

## Edible cutlery: An alternative to plastic cutlery

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In India, nearly 120 billion utensils per year are thrown out after a single time use. Non-biodegradable materials, for the most part, clog the landfills causing pollution. Among the non-biodegradable materials, plastic is the one that poses harmful effects on the environment and the living creatures. In order to avoid its detrimental impact, many environment-friendly alternatives are becoming popular nowadays. The advent of edible utensils came into existence as a result of this. Many edible cutleries are being manufactured and are in use owing to their edible nature. Bakeys is the first for having such cutleries launched that can be eaten after consuming the food or drink. Edible cutleries are made of normal food components, such as rice, sorghum, wheat, etc. in different flavours and colours with food ingredients of plant origin that are safe to eat. They are made in the form of forks, spoons, bowls, etc. They are suitable for all climatic conditions and also can withstand contact with moisture. They can last up to 1.8 years, and if anybody does not utilise them by the expiration date, just pouring some water on them will degrade them within 2 to 4 days’ time period. Since these cutleries are made out of food components, they are rich in fibre, iron, protein, calcium and many other micronutrients. Therefore, edible cutleries can not only save our planet from wastages but can help our society by having a healthy eating option.

*Keywords: Safe to eat, Edible, Cutlery, Environment-friendly, Nutrients, Ingredients*

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