



Tandarust Punjab Mission : Citizens Be Trained To Know Nutritious Value & Adulteration Of Food Items : Brahm Mohindra

OBSERVANCE OF EVERY FRIDAY AS 'FOOD AWARENESS DAY' HAS BEEN MADE MANDATORY, 2 ADDITIONAL HIGH TECH FOOD SAFETY MOBILE VANS TO BE ROLLED OUT SOON

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5 Dariya News

Chandigarh , 20 Jun 2018: Citizen of Punjab would now be trained to know the nutritious values of food items by conducting simple tests at home. They will also get to know about the adulteration in food items. A comprehensive plan to train the citizen of state under Tandarust Punjab Mission has been chalked out by the Health and Family Welfare Department. All this will be done on each Friday which would be celebrated as 'Food Awareness Day'.

Disclosing this Mr. Brahm Mohindra, Health and Family Welfare Minister said that now onwards it has been made mandatory to observe every Friday as 'Food Awareness Day' under Tandarust Punjab Mission. During which special awareness camps would be organised to make people aware about standards of Food Safety to lead healthy and disease-free life. Divulging about the awareness camps, he said that the public would be given tips on selecting and purchase of quality food items. The do's and don'ts of buying package canned and bottled foods, condiments and spices, milk and Milk products, egg, poultry and fish, the fruits and vegetables etc. as they will be cautioned against misleading advertisements of food products.

The public will also be given tips on storage of raw food, fruits and vegetables and tips for microwave cooking. Common checks to detect food adulteration at home, without any sophisticated equipment will be another important aspect. Methods to check adulteration of milk, oil, grains would be taught like detection of mashed potatoes/ sweet potatoes and others starches in ghee, detection of sugar solution in honey and other common adulterants in food products.

Mr. Brahm Mohindra, said that more than 1000 awareness camps have already been organised across the state . He said that now people are keen to learn the ways and means using which they can know about the nutritious as well as adulterated food to protect themselves from chronic and other diseases.

“Safe and nutritious food is a shared responsibility”. Peoples’ participation and awareness is a must to check sale of adulterated food articles” he added. In order to impart basic facts and understanding about the adulterated and unhealthy food, awareness camps are being organised under the supervision of Food Safety Officers posted in each district, supported by their staff and local NGOs.

He said that in the awareness camps, the Food Business Operators (FBOs) from rehriwalas to hoteliers including the Kariana/General Merchants, Fruit Traders, Milk suppliers and the General Public are being imparted training to know the importance of food safety to lead secure and healthy life style. He said that in second phase, we have planned to organize special camps about Food Safety Act in the schools, colleges and other educational institutes of the State.

The Minister said that soon 2 more food safety mobile van would be launched with more advanced and latest technology to check the adulterated food.