



FSSAI conducts workshop on safe and nutritious food in Lancers International School

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Food Safety and Standards Authority of India (FSSAI) conducted a 20- minute workshop on 'safe and nutritious food at Lancers International School today. The workshop was conducted under FSSAI's 'safe and nutritious food at school' initiative. Officials of FSSAI were also present at the occasion.

As part of this initiative, mascots developed by FSSAI, Master Sehat and Miss Sehat gave valuable tips regarding the importance of safe and nutritious food through interactive skit. They advised to purchase milk in tetra packs where adulteration chances are minimum. They also briefed about the significance of consuming fortified food, various deficiency diseases and how to take precautions to avoid them. More than 200 students attended the workshop.

FSSAI has launched pan- India 'Safe and nutritious food at school' initiative during which they plan to reach out to 16 lakh government, public, private as well as international schools across the country. FSSAI has developed multi-pronged strategy to deliver the message.

"There is an urgent need to spread awareness about safe and healthy food to ward off diseases. Since children are powerful change agents, such an initiative at schools will long a long way in instilling consciousness about the importance of safe and healthy food .We heartily thank FSSAI for conducting this workshop at Lancers International School," said Rohit Mann, Director, Lancers International School.

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The objective of the initiative is to impart principles of food safety in a full-filled way through interactive theatre workshops and mascots. The initiative intends to train teachers and senior students as Health and Wellness coordinators to disseminate the message of safe and nutritious food to their school and drive various safe food initiatives. It also plans to drive the initiative by reviewing the curriculum from Class 1 to 12 standards for identifying crucial gaps, spreading awareness through extra-curricular activities like interactive quizzes, mascots, and legislative and regulatory framework.