchases. Pulling levers from taste to texture and nutrition, how can plant-based reboot category growth?

OCTOBER
16
REFORMULATION AND FORTIFICATION
Reformulation and fortification efforts are key to securing a more sustainable future for food. We examine how public health challenges can be met by leveraging technical advances and ingredient innovation.

DECEMBER
18
SALT REDUCTION
Salt reduction offers an important opportunity to improve population health, but consumers are loath to compromise on taste. What innovative ways is industry responding to the challenge to prove it’s worth its salt?

SEPTEMBER
18
INNOVATION IN SUGAR REDUCTION
Faced with overweight and obesity crises, and tougher regulations, manufacturers are under pressure to limit the amount of sugar in food and beverage formulations. Consumers also want to see less sugar on-pack, and favour ‘natural’ clean label alternatives. What innovation opportunities can these demands unlock?

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### JANUARY 15

**WELLNESS INGREDIENTS FOR HOLISTIC HEALTH**
Consumers are asking for functional food that promotes health and holistic nutrition. How are manufacturers responding, and are their innovations backed up by the latest nutritional science?

### FEBRUARY 19

**WHAT’S TRENDING IN FLAVOURS AND COLOURS?**
Much of food’s appeal comes down to looks and taste. In a world dominated by social-media buzz, these factors are influencing purchase behaviour even more. We highlight the colours predicted to pop and flavours to make your jaw drop in 2025.

### MARCH tbc

**POSITIVE NUTRITION**
How can food innovation support population health? FoodNavigator places the link between diet and wellness in the spotlight with its three-day interactive broadcast event Positive Nutrition: Healthy Innovation for the Mass Market.

### MARCH 19

**TRENDING BEVERAGES: FROM NON-ALCOHOLIC TIPPLES TO FUNCTIONAL DRINKS**
The drinks category has exploded in recent years, with functionality leading the way. Consumer thirst shows no signs of drying up. From low and no alcohol to CBD softs and gut-friendly beverages, we profile the trends shaping the drinks category.