

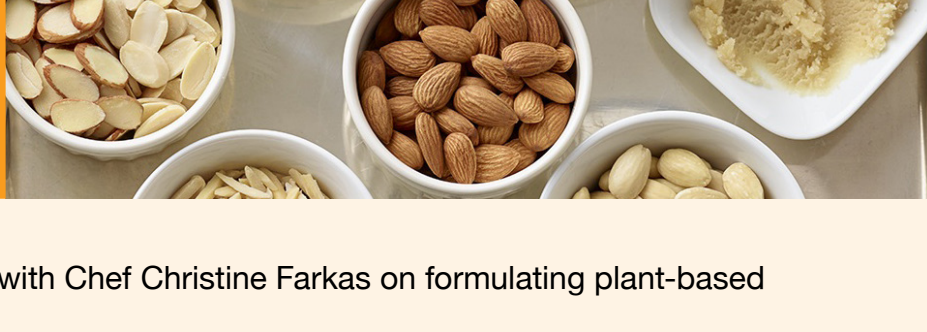
ALMOND INNOVATION AND SUSTAINABLE SNACKING



IN A NUTSHELL

The Almond Board of California (ABC) is rooted in research – from in the orchard and beyond. We have endless resources for you to access to ensure you're utilising a safely grown ingredient with value added nutritional benefits to help boost flavour and texture appeal in your product development.

ALSO IN THIS ISSUE...



...we'll share an inspiring Q&A with Chef Christine Farkas on formulating plant-based snacks with almonds.

Other updates include:

- Details on how to register for our first **virtual orchard tour**, happening 18th – 19th May
- ABC's ongoing support for **pollinator health and biodiversity**
- The effects of daily almond consumption on **skin health**
- New **Almond Essentials** podcast episodes



2021 VIRTUAL ORCHARD TOUR

Join us May 18-19, 2021 for our first-ever virtual experience of California's almond orchards! This two-day event will bring you the latest information from the Almond Board of California on sustainability programmes, responsible almond farming practices and how almonds provide best-in-class nutrition appeal. The agenda will combine pre-recorded presentations and walk-a-long orchard visits with live Q&A interviews with almond growers, sustainability and nutrition experts, and third-party policy makers.

A conference agenda will be released closer to the event.

Check out this video from almond grower Brian Wahlbrink to get a taste of what to expect at the tour:

Q&ALMONDS: POWERING PLANT-BASED SNACKING WITH CALIFORNIA ALMONDS

When it comes to plant-based snacking, product developers are just getting started. According to Innova Market Insights, plant-based claims for global food and beverage launches are experiencing strong growth with a CAGR of 57% over the 2015 to 2019 period.

As a result of such growth, snack brands are wondering how to remain relevant—and deliver more healthful appeal—in an increasingly crowded category. Chef Christine Farkas, chef and founder, IHeartFood Consulting, says to let almonds inspire innovation.

“Almonds are such great foundations for plant-based snacking,” she says. “With so many ingredient formats, textures, flavours— and the healthy plant-based protein consumers want—they make exploring plant-based snack opportunities really exciting.”

To get a taste of Chef Farkas's own plant-based snacking explorations, the Almond Board of California (ABC) took a peek into her kitchen. Read the full Q&A [here](#), and for more information about powering plant-based innovation with California Almonds, [click here](#).



BEE+ SCHOLARSHIP SUPPORTS POLLINATOR HEALTH AND BIODIVERSITY



California almond growers added nearly 15,000 acres of pollinator habitat through their seed grant programme. As a result of the **almond community's five-point Pollinator Protection Plan**, ABC created and funded the Bee+ Scholarship programme in 2020, providing grants to farmers to help offset the cost of planting cover crops in their orchards. The Bee+ Scholarship also encouraged farmers to participate in the Pollinator Partnership's Bee Friendly Farming programme. In the past year:

- California almond farmers added pollinator habitat to 14,778 acres of almond orchards, a 22% increase to the footprint of almond pollinator habitat.
- 35 new California almond farmers joined Project Apis m.'s **Seeds for Bees** programme.
- 54,202 acres of almonds have been Bee Friendly certified, meaning farmers are actively protecting pollinator populations by implementing positive, incremental changes on-farm.

The **five-point Pollinator Protection Plan** is a collection of initiatives aimed at **protecting bees during almond bloom and beyond**. This plan expands the industry's long-standing commitment to researching, protecting, and improving bee health.

BEAUTY FROM THE INSIDE OUT: ALMONDS & WRINKLES

More consumers are becoming interested in the idea of “beauty from the inside out” and the ways in which diet and functional food ingredients can contribute to skin health. A **promising new study from the University of California-Davis** suggests that daily almond intake might benefit certain ageing skin types by improving measures of wrinkle severity and reducing skin pigmentation.

In this six month randomized controlled trial, 49 healthy, postmenopausal women with Fitzpatrick skin types I or II (characterised by increased tendency to burn with sun exposure) who completed the study ate 20% of their daily calories from almonds (~2 ounces/60g per day) or from a calorie-matched nut-free snack. After six months, wrinkle severity decreased by 16% for women in the almond snacking group compared to those eating the calorie-matched nut-free snack. And, overall skin pigment intensity decreased by 20% in the almond group. This reduced pigmentation effect can promote more even skin tone. More research is warranted to investigate the effects of longer-term almond consumption and its impact in other populations.



The study was funded by the **Almond Board of California** and confirms and expands upon findings in a 2019 study.² [You can find the full study here.](#)

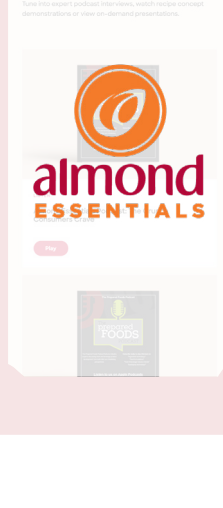
¹ Rybak I, Carrington AE, Dhaliwal S, Hasan A, Wu H, Burney W, Maloh J, Sivamani RK. Prospective Randomized Controlled Trial on the Effects of Almonds on Facial Wrinkles and Pigmentation. Nutrients. 2021; 13(3):785. <https://doi.org/10.3390/nu13030785>

² Sivamani RK. Prospective randomized controlled pilot study on the effects of almond consumption on skin lipids and wrinkles. Phytother Res. 2019 Dec;33(12):3212-3217. doi: 10.1002/ptr.6495. Epub 2019 Oct 1.

WHERE IS ABC?

The Almond Essentials podcast series provides a deep-dive into everyone's favorite nut, covering topics from consumer-demand, product development, sustainability, nutrition research and food safety.

[Listen here](#)



FEEDBACK

Your feedback helps us bring you more relevant content and resources, so we'd love to hear from you with suggestions on topics of interest, almond forms, or any other information you're interested in. You can provide your feedback by emailing us at foodprofessionals@almonds.com.

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