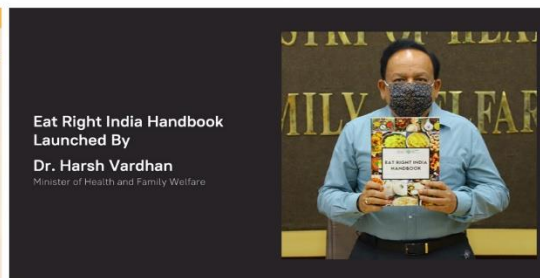


Transforming India's Food Safety & Nutrition System

Date: 14th September 2020

Volume: 09

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“The key objective of the Eat Right India movement is to ensure that every Indian has access to safe, healthy and sustainable food. This movement adopts a whole of Government approach to ensure policies and programs across the line ministries are synergized together. The Eat Right Challenge will prove beneficial in broadening the reach of registration/licensing, enforcement and surveillance efforts at the States level, among other core regulatory activities of FSSAI. My best wishes to all the participating Cities and Districts. I urge them to adopt the menu of actions given in the challenge and attempt as many as possible as well as develop local innovations & ideas that can be shared and recognized nationally. Every city and district participating in this challenge will be a pioneer in implementing this movement at the mass level and prove to be a source of inspiration for others as well. I urge participating cities and districts to document the key actions as well as learnings so that impact can be assessed and measured. - **Ms. Rita Teotia, Chairperson FSSAI**



“The ‘Eat Right India’ movement initiated by FSSAI has gone a long way in creating awareness amongst people about eating safe, healthy and sustainably. The program has been designed in a manner that it can be adopted at every level combining various methods for engaging people, such as Swasth Bharat Yatra: A Pan-India Cyclothon; Eat Right Melas in various parts of the country and utilizing other online mediums etc. Today, we see clusters of street vendors across the country, campuses certified as Eat Right Campuses and food service establishments such as restaurants, catering establishments, sweet and meat shops rated under the Hygiene Rating scheme. All these efforts are leading to creation of a new ecosystem where people are taking charge of their own health wherever they go. This is also generating economic opportunities in the food ecosystem through increased demand for trained food testing and regulatory personnel, training, auditing, implementation and development partners, petty food vendors and small businesses. - **Mr Arun Singhal, CEO FSSAI**



Editors Note:

I am delighted to announce that FSSAI has been selected as one of the ten global organizations for the award by Rockefeller Foundation, in partnership with Second Muse, and OpenIDEO for the ‘Eat Right India’ movement. A resource book called the ‘Eat Right Handbook’ has been recently released as a useful reference guide for the States/UTs to adopt and scale-up various Eat Right India initiatives in their respective jurisdictions as part of the Eat Right Challenge. We have also updated the Eat Right India website (eatrightindia.gov.in) that covers information on various ERI initiatives, placed under proper heads (for easy navigation) with enhanced features, sharp look & feel and better accessibility for various stakeholders.....P3

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EDITOR NOTE

Dear Readers,

As the process of unlock has begun in the country for COVID-19, the Food Safety regulator is working to ensure safety and hygiene protocols in the food supply chain as well as promote awareness about the right eating practices among the consumers. We are focusing on bringing various new regulations under the legislative framework to enable us work better across dimensions. FSSAI has recently proposed amendments in the Food Safety and Standards (Packaging and Labelling) Regulations, whereby, food service establishments having a central license or outlets at 10 or more locations will be required to display the “calorific value in kcal per serving and serving size” of food items along with information relating to allergens, on menu cards, booklets or boards. This will benefit consumers in making well informed choices about what they eat and feed their children when dining out.

Recently, a Pan-India quality surveillance of Edible Oil (both for the branded and unbranded oil samples) was conducted to intensify crackdown against the sale of adulterated Edible Oil. This nation-wide survey, carried out for the first time with ~4700 samples covering a total of 16 varieties of edible oil including mustard, coconut, palm, olive and blended oil. The samples will be tested through the State Food Testing Laboratories or FSSAI notified food testing labs (including private NABL accredited) and the results will help in identification of the key hot spots for adulteration of edible oils in different parts of the country and will strengthen efforts at the States/UT level in devising targeted enforcement drives in the coming months.

Adding another milestone to our efforts in scaling-up the Eat Right India movement, I am delighted to announce that FSSAI has been selected as one of the ten global organizations for the award by Rockefeller Foundation, in partnership with SecondMuse, and OpenIDEO for the ‘Eat Right India’ movement. The award recognizes organisations that have developed an inspiring vision of the regenerative and nourishing food system that they aspire to create by the year 2050. This is a strong recognition of FSSAI’s holistic and path breaking approach towards food safety and nutrition

A resource book called the ‘Eat Right Handbook’ has been designed as a useful reference guide for the States/UTs to adopt and scale-up various Eat Right India initiatives in their respective jurisdictions. This book covers scope, implementation process and success stories under each of the Eat Right India initiatives and can be used a ready guide to understand the impact of various projects. The handbook along with the new Eat Right India website (eatrightindia.gov.in) was recently released during an online orientation workshop conducted by FSSAI regarding the Eat Right Challenge, presided by the Hon’ble Union Minister of Health & Family Welfare. Officials of the 197 cities/districts participated in the workshop. Subsequently, four webinars have been conducted with the officials of Northern, Southern, Western and Eastern regions’ cities/districts to implement Eat Right Challenge.

As part of the ongoing collaboration with MyGov platform, FSSAI has developed short videos with celebrity endorsements on tips and precautions to be taken during the corona times for mass awareness. Further, a set of videos have been created on simple tips to check adulteration in food for wide dissemination in the interest of public. I urge everyone to visit our website and social media for wider dissemination of these messages in the interest of your people, colleagues, families and society at large so that everyone is benefitted.

On behalf of FSSAI, I thank you, our patrons and supporters. Please do go through this issue to know more about our key activities and keep sharing your valuable suggestions.

Hope you enjoy reading this issue!

Warmly,

Inoshi Sharma, Director SBCD
Food Safety & Standards Authority of India
directorfssai@gmail.com

I. Core Regulatory Functions

I.1 Science & Standards:

Highlights of FSSAI's new regulations or amendments:

Final Notifications

- i. Gazette Notification on Food Safety and Standards (Packaging and Labelling) first amendment Regulations, 2020 relating to Display of Information in food service establishment (Notified on 21.08.2020)
- ii. Food Safety and Standards (Contaminants, Toxins and Residues) First Amendment Regulation related to limit of Metal Contaminant, Aflatoxin and Mycotoxin (Notified on 07.08.2020)
- iii. Food Safety and Standards (Food Products Standards and Food Additives) Third Amendment Regulations, 2020 relating to standards of Rice, Chia Seeds, Gari (Cassava product), Edible Cassava Flour, Roasted Bengal Gram Flour -Chana Sattu, Ragi Flour, Almond Kernels, Coconut Milk Powder (Non Dairy), Mixed Masala Powder, Spice Oleoresins, Tejpat, Star Anise and Phytostanol.
- iv. Food Safety and Standards (Food Products Standards and Food Additives) Second Amendment Regulations, 2020 relating to Wheat Bran, Non-Fermented Soybean Products.
- v. Food Safety and Standards (Food Products Standards and Food Additives) Fourth Amendment Regulations, 2020 relating to Canned or Retort Pouch Meat Products, Comminuted or Restructured Meat Products, Cured or Pickled and Cooked or Smoked Meat Products, or both, Dried or Dehydrated Meat Products, Cooked or Semi-Cooked Meat Products, Fresh or Chilled or Frozen Rabbit meat, Marinated Meat Products, Fermented Meat Products.
- vi. Food Safety and Standards (Food Products Standards and Food Additives) Fifth Amendment Regulations, 2020 prescribing standards for frozen beans, frozen cauliflower, frozen peas and frozen spinach.

Details are available at:

<https://www.fssai.gov.in/notifications.php?notification=gazette-notification>

I.2 Quality Assurance

Strengthening of Food Testing System in the Country:

- (i) An amount of Rs. 40,23,500/- has been sanctioned to National Research Centre – Meat, Hyderabad for procurement of major laboratory equipment under the Central Sector Scheme for up gradation of Referral food lab.

- (ii) A total of 27 online training programs have been organized in which all the laboratory personnel of State/UTs and FSSAI Notified laboratories, Food Business Operators, Consumers, etc., were allowed to participate. 4,061 participants attended these online training programs.

1.3 Compliance & Enforcement:

Directions and Orders:

1. Direction regarding re-operationalization of Food Safety and Standards (Food Products Standards and Food Additives) amendment Regulations, 2020 with respect to the requirements for animal feed

In a direction issued on 17th August 2020, FSSAI directed to re-operationalize the standards specified in BIS and DAHD to address the safety issue identified in the recent quality and safety survey of commodities like milk etc. The draft regulations are in the process of being notified and the process of draft notification, consideration of comments, if any and the finalization of draft regulation with respect to the requirements for animal feed are likely to take some time.

More details are available at:

https://www.fssai.gov.in/upload/advisories/2020/08/5f3b7f3cb97cdDirection_ReOperationalization_FSS_Licensing_Registration_18_08_2020.pdf

2. Labeling Provisions for Health Supplements, Nutraceuticals, Foods for Special Dietary Use, Foods for Special Medical Purpose, Functional Foods and Novel Foods)

In a letter issued dated 11th August 2020, FSSAI directed all Food Safety Commissioners of State and UTs to ensure the strict compliance of the labeling of the products covered under FSS (Food or Health Supplements, Nutraceuticals, Foods for Special Dietary Use, Foods for Special Medical Purpose, Functional Foods and Novel Foods) Regulations, 2016 with the standards specified under General labeling requirements under the FSS (Packaging and Labeling) Regulations, 2011. The label, accompanying leaflet or other labeling and advertisement of each type of article of food shall also provide sufficient information on the nature and purpose of the article of food and detailed instructions and precautions for its use, and the format of information given shall be appropriate for the intended consumer. Besides these, other labeling provisions for specific product categories have also been provided in these regulations.

More details are available at:

https://www.fssai.gov.in/upload/advisories/2020/08/5f3267e31a228Letter_FSS_Health_Supplements_11_08_2020.pdf

3. Limit of Naturally Occurring Formaldehyde in Fresh Water and Marine Fish:

Since the finalization of draft regulation with respect to the limit of naturally occurring formaldehyde in fresh water and marine fish including hygiene practices has been taking some more time FSSAI directed to re-operationalize the provisions of Food Safety and Standards (Licensing and Registration of Food Businesses) Amendment Regulations, 2020 and Food Safety and Standards (Food Products and Food Additives) Amendment Regulations, 2020 relating to limit of naturally occurring formaldehyde in fresh water and marine fish to ensure the public health and fair practices in this regard.

4. Directions under section 16 (5) regarding operationalisation of Food Safety and Standards (Licensing and Registration of Food Business) Amendment Regulations, 2020.

In a direction issued by FSSAI dated 19th August 2020, it was stated that since draft regulations are in the process of being notified and the process of draft notification, consideration of comments, if any, that may be received thereon and the finalization of these regulations are likely to take some more time. Meanwhile, it has been decided to re-operationalise the Food Safety and Standards (Licensing and Registration of Food Business) Amendment Regulations, 2020. These regulations contain amendments in respect of the following Sections:

- i. **Section-I:** Licensing and Registration of E-Commerce food business operator.
- ii. **Section-II:** Documents to be enclosed for new application for license to State/Central Licensing Authority for restaurant.
- iii. **Section-III:** Conditions of license for restaurant.
- iv. **Section-IV:** Part-II of Schedule 4 relating to general requirements on Hygienic and sanitary practices to be followed by all food business operators applying for license.
- v. **Section-V:** Part IV of Schedule 4 relating to establishing a small slaughter house.
- vi. **Section-VI:** Part V of Schedule 4 relating to good hygienic and manufacturing practices to be followed by licensed food business operators engaged in catering or food service operations.

More details are available at:

[https://www.fssai.gov.in/upload/advisories/2020/08/5f3e073747828Direction Operationalization FSS Licensing Registration 19 08 2020.pdf](https://www.fssai.gov.in/upload/advisories/2020/08/5f3e073747828Direction%20Operationalization%20FSS%20Licensing%20Registration%2019%2008%202020.pdf)

5. Adulteration of edible oil with DAG / Synthetic Oil

A letter was issued by FSSAI dated 19th August 2020 to the Commissioners of Food Safety across States/UTs, thereby, suggesting them to strictly monitor the production process of all the vegetable oil refineries and blending units through surveillance. Further, it was also suggested to sensitize Food Safety Officers towards the provisions of Section 38 (9) of FSS Act 2006 regrading “Powers of Food Safety officer” and accordingly exercise such powers, if any DAG/ Synthetic Oil is found in any oil mill in their respective jurisdictions.

More details are available at:

https://www.fssai.gov.in/upload/advisories/2020/08/5f3d077b5bafdLetter_Edible_Oil_19_08_2020.pdf

6. Standard list of documents for FSSAI License

A letter was issued by FSSAI dated 31st August 2020 to the Commissioners of Food Safety across States/UTs, thereby, requesting them to direct Designated Officers/ Food Safety Officers to refrain from insisting on submission of additional documents beyond the list issued by FSSAI. The unnecessary insistence on submission of same by Licensing/ Registering Authority may attract strict action against them. In case of pre-requisite condition of additional document requirement by a local body or a State/UT, the same shall be communicated to public through a public order issued by Competent Authority or Commissioner of Food Safety of concerned State/UT. The details regarding Kind of Business wise documents are uploaded on the homepage of FLRS/FoSCoS and shall be followed uniformly.

More details are available at:

https://www.fssai.gov.in/upload/advisories/2020/09/5f4dd5aa5c3f7Letter_Standardized_Document_License_31_08_2020.pdf

7. Drive against Adulteration in the Edible Oil

FSSAI for the first time conducted a nationwide quality survey of Edible Oil (both for the branded and unbranded oil samples) across the country between 25th to 27th August 2020 to intensify crackdown against the sale of adulterated edible oil. FSSAI in this regard had shared the detailed guidelines and SOPs for conducting the survey as well as procedure of sample collection with the Commissioners of Food Safety in all States/ UTs.

Key highlights of Pan-India surveillance:

- *carried out ~ 4700 samples*
- *covering a total of 16 varieties of edible oil including mustard, coconut, palm, olive and blended oil.*

- Various hilly as well as difficult terrains including Ladakh, Arunachal Pradesh, Daman & Diu as well as Andaman (UT) have been strategically included to be a part of this exercise so as to represent a holistic distribution of the sample size across the country.
- The samples have been drawn from hypermarkets/ supermarkets as well as retail and grocery stores and include national and local brands.
- The survey has been conducted by the State Food Safety department officials. At least 50 samples were collected from the metro cities - Delhi, Mumbai, Bengaluru, Chennai and Kolkata and 6-8 samples each in cities and districts, other than the metros.
- A comprehensive strategy for testing of these samples through the State Food Testing Laboratories or FSSAI notified food testing labs (including private NABL accredited) to analyze various parameters including Fatty Acid composition as well as adulteration of any other oils or harmful or extraneous substance/ chemical has been developed.

The test results are expected in a month's time. The final survey results will help in identification of the key hot spots for adulteration of edible oils in different parts of the country and will strengthen efforts at the States/UT level in devising targeted enforcement drives in the coming months.

More details are available at:

https://www.fssai.gov.in/upload/press_release/2020/08/5f4904cb324b6Press_Release_Adulteration_Edible_Oil_28_08_2020.pdf

1.4 Trade and International Cooperation:

Requirement of Non-GM cum GM free certificate accompanied with imported food consignment

To ensure that only Non GM food crops are imported into India, FSSAI, on 21st August 2020, has issued an order stating that following imported food consignments shall accompany with a Non-GM origin cum GM free certificate issued by Competent National Authority of the exporting country. The same will be effective from 1st January, 2021.

| Sr. No. | Crops |
|---------|--|
| 1. | Alfalfa (<i>Medicago sativa</i>) |
| 2. | Apple (<i>Malus x Domestica</i>) |
| 3. | Argentina Canola (<i>Brassica napus</i>) |
| 4. | Bean (<i>Phaseolus vulgaris</i>) |
| 5. | Chicory (<i>Cichorium intybus</i>) |
| 6. | Cowpea (<i>Vigna unguiculate</i>) |
| 7. | Egg Plant (Brinjal) <i>Solanum melanogoa</i> |
| 8. | Flax seed <i>Linum usitatissimum L</i> |
| 9. | Maize (<i>Zea mays</i>) |
| 10. | Melon (<i>Cucumis melo</i>) |
| 11. | Papaya (<i>Carica papaya</i>) |
| 12. | Pineapple (<i>Ananas comosus</i>) |
| 13. | Plum (<i>Prunus domestica</i>) |
| 14. | Polish canola (<i>Brassica rapa</i>) |
| 15. | Potato (<i>Solanum tuberosum</i>) |
| 16. | Rice (<i>Oryza sativa</i>) |
| 17. | Safflower <i>Carthamus tinctorius L</i> |
| 18. | Soybean (<i>Glycine max</i>) |
| 19. | Squash (<i>Cucurbita pepo</i>) |
| 20. | Sugar beet (<i>Beta vulgaris</i>) |
| 21. | Sugarcane (<i>Saccharum sp</i>) |
| 22. | Sweet pepper (<i>Capsicum annum</i>) |
| 23. | Tomato <i>Lycopersicon esculentum</i> |
| 24. | Wheat (<i>Triticum aestivum</i>) |

More details are available at:

https://www.fssai.gov.in/upload/advisories/2020/08/5f3fb6de8a4f10Order_GM_Food_21_08_2020.pdf

II. Transforming Food Environment

II.1 Training & Capacity Building

II.1.1 FoSTaC Trainings

- FSSAI has trained 11,479 food handlers on Covid -19 Guidelines in the month of August,2020.
- 119 trainings have been conducted for Food Safety Supervisor under FoSTaC programme.
- A budget of 1.5cr has been approved to conduct a Special Drive of training for Anganwadi workers, Mid-Day Meal workers, food handlers of Government Canteen and place of worship.

II.1.2. FSSAI-CHIFSS-CSIR-IITR Workshop on “Basics of Risk Assessment of Food Additives” on 18th and 19th August 2020

Capability Harnessing Initiatives on Food Safety Sciences (CHIFSS) in partnership with Food Safety and Standards Authority of India (FSSAI) and Indian Institute of Toxicology Research (CSIR-IITR) organized the first 2 days’ workshop for MSMEs on 18-19th August 2020 digitally on “Basics of Risk Assessment of Food Additives” for Food Processing Industry (MSMEs). Faculty members for this workshop comprised Dr Sudershan Rao Vemula, Dy Director(retd), National Institute of Nutrition, India, Dr Jasvir Singh, Scientific and Government Affairs Leader - South Asia, Dupont Nutrition & Health, Dr Kausar Mahmood Ansari, Principal Scientist at CSIR-IITR, Dr Sandeep Kumar Sharma, Senior Scientist, CSIR-IITR. Participants from Small and Medium scale food industry like Halwai, Ice creams and others joined the workshop. The feedback for the program has been excellent in terms of its application in the industry.

CHIFSS 4th Anniversary Stakeholder e-Forum on “Building Resilient Food Systems for the Future” held on 26th August 2020 on WebEx (Digital Platform)

As an endeavour to promote latest advances in food safety and food security, CHIFSS in partnership with FSSAI and International Commission on Microbiological Specifications for Foods (ICMSF) organised its 7th Stakeholder e-Forum on “Building Resilient Food Systems for the Future” on the occasion of its 4th Anniversary, 26th August’ 2020. Distinguished speakers and domain experts like Ms. Rita Teatota, Chairperson, FSSAI, Prof. Martin Cole, President, deliberated on the importance and methodologies of building resilient food systems for the future.



Ms Rita Teatota, Chairperson, FSSAI
delivering the key note address

The Forum included an interactive and insightful panel discussion on “Integrated Risk-based Approaches for Food Safety” chaired and moderated by Former Chairperson Codex Alimentarius Commission Mr S. Dave, with domain experts like Dr Marcus Lipp -FAO , Dr G. Gongol-WHO , Dr B. Marthi , Chairman SAC, CHIFSS, the e-forum was virtually attended by Mr Arun Singal, CEO FSSAI, eminent scientists, Senior government officials and professionals from academia and Industry along with students from related fields.



II.2 Third Party Audits & Hygiene Ratings

Campuses awarded with Eat Right Campus Certification

1. Wipro Ltd., Bangalore with 4-star rating
2. IIT Gandhinagar, Gujarat, with 5-star rating
3. Jaypee University, with 5-star rating
4. Torrent Power Limited, with 5-star rating

III. Mass Mobilization

III.1 Events/ Workshops/ Webinars

Orientation Workshop on the Eat Right Challenge

Dr Harsh Vardhan, Union Minister of Health and Family Welfare and Shri Ashwini Kumar Choubey, Minister of State for Health & Family Welfare presided over an online orientation workshop organised by the Food Safety and Standards Authority of India (FSSAI) on 19th August 2020.

Ms Rita Teatota, Chairperson, FSSAI, Shri Arun Singhal, CEO, FSSAI, Food Safety Commissioners and district officials such as District Magistrates and Designated Officers of the cities were also digitally present at the occasion.



Highlights of the workshop:

Dr Harsh Vardhan :

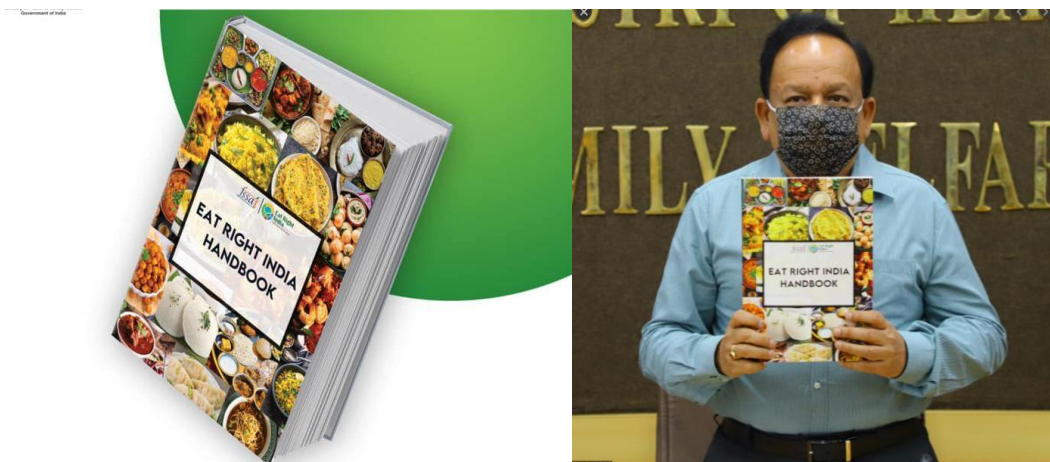
Highlighting the role of healthy food and nutrition in combating morbidity, Dr Harsh Vardhan stated that diet helps in building one's resilience and immunity towards various kinds of diseases. He further emphasised that 61.8% deaths from non-communicable diseases like diabetes, hypertension, cardiovascular complications etc., are directly or indirectly related to a faulty diet. Even communicable diseases like tuberculosis disproportionately affect people who are undernourished. People of the same household have been showing different responses to COVID based on their immunity acquired through nutrition. He further added that *"Food is not only about hunger or taste but about health and nourishment. The workshop is unique in that it brings big restaurant chefs to roadside eatery owners under the same umbrella to achieve a single goal. Eat Right India movement will sharpen our focus towards prioritising food, nutrition and awareness about our eating and dietary habits to prevent and address these challenges, he added. This will also bring into sharper focus the problem of food wastage and disposal of food"*.

Shri Ashwini Kumar Choubey :

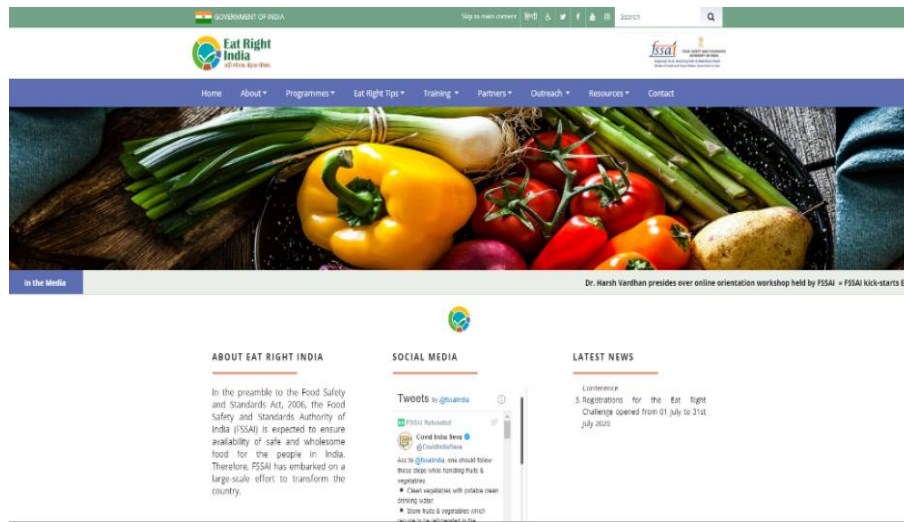
Shri Ashwini Kumar Choubey, Hon'ble Minister of State for Health & family Welfare highlighted the role of age-old wisdom and traditional Ayurveda in guiding people to right eating practices by categorizing food based on the effect they had on the body." Quoting from the Bhagwadgita and the Upanishads, he emphasized upon the role of traditional eating habits and plant-based food. He asserted that the amalgamation of healthy eating habits and active physical activity will lead to a better and healthy India.

Launches during the event:

- FSSAI's 'Eat Right India' Handbook : A useful reference guide for officials to adopt and scale-up Eat Right India (ERI) initiatives in their respective jurisdictions



- The website eatrightindia.gov.in to help various stakeholders scale-up 'Eat Right India' initiatives across the country.



Webinars for sensitizing Designated Officers from cities/districts on Eat Right Challenge

Four webinars on the Eat Right Challenge were conducted to solve the queries related to Eat Right Challenge at Northern, Western, Eastern and Southern regions, cities and districts. All queries in this connection were addressed virtually.

Rockefeller Foundation’s recognition takes India’s Eat Right India to the Global stage

Eat Right Initiative, by FSSAI has been recognized among the top-ten for the Food System Vision Prize by the US-based Rockefeller Foundation. Over 100 globally distinguished judges and the Rockefeller Foundation team found FSSAI’s FoodVision2050 very inspiring.



III.2 Awareness campaigns uploaded in month of August, 2020

Public awareness material on eating right during COVID, as well as other informational campaigns (in both Hindi and English languages) are being disseminated through various social media platforms on regular basis



बेहतर इम्यूनिटी और नज़र के लिए

विटामिन ए से भरपूर शाकाहारी खाद्य

पदार्थों को ज्यादा खाएँ



शकरकंद

पपीता

टमाटर



गाजर

आम

हरी पत्तेदार सब्जियाँ

EAT MORE OF

VITAMIN A RICH, PLANT-BASED FOOD

FOR GOOD IMMUNITY AND IMPROVED VISION



SWEET POTATO

PAPAYA

TOMATO



CARROTS

MANGO

GREEN LEAFY VEGETABLES

#EatRightIndia #SwasthaBharat #HealthForAll

#EatRightIndia #SwasthaBharat #HealthForAll



PROTEIN WEEK 2020

IMPORTANCE OF PROTEIN IN YOUR DIET

- 1 Gives You An Energy Boost
- 2 Increases Metabolism
- 3 Helps Your Body Repair Itself After Injury
- 4 Increases Muscle Mass and Strength

For more information, visit :
www.fssai.gov.in

#EatRightIndia #SwasthaBharat #HealthForAll #ProteinWeek



प्रोटीन सप्ताह 2020

जानिए अपने आहार में प्रोटीन का महत्व

- 1 आपकी ऊर्जा को बढ़ाता है
- 2 चयापचय (मेटाबोलिज्म) बढ़ाता है
- 3 चोट के बाद शरीर की मरम्मत में मदद करता है
- 4 मांसपेशियों और ताकत को बढ़ाता है

अधिक जानकारी के लिए देखें-
www.fssai.gov.in

#EatRightIndia #SwasthaBharat #HealthForAll #ProteinWeek



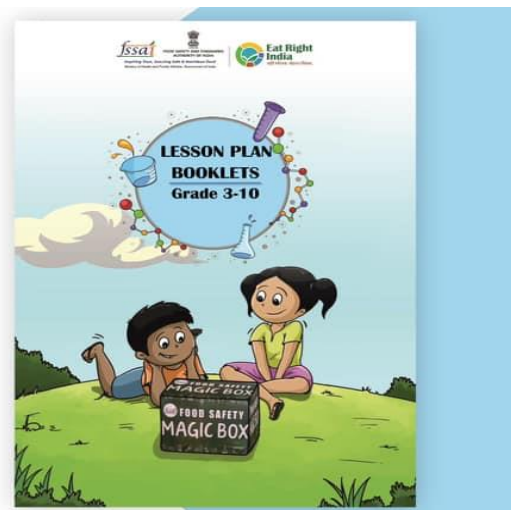
Lesson Plan Booklets- Detection of Adulteration in Food Samples

Booklet features:

- Grade wise lesson plans from Grade 3 to 10
- Detailed information on how to conduct tests to check for food adulteration

For details of the booklet visit Eat Right School website :

Fssai.gov.in/eatrightschool



कोविड -19 के दौरान होम डिलीवर्ड फूड को हैडेल करते समय बातों का ध्यान रखें :

- 1 पैकेज को ले लें लेकिन बाहरी पैकेजिंग जिसमें खाना आया है उसे कूड़ेदान में डाल दें।
- 2 हाथों को साबुन और पानी से धोएँ या एल्कोहल वाले सैनिटाइज़र से हाथ सैनिटाइज़ करे।
- 3 अब खाने को चम्मच की सहायता से (बिना उँगलियों डाले) साफ बर्तन में डाल लें । डिब्बों को छूने के बाद खाने को हाथों से ना छूएँ।
- 4 साथ ही जिन डिब्बों या पैकिंग में खाना आया है उन्हें भी कूड़ेदान में फेंक दें।
- 5 जिस जगह वो डिब्बे रखें थे वो साफ और सैनिटाइज़ करे।
- 6 हाथों को दोबारा साबुन और पानी से धोएँ या एल्कोहल वाले सैनिटाइज़र से हाथ सैनिटाइज़ करे।

अधिक जानकारी के लिए, देखें
www.fssai.gov.in/cms/coronavirus.php

#Covid19 #SwasthaBharat #HealthForAll

कोविड-19 के दौरान ऑर्डर सुरक्षित करे

कोविड- 19 से बचे रहने के लिए एहतियातन नकद राशि के बजाय डिजीटल (संपर्क रहित) तरीकें इस्तेमाल करे

हम साथ मिलकर COVID- 19 से लड़ सकते हैं

#EatRightIndia #SwasthaBharat #IndiaFightsCorona
 #COVID19 #HealthForAll #HelpUsToHelpYou

Awareness videos with Celebrity Endorsements

YouTube

FSSAI

Hello friends Namaskar, I am Varsha Usgaonkar

Varsha Usgaonkar: Boosting Immunity by Traditional Food during COVID-19

372 views • Aug 28, 2020

Food Safety and Standards Authority of India
 25K subscribers

SUBSCRIBE

Boosting Immunity by Traditional Food during COVID-19: Build immunity by eating healthy and safe to fight against Covid-19! Watch renowned Marathi actress Varsha Usgaonkar share tips on eating immunity boosting Indian food products for FSSAI and MyGov's Expert Speak series. Watch here: <https://bit.ly/3hXKMsB>

Awareness videos (detecting adulteration)



IS YOUR FISH OF GOOD QUALITY...

0:03 / 0:39

Is your fish of good quality

311 views • Aug 26, 2020


24 0 SHARE SAVE ...

 Food Safety and Standards Authority of India
25K subscribers

SUBSCRIBE

This video frame shows a fish on a white plate against a light purple background. A large red circle with a white question mark is superimposed over the fish's body. Below the video player, the title 'Is your fish of good quality' is displayed, along with view and date information, engagement icons, and the FSSAI channel name and subscriber count.

Is your fish of good quality




Is your milk adulterated with detergent?

0:03 / 0:37

Detecting Detergent Adulteration in Milk

275 views • Aug 26, 2020


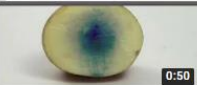




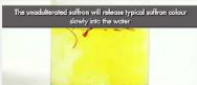











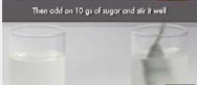





22 1 SHARE SAVE ...










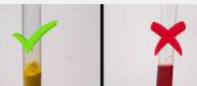
 Food Safety and Standards Authority of India
25K subscribers

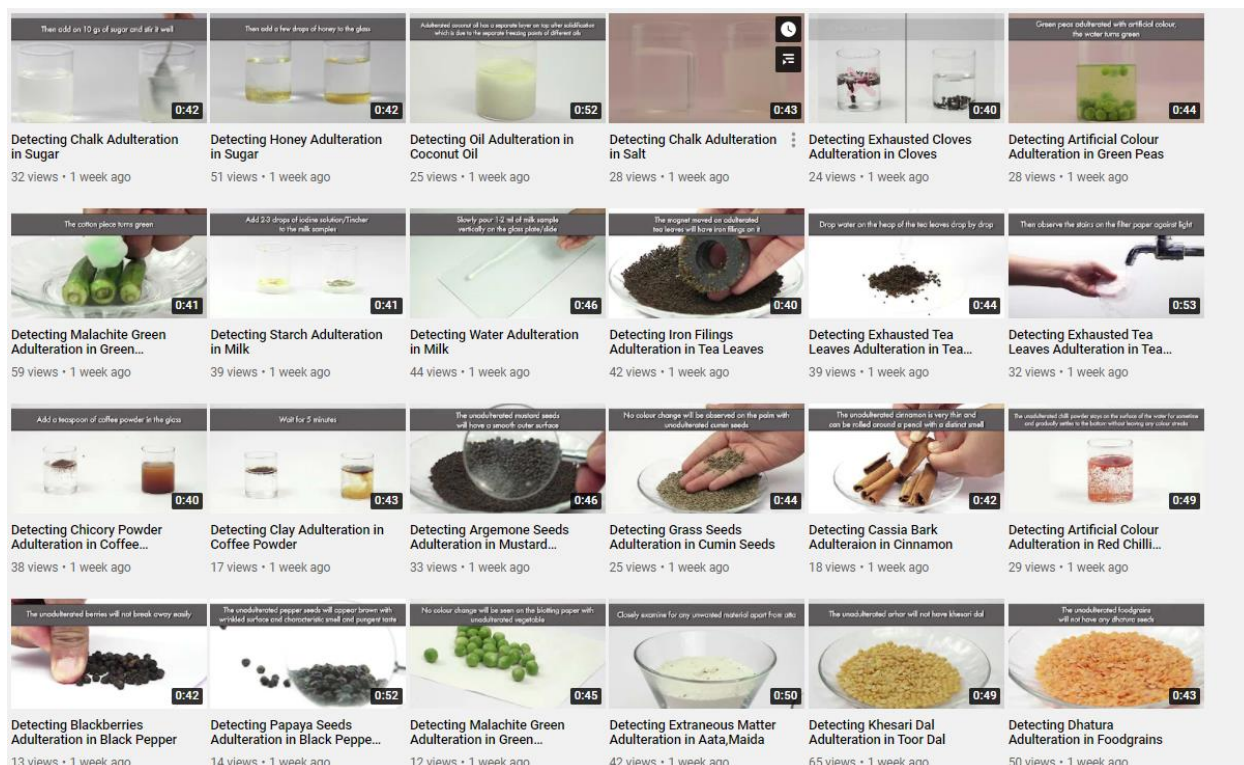
SUBSCRIBE

This video frame features three glasses of milk on a white surface. The tallest glass is on the left, a medium one in the center, and a short one on the right. A dark grey banner at the top contains the text 'Is your milk adulterated with detergent?'. Below the video player, the title 'Detecting Detergent Adulteration in Milk' is shown, followed by view and date information, engagement icons, and the FSSAI channel name and subscriber count.

Detecting Detergent Adulteration in Milk

| | | | | | |
|--|---|---|--|---|---|
|  UNADULTERATED TURMERIC ADULTERATED 0:36 |  0:50 |  0:42 |  0:57 |  0:45 |  0:46 |
| Is your turmeric powder adulterated with chalk... 25 views · 1 week ago | Detecting Common Salt Adulteration in Iodised Salt 102 views · 1 week ago | Detecting Starch Adulteration in Powdered Spices 59 views · 1 week ago | Detecting Soap Stone or Earthy Matter Adulteration i... 32 views · 1 week ago | Detecting Artificial Colour Adulteration in Turmeric 48 views · 1 week ago | Detecting Dried Tendrils of Maize Cob Adulteration in... 45 views · 1 week ago |
|  0:47 |  0:50 |  0:42 |  0:45 |  0:43 |  0:45 |
| Detecting Dried Tendrils of Maize Cob Adulteration in... 20 views · 1 week ago | Detecting Papaya Seeds Adulteration in Black Pepp... 34 views · 1 week ago | Detecting Foreign Resin Adulteration in Asafoetida 21 views · 1 week ago | Detecting Sawdust or Powdered Bran Adulteration... 28 views · 1 week ago | Detecting Lead Chromate Adulteration in Turmeric 40 views · 1 week ago | Detecting Erythrosine Adulteration in Watermelon 47 views · 1 week ago |
|  0:45 |  1:06 |  0:47 |  0:45 |  0:41 |  0:42 |
| Detecting Rhodamine B Adulteration in Sweet Potato 22 views · 1 week ago | Detecting Urea Adulteration in Parched Rice 14 views · 1 week ago | Detecting Rhodamine Adulteration in Ragi 19 views · 1 week ago | Detecting Turmeric Adulteration in Sella Rice 15 views · 1 week ago | Detecting Colour Adulteration in Foodgrains 12 views · 1 week ago | Detecting Excess Bran Adulteration in Wheat Flour 16 views · 1 week ago |
|  0:42 |  0:42 |  0:52 |  0:43 |  0:40 |  0:44 |
| Detecting Chalk Adulteration in Sugar 32 views · 1 week ago | Detecting Honey Adulteration in Sugar 51 views · 1 week ago | Detecting Oil Adulteration in Coconut Oil 25 views · 1 week ago | Detecting Chalk Adulteration in Salt 28 views · 1 week ago | Detecting Exhausted Cloves Adulteration in Cloves 24 views · 1 week ago | Detecting Artificial Colour Adulteration in Green Peas 28 views · 1 week ago |

| | | | | | |
|---|---|---|---|---|---|
|  0:35 |  0:38 |  0:45 |  0:47 |  0:32 |  0:35 |
| Is your Rice adulterated with Kernel Blunt 101 views · 1 week ago | Is your sugar adulterated with Urea 107 views · 1 week ago | Is your milk adulterated with Maltodextrin 76 views · 1 week ago | Detecting Starch Adulteration in Asafoetida 46 views · 1 week ago | Is your Pear Rotten 44 views · 1 week ago | Does Your Bread have fungus 105 views · 1 week ago |
|  0:31 |  0:37 |  0:48 |  0:46 |  0:45 |  0:57 |
| Is there an abnormal curdling in your milk 39 views · 1 week ago | Is there Puffing or spoilage in your packed food 25 views · 1 week ago | Is your Besan adulterated with Khesari Dal flour 32 views · 1 week ago | Is your bura sugar adulterated with washing... 22 views · 1 week ago | Is your Ghee Butter adulterated with coal tar dyes 62 views · 1 week ago | Is your vanspati hydrogenated edible fat 46 views · 1 week ago |
|  0:45 |  1:08 |  0:41 |  0:42 |  0:55 |  0:45 |
| Is your ice cream adulterated with metanil yellow 27 views · 1 week ago | INTRODUCTION OF FOOD SAFETY MAGIC BOX 76 views · 1 week ago | Is your jaggery adulterated with Baking soda 24 views · 1 week ago | Is your Jaggery adulterated with washing powder 24 views · 1 week ago | Is your maida rice flour adulterated with Boric acid 12 views · 1 week ago | Does your milk have increased acidity 24 views · 1 week ago |
|  0:42 |  0:44 |  1:05 |  0:50 |  0:18 |  0:34 |
| Is your turmeric powder adulterated with yellow clay 20 views · 1 week ago | Is your mustard Oil adulterated with argemone... 30 views · 1 week ago | Is your oil adulterated with prohibited colour like metan... 12 views · 1 week ago | Are your pulses adulterated with Mentanil yellow 4 views · 1 week ago | Is your sweet curd adulterated with vanspati... 14 views · 1 week ago | Is your turmeric powder chilli powder adulterated with lea... 32 views · 1 week ago |



IV. Convergence & Partnerships

CSIR signed MoU with FSSAI

Dr Harsh Vardhan, Union Minister for Health and Family Welfare and Sh. Ashwini K. Choubey Minister of State (HFW), presided the signing of MoU between Food Safety and Standards Authority of India (FSSAI) and Council of Scientific & Industrial Research (CSIR) on 7.8.2020. The MOU aims towards collaborative research and information dissemination in the area of food and nutrition.

Speaking on the MoU signed between FSSAI and CSIR, Dr. Harsh Vardhan said “The MoU is a very significant step that will create a brighter future for India seeking collaborative research and information dissemination in the area of food & nutrition, and food and consumer safety solutions in India. The collaboration between these two premier institutions of India will contribute in fulfilling the vision of New Food System 2050.”

Details are available at:

https://fssai.gov.in/upload/uploadfiles/files/MoU_CSIR_FSSAI_CEO_Interview_Nuffods_Spectrum_01_09_2020.pdf

Issues in Details



“TRANS FATS IS A VERY CRITICAL PROBLEM FOR SOCIETY”

By Team POSHAN| New Delhi | Aug 26, 2020

Interview of Shri Arun Singhal, CEO FSSAI with Outlook India on Trans-fat Regulations 24.8.2020



Interview of Shri Arun Singhal, CEO FSSAI with Outlook India on Trans-fat Regulations

In an exclusive interview, FSSAI CEO Arun Singhal explains how the government plans to cap trans fats at 2 per cent a year before the WHO deadline.

Arun Singhal, who took over as Chief Executive Officer of the Food Safety and Standards Authority of India, country's India's apex food regulator in June, does not let the weight of his office show.

An MTech from IIT Kanpur and an IAS officer of the 1987 batch, Singhal was special secretary, department of health and family welfare, before he was appointed the head of the body tasked with setting up standards for the food industry and regulate the manufacturing, storage, distribution, sale, and import of foods.

It is thus also responsible for ensuring that the government's pledge to cap trans fatty acids in foods and oils at 2 per cent a year before the WHO deadline of 2023 to remove it from the global food chain, is upheld.

"This is a very important problem facing the society today," a relaxed and smiling Singhal told Outlook in an exclusive interview. "Reduction of trans fats is an absolute must and the entire world is struggling with this issue. WHO has resolved that we will bring it down to 2 per cent by the year 2023."

"Now you see there are three aspects to reducing trans fats consumption- one is to provide information to the public unless they know what they are consuming they can't make any informed choices. The second is the regulatory aspect and the third of course is to engage with all these stakeholders and to ensure that trans fat free or low trans fat products become available to people because unless they have the choices they can't really reduce their consumption of trans fats," he explained.

"So, as far as information is concerned we already have rules in our country that every packet of food has to display the level of trans fats. It is transparently displayed nowadays but the regulation is the critical aspect before we make progress. On the regulatory front, right now we have a stipulation that no oils will contain more than 5 per cent trans fat that is the existing position. In addition to this, we have a Trans fat free logo which is given to products which have very low trans fat," he said.

"One important aspect is to help school children, youngsters to avoid having Trans fat because if they start young then they can continue their habits later on. With that in mind, now we have come out with a new regulation. It is being notified very shortly which says that high fat, salt and sugar products which are commonly referred to as junk food will not be sold and will not be marketed/advertised in campuses of schools and in areas within 50 meters of the school gate. So, this is one regulation which is going to ensure that healthy food/nutritious food is made available in school canteens and the children start having healthy food at a very young age."

What about reducing the trans fats content in foods and oils?

"As I said, it is 5 per cent at present. Now I'm very happy, yesterday we had a presentation before the honorable Health Minister and he has kindly given his approval to a new

regulation, which stipulates that by 2022, we will have 2 per cent trans fat only in all oils and vegetable fats. It is to be done in a phased manner. By 1st of January 2021, it will be reduced to 3 per cent. And by 2022, it will come down to 2 per cent. This is in keeping with our commitment that when India celebrates 75 years of freedom, we would like to have less than 2 per cent trans fat,” he said.

“Apart from that we are also coming out with a draft regulation, which says that in all processed food the amount of trans fat should not be more than 2 per cent of the fat content in processed food. This also would be published shortly and it may take some time to get finalized, may take 5-6 months.”

However, he said, “This is the regulatory aspect, but regulations alone don’t really win the war. Ultimately we have to engage with all the stakeholders. So, when we say information is mandatory and the regulation says that trans fat free product or low trans fat products have to be made available, the question is, how do they actually become available? There the crux of the matter lies, so in the next phase, as soon as we have this regulation, we will go for very intense engagement with all these stakeholders,” he explained.

“There are multinational companies which have reduced trans fat in their products worldwide and there are Indian companies which have the potential of reducing trans fat. So, what is required is to engage with all of them, make expert advice and scientific advice available to them, make them share their own experiences with each other and ultimately ensure that low trans fat products become available to the customer. The consumer should have a choice and then he can choose to go for low trans fat but if we have a regulation, if we make information available but products do not become available in the market, then it is a wasted effort. So, that is the most critical aspect which we have to focus on now that the regulation is in place, and we’ll focus on that now,” he concluded.

Key points addressed:

- *“Reduction of trans fats is an absolute must and the entire world is struggling with this issue. WHO has resolved that we will bring it down to 2 per cent by the year 2023.”*
- *there are three aspects to reducing trans fats consumption- one is to provide information to the public unless they know what they are consuming they can’t make any informed choices. The second is the regulatory aspect and the third of course is to engage with all these stakeholders and to ensure that trans fat free or low trans fat products become available to people because unless they have the choices they can’t really reduce their consumption of trans fats,”*
- *“as far as information is concerned, we already have rules in our country that every packet of food has to display the level of trans fats. It is transparently displayed nowadays but the regulation is the critical aspect before we make progress. On the*

regulatory front, right now we have a stipulation that no oils will contain more than 5 per cent trans fat that is the existing position. In addition to this, we have a Trans fat free logo which is given to products which have very low trans fat,”

- *One important aspect is to help school children, youngsters to avoid having Trans fat because if they start young then they can continue their habits later on. With that in mind, now we have come out with a new regulation. It is being notified very shortly which says that high fat, salt and sugar products which are commonly referred to as junk food will not be sold and will not be marketed/advertised in campuses of schools and in areas within 50 meters of the school gate. So, this is one regulation which is going to ensure that healthy food/nutritious food is made available in school canteens and the children start having healthy food at a very young age.”.*
- *“Currently, the limit of trans fat is 5 per cent. But soon approval to a new regulation, which stipulates that by 2022, we will have 2 per cent trans fat only in all oils and vegetable fats. It is to be done in a phased manner. By 1st of January 2021, it will be reduced to 3 per cent. And by 2022, it will come down to 2 per cent. This is in keeping with our commitment that when India celebrates 75 years of freedom, we would like to have less than 2 per cent trans fat,”*
- *“Apart from that FSSAI is also coming out with a draft regulation, which says that in all processed food the amount of trans fat should not be more than 2 per cent of the fat content in processed food. This also would be published shortly and it may take some time to get finalized, may take 5-6 months.”*
- *“This is the regulatory aspect, but regulations alone don’t really win the war. Ultimately we have to engage with all the stakeholders. So, when we say information is mandatory and the regulation says that trans fat free product or low trans fat products have to be made available, the question is, how do they actually become available? There the crux of the matter lies, so in the next phase, as soon as we have this regulation, we will go for very intense engagement with all these stakeholders,”*
- *“There are multinational companies which have reduced trans fat in their products worldwide and there are Indian companies which have the potential of reducing trans fat. So, what is required is to engage with all of them, make expert advice and scientific advice available to them, make them share their own experiences with each other and ultimately ensure that low trans fat products become available to the customer. The consumer should have a choice and then he can choose to go for low trans fat but if we have a regulation, if we make information available but products do not become available in the market, then it is a wasted effort. So, that is the most critical aspect which we have to focus on now that the regulation is in place, and we’ll focus on that now,”*

Details are available at:

https://www.youtube.com/watch?v=lzq_Z-scOPQ&feature=youtu.be



“INTERVIEW OF SHRI ARUN SINGHAL, CEO FSSAI WITH NEWS24 DELHI ON SCHOOL REGULATIONS”

By News24| New Delhi | Aug 13, 2020



Details are available at:

<https://www.youtube.com/watch?v=mTKg-cBx8-A&feature=youtu.be>

“THE MOU WITH CSIR IS JUST THE FIRST STEP TOWARDS ENCOURAGING DIGITAL NUTRITION”

By Dr. Manbeen Chawla | September Issue, 2020

16

Q&A

NUFFOODS SPECTRUM | SEPTEMBER 2020 | www.nuffoodspectrum.in

“The MoU with CSIR is just the first step towards encouraging digital nutrition”



Arun Singhal,
 Chief Executive Officer, Food Safety and Standards Authority of India (FSSAI), New Delhi

Food Safety and Standards Authority of India (FSSAI) has recently signed a Memorandum of Understanding (MoU) with the Council of Scientific & Industrial Research (CSIR) aiming aims towards collaborative research and information dissemination in the area of food and nutrition. NuFFooDS Spectrum reached out to Arun Singhal, Chief Executive Officer, FSSAI, New Delhi to find out more this collaboration.

Edited excerpts:

What are the key objectives of the recent MoU signed with CSIR?

The key objectives are to identify technologies and programmes that focus on food safety and nutrition, and to share the expertise of various institutions associated with CSIR in developing internationally acceptable regulatory framework for the food safety ecosystem in our country. We also intend to utilize the pool of available technologies with CSIR for select innovations of national importance; to strengthen the laboratory network across the country for a robust and more reliable food testing and reporting system; to conduct joint research and surveillance activities; and to build capacities of people involved in food businesses and formulation of regulations.

How can you ensure this will help in more scientific studies on food in India?

CSIR is one of the oldest, credible and reputed scientific organizations, not only in India but at the global level as well. With FSSAI's mandate to develop science based standards and ensure safe and wholesome food for the consumers, collaborating with CSIR would result in smooth adaptation of innovative technologies and methods developed by the premier institutions under them. Besides, the technological capability (both in

terms of manpower as well as instrumentation) of CSIR institutions can be synergistically used for setting science based standards as well as evaluating the impact of any regulatory policies made. Overall, the collaboration tends to utilize the abundant scientific resources of CSIR for better implementation of regulatory framework by FSSAI.

Do you feel food & nutrition challenges in India can be solved with more research? How?

Many of the food and nutrition related challenges in India can be resolved with more holistic and collaborative research by premier institutions using local resources. The results of such R&D would not only address the challenge being faced, but also strengthen the food safety landscape in the country. Further, sufficient research in various fields related to food & nutrition would also help industries in identifying and harnessing innovative methods and techniques of production which will lead to creation of healthier food products and reduce the carbon footprint in manufacturing process. For example, a detailed research on the nutritional profiling in various products can help companies reformulate their products with less amount of fats, salt and sugar.

How do you foresee the concept of digital nutrition in the coming years?

Although the concept of digital nutrition is yet to take off in a big way, it appears to be the way in the years to come. This is mainly because with unprecedented situations like COVID-19 pandemic, the focus would be more on providing safe, authentic and nutritionally balanced diet to consumers with far less contact and reduced human intervention. Nutrition being very specific to individual physiology, potential of the digital nutrition to make an indelible mark can be high, provided digital health initiatives get integrated with the nutritional requirements of people. One of the main focus of the MoU with CSIR is to ensure building a digital database of nutritional requirements and the resources that can fulfill those nutritional needs. However, a lot needs to be done collaboratively by various scientific institutions, food industries, policy makers and regulators. The MoU with CSIR is just the first step in creating such a mechanism or platform for encouraging digital nutrition. **MS**

Dr Manbeena Chawla

manbeena.chawla@mmactiv.com

“INTENSE EFFORTS TO BE MADE BY FSSAI TO REGULATE AND ORGANIZE THE INDIAN FOOD INDUSTRY”

By FMT Team | August Issue, 2020

Interview



Mr Arun Singhal shared the intense efforts being made by FSSAI to regulate and organise the Indian food industry. The implementation of various schemes will serve and safe guard both the industry and consumers thus creating an element of trust and will encourage transparency in maintaining international standards for all players from roadside food vendors to 5-star establishments as well as industry manufacturers.

FSSAI under its current Head certainly means business... the proof of the pudding will undoubtedly be in the eating of it!



Being the new Head of FSSAI, please brief us about your priorities and vision for the food and beverage industry.

FSSAI is continuously evolving across the value chain from making standards to developing quality assurance and testing infrastructure; capacity building of human resources; strengthening our compliance and surveillance efforts; enabling support to FBOs and awareness generation to the public through the Eat Right India initiative. As we move forward, FSSAI will continue to ensure provision of safe food and healthy food to consumers. Various initiatives such as Eat Right Campus for people at workplaces, hospitals and higher education institutions; Eat Right School for school children and the Eat Right Toolkit to reach

people at the grass-roots level have been launched. Several benchmarking and certification schemes and cluster initiatives to improve the infrastructure and hygiene compliance levels in food establishments have been created that includes Clean Street Food Hubs, Hygiene Rating for restaurants etc. Food businesses are being encouraged to reformulate their products and gradually reduce their salt, sugar and fat content, several corporates have voluntarily signed a pledge on such reformulation. Fortification is being promoted by notification of standards for 5 staples, +F logo for easy identification by consumers. The focus is to scale-up these initiatives and increase the scope of activities under each of these.

FSSAI is working towards various regulatory reforms for enhancing efficiency with 'Ease of doing Business' including simplification in the processing of applications for licensing and registration and making it more user friendly for FBOs. IT-enabled resources are being deployed for improvement in existing portals of licensing & registration, portal of food imports and network of laboratories along with better e-Governance for delivery of various e-services including e-applications and e-inspections. FSSAI would also increase the scope of market surveillance to identify hot-spot areas of adulteration and conduct national-level surveys for milk, vegetable oils and other high risk commodities in future. Another core area involves improving the

infrastructure to facilitate better functioning across levels including strengthening of food testing laboratories; development of new National Food Laboratories (NFLs) at Chennai/Mumbai; investment in training and capacity building efforts for FSOs and field staff as well as food businesses for self-compliance.

What are the latest initiatives taken by the Government to improve the status of food safety for the people? Please elaborate on how you wish to engage with the industry?

To ensure food safety for people, it is critical to target and work with food businesses that supply food. To build capacities of food businesses on food safety, FSSAI has initiated Food Safety Training and Certification (FoSTaC) – a unique program to ensure a trained and certified Food Safety Supervisor (FSS) on each food business premise. Several benchmarking and certification schemes to improve food safety and hygiene standards are in place. Clean Street Food Hub, Clean and Fresh Fruit and Vegetable Markets, Eat Right Station and BHOG (Blissful Hygienic Offering to God) for Places of Worship that are targeted to clusters of vendors. The Hygiene Rating scheme for Restaurants and Catering Establishments, Sweet and Meat Shops has been put in place for individual food service establishments.

FSSAI is implementing a Central Sector Scheme for "Strengthening of Food Testing Ecosystem in the Country with a total outlay of Rs. 481.95 Cr that includes Rs 300 Cr for strengthening the network of laboratories across the country as well as provision of Mobile Food Testing Labs and other related equipments. Under this scheme,

FSSAI IS ALSO USING VARIOUS COMMUNICATION TOOLS TO DISSEMINATE NECESSARY INFORMATION REGARDING COVID-19 IN THE INTEREST OF PUBLIC. EXTENSIVE OUTREACH THROUGH SOCIAL MEDIA HANDLES OF FSSAI INCORPORATING KEY MESSAGES OF FOOD SAFETY, PERSONAL HYGIENE PRACTICES, HEALTHY EATING HABITS, SOCIAL DISTANCING AND OTHER VALUABLE TIPS FOR CITIZENS ENSURES REGULAR ENGAGEMENT WITH CITIZENS.

39 State Food Testing labs of 29 States/UTs and 10 referral labs have been taken up for upgradation with high end equipments to enable them testing of safety parameters viz. heavy metals, pesticides and antibiotics. Till date, 60 Mobile Food labs have been provided to 32 States/UTs for testing, training and awareness generation even in remote areas. During COVID-19 pandemic, a total of 179 online training programs have been conducted with ~ 37000 participants.

FSSAI is in process of strengthening its import clearance system by transforming the entire ecosystem to ensure efficient & effective import control, post clearance surveillance, robust monitoring infrastructure and simultaneously reducing the transaction time, cost & physical interface with importers. FSSAI is working to reduce the consignment clearance time at the port to facilitate the import trade as well as building capacities of customs officials and importers to ensure seamless import clearances. In the near future, new import offices at several locations like Kandla, Vishakhapatnam, Hyderabad, Krishnapatnam, Ahmedabad etc. will be started to facilitate the import trade.

What are the most important challenges due to a prolonged Covid 19 epidemic and the solutions you envisage?

In order to address concerns regarding the safety of food, FSSAI had constituted a committee of experts and clarified that there is no conclusive evidence for the food borne transmission of Corona virus and hence, dispelled myths regarding any food borne transmission. However, the CoVID-19 is posing a bigger challenge for the food supply chains worldwide due to a higher risk involved in human to human transmission for food handlers, workers, suppliers and distributors across the value chain. FSSAI is consistently making efforts to ensure un-interrupted food services/supply, facilitate food businesses, and addressing food safety concerns.

FSSAI has ensured that National Food Laboratories at NCR and Kolkata remain functional for uninterrupted import of food. e-Inspections for ensuring food safety during the lockdown period and extensive use

of digital technology has ensured FSSAI delivers services even in the lockdown. Various compliance requirements such as renewals of license/registration and returns have been deferred in view of the constraints faced by FBOs.

To train food businesses, FSSAI has initiated through its flagship FoSTaC program, an online training module for food handlers on the essentials of food safety and hygiene practices during COVID-19. Till date, ~62,000 people have been trained under this program. Further, a guidance note titled 'Food Hygiene and Safety Guidelines for Food Businesses during Coronavirus Disease (COVID-19) Pandemic' has been released. This document covers best practices/ guidelines to be followed

social media handles of FSSAI incorporating key messages of food safety, personal hygiene practices, healthy eating habits, social distancing and other valuable tips for citizens ensures regular engagement with citizens. The Food Authority has collaborated with MyGov platform to disseminate key messages in the form of small videos with endorsement from various experts in the field of food safety and nutrition including doctors, nutritionists, dieticians, chefs as well as Sports personnel. A COVID-19 specific page on the FSSAI website is created that incorporates various communication collaterals, guidance notes and press releases along with important notifications, directions and orders released by FSSAI.

quet of initiatives that targets food businesses and consumers to make the right food choices.

Various initiatives such as Eat Right Campus for people at workplaces, hospitals and higher education institutions; Eat Right School for school children and the Eat Right Toolkit to reach people at the grass-roots level have been launched. Various IEC and awareness activities are launched such as 'Aaj Se Thoda Kam' to reduce salt, fat and sugar in the diet as well as promotion of safe food habits. To empower consumers to check food adulteration, the DART Book, The Food Safety Magic Box and a mobile food testing van called Food Safety on Wheels have been created. Food fortification is also being promoted on a large scale to address micronutrient deficiencies. To encourage and support sustainable food production and consumption, FSSAI is spearheading initiatives such as Jaivik Bharat to identify authentic organic food, Save Food, Share Food to reduce food waste and promote food donation, Safe and Sustainable Packaging in F&B Sector to reduce the use of plastics and Repurpose Used Cooking Oil (RUCO) for safe & healthy use of cooking oil and repurposing used oil to make biodiesel.

FSSAI HAS WORKED ON NEW TESTING METHODS FOR DETECTING ADULTERATION IN HONEY AND RECENTLY INTRODUCED THAT AS PART OF THE COMPLIABLE STANDARDS. THE TWO PARAMETERS INTRODUCED IN THE HONEY STANDARDS HELP DETERMINE THE ADULTERATION OF HONEY WITH ANY OTHER SUGAR SYRUPS, ESPECIALLY RICE SYRUPS.

by food handlers to maintain high standards of personal hygiene, safe food practices, implementation of GHP and GMP practices as per Schedule 4 of FSS Act as well as ensuring necessary protocols of social distancing. An e-handbook on 'Eat Right during COVID-19' for citizens has also been released which highlights safe food practices to be followed and simple tips on health and nutrition.

FSSAI is also using various communication tools to disseminate necessary information regarding COVID-19 in the interest of public. Extensive outreach through

Could you please elaborate some of the key initiatives and achievements of FSSAI?

The Eat Right India movement has been launched by FSSAI to protect the health of the people and the planet by transforming the food ecosystem of the country. It is based on three key themes- Eat Safe, Eat Healthy, and Eat Sustainable. It is inspired by the focus on preventive and promotive healthcare in the National Health Policy 2017 and flagship programmes like Ayushman Bharat and POSHAN Abhiyaan. It follows the Mahatma's footsteps in mobilizing the nation as a people's movement. It encompasses a bou-

FSSAI has recently launched an initiative of Food Safety Mitra to help FBOs with any queries related to licensing and registration of their businesses, hygiene rating audits and certification as well as training requirements. These professionally trained and certified Mitras by FSSAI shall assist FBO in their compliances on online portals of FSSAI. Since its launch last year, a very encouraging response has been received from the participants and as on date, more than 9142 participants have enrolled under the scheme.

FSSAI has worked on new testing methods for detecting adulteration in

Honey and recently introduced that as part of the compliable standards. The two parameters introduced in the honey standards help determine the adulteration of honey with any other sugar syrups, especially rice syrups. With this, ensuring quality of honey, apart from enforcement, is made more robust.

The Food Authority is planning to bring out a comprehensive regulatory document called 'Food-'O'-copoeia', much like the Indian Pharma-Copoeia. The Food-'O'-copoeia would be a collection of food category-wise monographs that would be a single point reference for all applicable standards for a specific product category; and, will be specifying complete standards, labelling and claim requirements for that product category, specific packaging requirements, any other regulatory provisions that need to be met. This would also provide the list of methods that a laboratory has to follow while analysing the samples of the specific food/food product category. This would contain a total of 16 product category specific monographs and 1 monograph which would contain all the general requirements to be met by all the food product categories.

FSSAI is working on a regulation (which would be voluntary to begin with) specific to menu labelling that would mainly be covering food service establishments and/or FBOs. This regulation would empower the consumers with information on food they eat as food service establishments would declare quality (type of preparation, composition, nutritional including any allergens and energy) and quantity (amount, number, size etc) of the products per serving.

FSSAI has made quick progress towards the use of advanced

technologies for food testing since the year 2019. Several new rapid food testing devices/kits for detection of food-borne pathogens and toxins have been introduced. These devices ensure 'faster, better, cheaper' real-time testing of food. FSSAI has so far, has approved 30 rapid food testing kits/devices under these regulations. There is a need to popularize these Rapid Tool kits to ensure they are widely used.

Could you please share some details on the Food Safety Compliance System?

FSSAI has recently launched its cloud based, upgraded new food safety compliance online platform called Food Safety Compliance System (FoSCoS, URL - <https://foscos.fssai.gov.in>). It will replace the existing FLRS (URL - <https://foodlicensing.fssai.gov.in>). FoSCoS is conceptualized to provide one point stop for all engagement of an FBO with the department for any regulatory compliance transaction. FoSCoS has been integrated with FoSCoRIS mobile app and will soon integrate with present IT platforms of FSSAI such as INFOLNet, FoSTaC, FICS, FPVIS etc. Audit management system and other activities/modules will be enabled in phased manner in future. It has been launched and rolled out in 9 States/UTs viz. Tamil Nadu, Gujarat, Goa, Delhi, Odisha, Manipur, Chandigarh, Ladakh and Puducherry w.e.f 1st June 2020 and will be rolled out in the entire country in a gradual manner.

Your message for the Food Industry in the wake of current crises?

FSSAI, in the lockdown period, has ensured that it is available, in action and operational. It innovated to attend to challenges and dedicated

itself to its motto "Inspiring Trust, Assuring Safe and Nutritious Food". The Food Authority is consistently making efforts to ensure uninterrupted food services/supply as well as facilitate food businesses during the lockdown when the supply chains are adversely affected. On behalf of FSSAI, I acknowledge the contribution of silent workers in essential services, of which the major segment is that of our food businesses. My thanks and appreciation to the efforts of food industry, especially to their foot soldiers who are procuring, transporting, manufacturing, delivering and distributing the food, amidst difficult operating conditions.

As we progress forward, I expect the food industry to continue adopting necessary protocols for food safety, hygiene and sanitation practices at their premises while manufacturing food. I also expect businesses to nominate their staff and officers for the COVID-19 training as part of our FoSTaC program. The training content is based on the guidelines issued by FSSAI. Today, there is a need for businesses to come together and scale-up the COVID trainings with inclusion of their suppliers, distributors and retailers. Not only should they drive these capacity building efforts, but also help them by organizing such trainings covering their supply chains.

Last, but not the least, I sincerely expect food businesses to augment and support government's efforts in these tough times - starting with its workforce and their families, to the people near their areas of operation, to areas which are difficult within the Government reach, as part of their corporate social responsibility efforts.

THE HINDU BusinessLine

“FSSAI TO FINALISE REGULATIONS FOR SALE, PROMOTION OF ‘UNHEALTHY’ PRODUCTS IN SCHOOLS SOON”

By Meenakshi Verma Ambwani | August 16, 2020



The Food Safety and Standards Authority of India (FSSAI) will soon finalise its regulations that will restrict sale and advertisement of food products which are high in fat, sugar and salt (HFSS) inside school premises and within 50 metres from the school gates.

The food safety authority had released the draft of the regulations regarding sale of HFSS products in November last year. Sources said that the final notification is expected to clarify that the curbs on sale or promotion of HFSS food products will be implemented inside school premises and “within 50 metres from the school gate in any direction.”

Once implemented, the new regulations will make it mandatory for companies that market food products to children, to ensure that they depict and package food in reasonable portion and not encourage overeating.

Push for a balanced diet

The authority could also look at getting Municipal authorities and other relevant local authorities on-board to ensure compliance of the restrictions on sale and advertisement of unhealthy food inside and outside school premises, sources added. At the same time, State governments may ask schools to set up committees which will include nutritionists and other experts for promotion of balanced diets.

As per the draft regulations, schools that are selling or catering school meals themselves will need to get registered as Food Business Operator with the State food safety authorities. Even catering companies that offer meals in schools will also need to register as FBOs. In addition, it was proposed that schools will ensure balanced diets are served in school canteens, mess and kitchens based on guidance from “Dietary guidelines for Indians – A Manual” issued by National Institute of Nutrition.

Eat Right Programme

FSSAI has been pushing schools to sensitise children on consumption of safe and healthy diets through its Eat Right School Programme. Over 40,000 schools have registered on FSSAI’s school platform and will work in collaboration with the food safety authority to become Eat Right Schools.

In 2015, the Delhi High Court had directed FSSAI to regulate sale of junk food in school premises after which an expert committee had submitted a report to the food safety authority on this issue.

THE HINDU
BusinessLine

“FSSAI COMPLETES NATIONWIDE QUALITY SURVEY OF EDIBLE OILS”

By HBL Bureau| August 28, 2020



The surveillance and samples collection exercise was undertaken by State food safety department officials, in-line with the procedures and SOPs set down by the FSSAI -
REUTERS

Result will be out in a month; will help step up efforts to end adulteration

The Food Safety and Standards Authority of India (FSSAI) has decided to intensify the crackdown against the sale of adulterated edible oil with a pan-India surveillance of both branded and unbranded products.

In a statement, the food safety authority said that a nationwide quality survey was been carried out for the first time on August 25-27. Over 4,500 samples were collected covering a total of 16 varieties of edible oils including mustard, coconut, palm, olive and blended oils.

The FSSAI said in a statement on Friday: “A comprehensive strategy for testing of these samples through the State Food Testing Laboratories or FSSAI notified food testing labs (including private NABL accredited) to analyse various parameters including fatty Acid composition as well as adulteration or harmful or extraneous substance/ chemical, has been developed. The test results are expected in a month’s time,” the official statement added.

The samples have been drawn from hypermarkets and supermarkets and retail and grocery stores including national and local brands. The surveillance and samples collection exercise was undertaken by State food safety department officials, in-line with the procedures and SOPs set down by the FSSAI.

“Various hilly and difficult terrains such as Ladakh, Arunachal Pradesh, Daman and Diu as well as Andaman (UT) have been strategically included to be a part of this exercise so as to represent a holistic distribution of the sample size across the country,” the FSSAI said.

“The final survey results will help in identification of the key hot spots for adulteration of edible oils and will strengthen efforts at the State/UT level in devising targeted enforcement drives in the coming months,” the official statement added.

The FSSAI said that this exercise has been undertaken to ensure availability of pure and safe mustard and other edible vegetable oils in the country. In the past, the FSSAI had conducted a pan-India survey to check on the quality of milk.

“FOOD SAFETY REGULATOR CRACKS DOWN ON ADULTERATED EDIBLE OIL”

By Rhythmia Kaul| August 29, 2020

The samples were drawn from hypermarkets and supermarkets as well as retail and grocery stores and included national and local brands



In order to crack down on adulterated edible oil in India, the country’s apex food safety regulator—Food Safety and Standards Authority of India (FSSAI)—commissioned a pan-India survey.

The quality survey was conducted for the first time between August 25 and 27.

This survey covered over 4,500 samples and 16 varieties of edible oil, including mustard, coconut, palm, olive and blended oil.

Various hilly as well as difficult terrains, including Ladakh, Arunachal Pradesh, Daman & Diu as well as Andaman (UT), were included in this exercise so as to ensure a holistic sample size across the country.

The samples were drawn from hypermarkets and supermarkets as well as retail and grocery stores and included national and local brands.

“The survey was conducted by the State Food Safety department officials. At least 50 samples were collected from the metro cities—Delhi, Mumbai, Bengaluru, Chennai and Kolkata and 6-8 samples each in cities and districts, other than the metros. FSSAI had shared the detailed guidelines and SOPs for conducting the survey as well as procedure of sample collection with the Commissioners of Food Safety in all States/ UTs...” a health ministry statement read.

The final survey results will help identify the key hot spots for the adulteration of edible oil in different parts of the country and will strengthen efforts at the state/UT level to devise targeted enforcement drives in the next few months. The whole exercise is aimed at ensuring the availability of pure and safe mustard and other varieties of edible oil in the country.

“A comprehensive strategy for testing of these samples through the State Food Testing Laboratories or FSSAI notified food testing labs (including private NABL accredited) to analyze various parameters including Fatty Acid composition as well as adulteration of any other oils or harmful or extraneous substance/ chemical has been developed. The test results are expected in a month’s time,” an FSSAI statement read.

THE HINDU
BusinessLine

“‘NO-GM’ CERTIFICATE MANDATORY FOR IMPORTED FOOD CROPS FROM JANUARY”

By Meenakshi Verma Ambwani | August 26, 2020

FSSAI issues order on 24 items even as it works on regulations for GM foods

Come January 1, 2021, importers of 24 major food crops will have to mandatorily declare that the products are not genetically-modified and that they also have a non-GM origin.

The Food Safety and Standards Authority of India (FSSAI) has come out with this order to ensure that only non-GM food crops come into the country.

The 24 food crops include apple, eggplant, maize, wheat, melon, pineapple, papaya, plum, potato, rice, soyabean, sugarbeet, sugarcane, tomato, sweet pepper, squash, flax seed, bean plum, and chicory.

Environmental groups have been complaining that imported foods often contain genetically modified organisms (GMO).

Stricter assessments at ports

The FSSAI is in the process of framing regulations on GM foods.

While a draft regulation on that is under consideration, the latest GM order, in the interim, is expected to tighten safety assessments of imported food crops at ports.

In an order released on Friday, the FSSAI said: “It has been decided that every consignment of these imported food crops shall be accompanied with a non-GM-origin-cum-GM-free certificate issued by the competent national authority of the exporting country.”

Importers will need to declare that the product is ‘of non-GM origin, does not contain genetically modified organism, and is also not genetically modified’.

Fresh regulations

The FSSAI order said this is being done to “ensure that only non-GM food crops are imported into India, pending framing of regulations related to genetically-engineered or modified” food products.

The implementation of the rule would call for extensive testing, said Kavitha Kuruganti of the Alliance for Sustainable & Holistic Agriculture.

Will need extensive testing

“For the implementation of the order, the FSSAI needs to gear up by taking up widespread testing and also taking the assistance of alert citizens and by acting on complaints related to suspected GM,” Kuruganti said.

“This is a very important memo,” said agriculture expert Devinder Sharma. “It is remarkable that the FSSAI took this decision despite pressures from strong lobby groups. The list covers almost all major crops.” Sharma was referring to a recent campaign by an India-US business grouping to compel Delhi to allow 5 per cent transgenic component in agricultural commodities imported under a trade treaty.



“IITGN BAGS EAT RIGHT CAMPUS AWARD FOR THE SECOND CONSECUTIVE YEAR”

By Bureau IITGN| August 22, 2020



Continuing its commitment for ensuring food safety and promoting healthy eating, IITGN has bagged Eat Right Campus Award with a five-star rating from the Food Safety and Standards Authority of India (FSSAI) for the second consecutive year.

This time FSSAI has certified IITGN as the ‘Eat Right Campus’ with five-star rating for a period of two years, i.e. up to August 14, 2022; after third party auditing by DNV GL Business Assurance India Pvt Ltd (DNVGL). The audit is done based on a checklist of following five parameters: a) Compliance to food safety and hygiene; b)

Healthy diets; c) Food waste management; d) Promotion of local and seasonal foods on campus; and e) Promotion and awareness on food safety and healthy diets in and around campus.

IITGN ensures strict compliance of all food standards and safety guidelines in each of its mess, food joints and canteens on the campus. Both student mess and all the food joints on campus are licensed by FSSAI, and their food handlers are trained



IIT Gandhinagar, Gandhinagar

is certified as



as per guidelines established by
Food Safety and Standards Authority of India

★★★★★

Excellent


Shri Arun Singhal
Chief Executive Officer
FSSAI

| | | |
|------------------|------------------|------------------------|
| Auditing Partner | Training Partner | Implementation Partner |
| DNV_GL | FSATO | Self |

Valid up to: 14 August 2022

periodically by the Food Safety Awareness and Training Organization (FSATO), an empanelled training partner of FSSAI. As the COVID-19 pandemic hit the country, IITGN took all precautionary steps to ensure adherence to safety measures and social distance by everyone in the mess and the food joints.

We are a residential campus, and IITGN campus is home to our students, our entire community, and also the visitors. And hence, we make best efforts that all our food joints provide with nutritious, wholesome and safe food, just what mothers try for their children. 'Eat Right Campus' recognition by FSSAI for the second consecutive year will be a strong encouragement to all the staff and vendors of our food joints and will strengthen our efforts to ensure healthy eating practices for the campus community.

Sudhir Jain

Director, IITGN

Dedicating this award to the teamwork of all the stakeholders, Prof Sivapriya Kirubakaran, Associate Professor, Chemistry, and Warden, Mess and Eateries, IITGN said, *"This achievement of the Institute not only gives each one of us a sense of fulfilment but it also reflects on our sustained "Teamwork". This is a result of dedicated efforts by all the stakeholders, including mess contractors, eateries in the hostel and academic area, their employees, housekeeping services, our Green Office, the IWD team, our students, faculty and staff members, who have been contributing in many ways to sustain high-quality services at all eating joints of the campus."*

EAT RIGHT CAMPUS INITIATIVES BY IITGN:

IITGN ensures high standards for the quality of food served at its dining halls and other eating joints. Appropriate measures are taken to maintain cleanliness and hygiene. All the food joints on campus have valid FSSAI license. The Institute focuses on healthy food habits; the menu served in the mess is tailored every month by the student mess council for a balanced diet that provides the body with essential nutrition. Besides, all the food joints use fortified foods (+F) such as double fortified Salt, Rice, Wheat Flour, Oil and Milk, to further enhance the food nutrition.

IITGN also promotes local and seasonal foods by inclusion of such vegetables and fruit items in the monthly menu. The food waste is sent to the in-house biogas plant to make manure. The mess committee regularly conducts awareness programs to reduce food wastage. A notice board outside both the dining halls displays the amount of daily food wastage to create a sense of responsibility among the community.



“DR HARSH VARDHAN PRESIDES OVER ONLINE ORIENTATION WORKSHOP HELD BY FSSAI”

By Devdiscourse News Desk| August 19, 2020

The ‘Eat Right India’ movement initiated by FSSAI under the aegis of Ministry of Health & Family Welfare has been creating awareness amongst the people about safe, healthy and sustainable dietary habits.

Dr Harsh Vardhan, Union Minister of Health and Family Welfare presided over an online orientation workshop organised by the Food Safety and Standards Authority of India (FSSAI) as part of its Eat Right Challenge. He also launched FSSAI's 'Eat Right India' Handbook and the website eatrightindia.gov.in to help various stakeholders scale-up 'Eat Right India' initiatives across the country. Shri [Ashwini Kumar Choubey](#), Minister of State for Health & Family Welfare was also present.

The 'Eat Right India' movement initiated by FSSAI under the aegis of Ministry of Health & Family Welfare has been creating awareness amongst the people about safe, healthy and sustainable dietary habits. To achieve this end and to convert the program into a people's movement, FSSAI recently announced the Eat Right Challenge, an annual competition for 197 Districts and Cities in a unique way to strengthen the food safety and regulatory environment, build awareness among the consumers and urge them to make better food choices. The Food Safety Commissioners and district officials such as District Magistrates and Designated Officers of the cities also joined in the online workshop.

Releasing the 'Eat Right Handbook', a useful reference guide for officials to adopt and scale-up [Eat Right India](#) (ERI) initiatives in their respective jurisdictions, [Dr Harsh Vardhan](#) said, "Food is not only about hunger or taste but about health and nourishment. The workshop is unique in that it brings big restaurant chefs to roadside eatery owners under the same umbrella to achieve a single goal."

Addressing the officials of the 197 cities and districts present, he highlighted the pressing need for the campaign. He stated that of the 135 crore people inhabiting

India "196 million are victims of chronic hunger while another 180 million suffer from obesity. 47 million children have stunted growth while another 25 million are wasted. 500 million are deficient in micro-nutrients and 100 million suffer from food-borne diseases." This movement will sharpen our focus towards prioritising food, nutrition and awareness about our eating and dietary habits to prevent and address these challenges, he added. This will also bring into sharper focus the problem of food wastage and disposal of food.

Reminding everyone present of Prime Minister's commitment of creating a New India by its 75th year of independence in 2022, the Union Health Minister said, "The Prime Minister initiated [Swachh Bharat Abhiyaan](#) on the 2nd of October, 2014 to rid the country of diseases arising out of poor sanitation. Through the Jal Jeevan Mission aims to provide potable piped water which will aid in the prevention of waterborne illness in the country while the Ujjwala Yojana provides access to clean fuels to tackle smoke and lung diseases." Highlighting the importance of Poshan Abhiyaan, Anaemia Mukta Bharat and Fit India movement, he added that they are "cornerstones of Prime Minister's New India by 2022." The main focus of the Ayushman Bharat Health & Wellness centres is on preventive, positive and promotive health, the Minister stated. The HWCs form an integral component of the Prime Minister's vision of a healthy India, he added.

Dr Harsh Vardhan further spoke of the key role played by healthy food and nutrition in combating morbidity. Stating that diet helps in building one's resilience and immunity towards various kinds of diseases, he emphasised "61.8% deaths from non-communicable like diabetes, hypertension, cardiovascular complications etc., are directly or indirectly related to a faulty diet. Even communicable diseases like tuberculosis disproportionately affect people who are undernourished. People of the same household have been showing different responses to COVID based on their immunity acquired through nutrition."

Shri [Ashwini Kumar Choubey](#) highlighted "the role of age-old wisdom and traditional Ayurveda in guiding people to right eating practices by categorizing food based on the effect they had on the body." Quoting from the Bhagwadgita and the Upanishads, he emphasized upon the role of traditional eating habits and plant-based food. He asserted that the amalgamation of healthy eating habits and active physical activity will lead to a better and healthy India.

Ms Rita Teatia, Chairperson, FSSAI and Shri ArunSinghal, CEO, FSSAI were also digitally present at the occasion.

Eat Right India

Features

Empowering India towards a healthy future

The COVID-19 pandemic has brought the world to a halt, urging Governments to strengthen public health systems. However, the far deadlier silent epidemic of malnutrition remains overlooked. While on the one hand, 196 million Indians are undernourished, 135 million are overweight/obese putting them at risk for non-communicable diseases such as high blood pressure, heart disease and diabetes. Further, the number of cases of food borne illnesses is expected to rise from 100 million to 150 – 177 million in 2030 compared to 2011. This will directly impact the ability to absorb nutrients, fight infection, rendering millions vulnerable to a host of diseases.

The role of Food Safety and Standards Authority of India (FSSAI) is critical in the light of this nutrition reality in India. Established under the Food Safety and Standards Act (FSS), 2006, FSSAI is the apex food regulatory body in the country with the mandate to ensure safe and wholesome food for all citizens. As a part of its core regulatory functions FSSAI sets science-based, globally benchmarked standards for food safety, ensures credible food testing for quality and compliance to these standards and processes through effective surveillance mechanisms.

Apart from this, FSSAI has also embarked on a series of initiatives to ensure safe, healthy and environmentally sustainable food for everyone through the 'Eat Right India' movement. This movement is the

collective effort of all key players in the food ecosystem and is aligned with the government's focus on public health through programmes like 'Ayushman Bharat Yojana', 'POSHAN Abhiyaan', 'Anemia Mukht Bharat' and 'Swachh Bharat' Mission. In the wake of the current pandemic, the provision of safe and healthy food has gained greater prominence.

Under 'Eat Right India', FSSAI has launched initiatives targeting both food businesses and consumers to create an environment of right food practices and habits. As per FSS Act, 2006, food businesses are mandated to be licenced/registered with FSSAI. For this, the revised FSS (Licensing & Registration) Regulations simplify the process of application and renewal with reduced time and effort. FSSAI is also releasing new regulations to facilitate and speed up import clearances.

To strengthen food testing, FSSAI has approved 30 rapid food testing kits/devices to ensure faster, better and cheaper real-time testing of food even at the field level, thus assuring quality of food. These recent developments support ease of doing business, while raising the bar for food safety in the country. FSSAI is also focusing on periodic risk-based inspections, third-party audits and focused checks to ensure safety and quality of food products available in the market to earn the trust of consumers.

To build capacity of food businesses on food

- **35527** Schools have been registered on the Eat Right School portal and are in the process of certification.
- **30** Campuses awarded Eat Right Campus certificates across the country including IIT Gandhinagar, IIT Roorkee, LBSNAA, Mussoorie, and other large private corporates.
- **20** Clean Street Food Hubs in different parts of the country.
- **3** Railways Stations have been awarded as Eat Right Station including Mumbai Central and Chhatrapati Shivaji Station at Mumbai and Anand Vihar Railway Station at New Delhi.



“To strengthen food testing, FSSAI has approved 30 rapid food testing kits/devices to ensure faster, better and cheaper real-time testing of food even at the field level, thus assuring quality of food. FSSAI is also focusing on periodic risk-based inspections, third-party audits and focused checks to ensure safety and quality of food products available in the market to earn the trust of consumers.



To empower consumers to address adulteration, FSSAI has introduced The DART Book to check common food adulterants at home with simple tests. A mobile food testing van called Food Safety on Wheels (FSW) has been launched to reach remote areas and conduct training and awareness activities as well. Over 90 FSWs are in circulation across the country.

To build capacity of food businesses on food safety, FSSAI has launched 'Food Safety Training and Certification' (FoSTaC) – a unique programme to ensure a trained and certified Food Safety Supervisor (FSS) on each food business premises. Almost 3.5 lakh FSS have been trained so far. FSSAI has recently introduced an online training programme on hygiene practice required during COVID-19, which has already trained over 60,000 FSS.”

- Arun Singhal, CEO, FSSAI, New Delhi

safety, FSSAI has launched 'Food Safety Training and Certification' (FoSTaC) – a unique programme to ensure a trained and certified Food Safety Supervisor (FSS) on each food business premises. Almost 3.5 lakh FSS have been trained so far. FSSAI has recently introduced an online training programme on hygiene practice required during COVID-19, which has already trained over 60,000 FSS.

Given the large unorganized food sector in India comprising a range of food businesses from street food vendors, dhabas, eateries etc. several benchmarking and certification schemes to improve food safety and hygiene standards are in place. These involve training of food handlers and third-party audits of food businesses. Schemes such as 'Clean Street Food Hub', 'Clean and Fresh Fruit and Vegetable Markets', 'Eat Right Station' and 'BHOG (Blissful Hygienic Offering to God) for Places of Worship' are targeted to clusters of vendors. So far, 30 such clusters have been certified, thereby raising the confidence of consumers in consuming food from such places. For individual outlets such as restaurants, catering establishments, sweet and meat shops the 'Hygiene Rating Scheme' has been introduced. Over a thousand food outlets have been rated so far to empower consumers to make informed food choices.

To empower consumers to address adulteration, FSSAI has introduced The DART Book to check common food adulterants at home with simple tests. A mobile food testing van called Food Safety on Wheels (FSW) has been launched to reach remote areas and conduct training and awareness activities as well. Over 90 FSWs are in circulation across the country.

More recently, the Food Authority has introduced two new parameters in the honey standards to

determine the adulteration of honey with any other sugar syrups, especially rice syrup, which is a common concern for many.

FSSAI has launched mass awareness campaigns to reduce salt, fat and sugar in the diet, 'Aaj Se Thoda Kam' and 'Trans-Fat Free India' by 2022 to reduce the risk of non-communicable diseases. Going forward, consumers will be empowered to make healthy choices under the new voluntary regulations on menu labelling that require bigger food service establishments to declare nutrition information of food per serving.

Large-scale food fortification is also being promoted to address deficiencies of vitamins and minerals like iron, vitamin B 12, folic

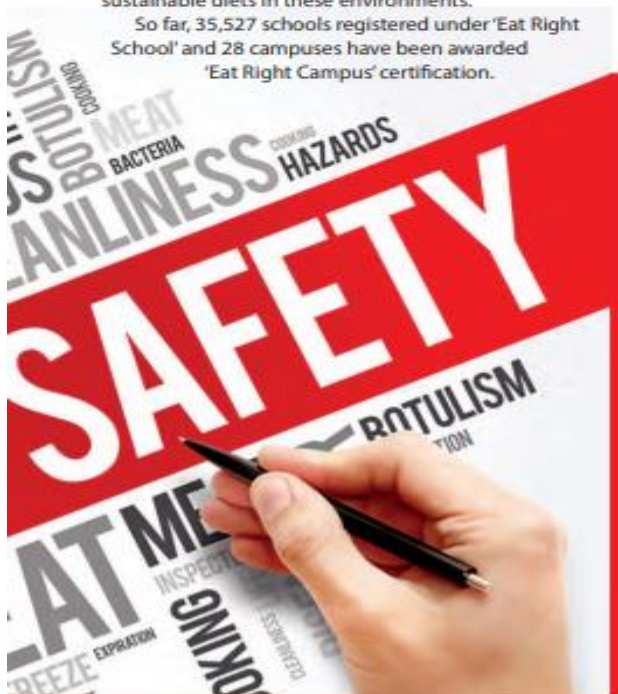


acid, that lead to conditions like iron-deficiency anemia. So far, fortified foods such as edible oil, milk, wheat flour, rice and salt, with the +F logo to identify them, are being supplied in the open market and in some government Safety Net Programmes like Integrated Child Development Services (ICDS), Mid-Day Meal (MDM) and Public Distribution system (PDS) in 19 States and 5 Union Territories (UTs). So far, 157 fortified products are available in the open market and 47 per cent of the top ten players in edible oil and 36.6 per cent of the organized milk industry are fortifying as per FSSAI standards.

Another important regulation to boost fortification of food will now cover standards for fortification of species identified milk like cow, buffalo, camel, goat, sheep etc.; for all kinds of multigrain atta and categories of processed foods covering cereal products, bakery wares and juices – with various specified micronutrients, except in products that are high in fat, salt and sugar.

To target consumers in different environments- schools, workplaces, education institutes, hospitals etc. Eat Right School and Eat Right Campus have been launched. Under these initiatives, certification is awarded based on compliance to predefined benchmarks on provision of safe, healthy and sustainable diets in these environments.

So far, 35,527 schools registered under 'Eat Right School' and 28 campuses have been awarded 'Eat Right Campus' certification.



Moreover, the Food Authority has recently finalised FSS (Safe Food and Healthy Diets for School Children) Regulations, 2019 that will ensure wholesome food to school children by not allowing food items high in fat, salt and sugar to be sold and advertised within school premises and within 50 metres radius of the school gates.

Additionally, keeping the health of infants in mind, the FSS (Food for Infant Nutrition) Regulations 2019 have been finalised that cover standards for infant milk food and formula as well as foods for special medical purpose, specifically food for infants with inborn errors in metabolism (IEM).

To reach citizens at the grass roots level through frontline health workers to promote right eating habits, the 'Eat Right Toolkit' has been developed. This is being mainstreamed through Health and Wellness Centres under 'Ayushman Bharat Yojana'.

FSSAI also releases 'Myth Busters' and 'Guidance Notes' for consumers from time to time to address any growing concerns related to food and clarify misconceptions at large. Recently, an e-guidebook on 'Eating Right During COVID-19' was released to inform consumers on additional health and safety precautions to follow for food. With time, this 360 approach is expected to usher in a culture of eating right across the country.

To encourage and support sustainable food practices to protect the environment, FSSAI is spearheading initiatives such as 'Jaivik Bharat' for easy identification of authentic organic food; 'Save Food, Share Food' to reduce food waste and promote food donation; 'Safe and Sustainable Packaging in Food and Beverage Sector' to reduce the use of plastics and Repurpose Used Cooking Oil (RUCO) for safe and healthy use of cooking oil and repurposing used cooking oil to make biodiesel/soap etc.

At present, 82 food distribution agencies have donated over 50 million meals to those in need in over 100 districts. Around 55 lakh litres of UCO have been repurposed into 39 lakh litres biodiesel.

Apart from promoting safe, healthy and sustainable food, these 'Eat Right India' initiatives are generating economic opportunities in the food ecosystem through increased demand for trained food testing and regulatory personnel, training, auditing, implementation and development partners, petty food vendors and small businesses and creating a thriving circular economy in line with the vision of 'Atmanirbhar Bharat'. 'Eat Right India' is ultimately a people's movement. Therefore, it puts an onus on everyone to transform the way India eats and usher in a culture of right eating. **MS**

FSSAI Team



Initiative of the Month: Eat Right Challenge to scale up the Eat Right India movement in States

EAT RIGHT CHALLENGE FOR DISTRICTS AND CITIES

SCALING-UP 'EAT RIGHT INDIA' IN THE STATES

The Food Safety and Standards Authority of India (FSSAI) has kick-started the Eat Right Challenge, the first of its kind, annual competition for districts and cities across the country. This competition has been launched to encourage states to strengthen the food safety and regulatory environment and spread awareness among consumers to make better food choices. This is part of the FSSAI's large-scale initiative called Eat Right India (ERI) under the aegis of the Ministry of Health, to improve public health and combat negative nutritional trends to fight lifestyle diseases.

Inspired by Mahatma Gandhi's philosophy and habits of food and nutrition and his efforts towards mass mobilisation to achieve independence, the Eat Right India movement is a transformative, large-scale change initiative that combines regulatory, capacity building and empowerment approaches judiciously to protect and advance public health and improve quality of life of all people. Right food is the foundation for better life and its tagline, 'sahi bhojan behtar jeevan' says it all.

Eat Right India encompasses a bouquet of initiatives to promote both the demand for, and supply of, safe and healthy food, in a sustainable way. Since its inception in 2018, Eat Right India has come a long way. Now, the time has come to take it to the grass roots level in each and every corner of the country. For this, it is critical to motivate and empower states to adopt, implement and scale up all Eat Right initiatives. This yearlong Eat Right Challenge provides an opportunity for states to showcase their efforts towards scaling up Eat Right India and be recognized and rewarded at the national level upon its culmination.



- 197 districts and cities have registered to participate in the competition
- ₹5 lakh seed funding to first 150 cities and districts to gear up for the challenge
- Innovative models to be given additional funding for implementation



THE EAT RIGHT INDIA IS BASED ON THREE KEY THEMES- EAT SAFE, EAT HEALTHY,
AND EAT SUSTAINABLE.

Eat Safe

Ensuring personal and surrounding hygiene, hygienic and sanitary practices through the food supply chain, combating adulteration, reducing toxins and contaminants in food and controlling food hazards in processing and manufacturing processes. Eat Healthy: Promoting diet diversity and balanced diets, eliminating toxic industrial trans-fats from food, reducing consumption of salt, sugar and saturated fats and promoting large-scale fortification of staples to address micronutrient deficiencies.

Eat Healthy

Promoting diet diversity and balanced diets, eliminating toxic industrial trans-fats from food, reducing consumption of salt, sugar and saturated fats and promoting large-scale fortification of staples to address micronutrient deficiencies.

Eat Sustainable

Promote local and seasonal foods, prevent food loss and food waste, conserve water in food value chains, reduce use of chemicals in food production and presentation and use of safe and sustainable packaging.

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This Challenge has been opened to all districts and cities of the country. For North eastern States and Hill Stations, cities with a population of over 2 lakhs were eligible to register, while in other states cities with more than 5 lakh population and more than one district were eligible to register. The registration period is now over and has witnessed enthusiastic participation across the country. The Municipal Authorities and District Magistrates are expected to lead the Eat Right Challenge and the Designated Officer would be the nodal officer for all purposes.

The Eat Right India Handbook to guide and assist state officials has been created, which contains all information on how to implement each initiative. An online portal for the challenge has been created for cities and districts to register and find all resources. <https://fssai.gov.in/EatRightChallenge/home>. A menu of activities has been created under five sections with some mandatory and some voluntary activities that the cities/districts must conduct to compete.

The key areas under which these activities must be carried out are



Under Registration, Licensing, Surveillance & Enforcement Drive, all activities are mandatory and include getting food businesses licensed/registered, conducting Surveillance and Enforcement Drives, carrying out inspections and setting up special camps for food testing by consumers.

Under Capacity Building & Certification participants may choose the following activities- training of Food Safety Supervisors and food handlers in food businesses through FSSAI's Food Safety Training and Certification (FoSTaC) programme, getting Hygiene Rating certification for restaurants, sweet and meat shops, and certifying clusters of street food vendors, Vegetable Markets, Places of Worship. It also includes implementing Eat Right initiatives such as RUCO-Repurpose Used Cooking Oil and ensuring No Food Waste. Training of ANMs / ASHA Workers / Anganwadi Workers through the Eat Right Toolkit to deliver messages on eating safe and healthy at the grassroots level is also included.

To create Eat Right Food environments for people wherever they are, Eat Right School and Eat Right Campus must be implemented.

In order to Change Food Choices of consumers, activities such as placing posters, backlit boards and wall paintings in public places are mandatory. Playing Eat Right Videos in cinema halls and public Places is also required as well as using Digital Media for effective outreach. Innovative Cities and districts may also come up with their own innovative initiatives.

FSSAI has earmarked seed funding of INR 5 lakhs to the first 150 cities/districts to register and an additional fund up to INR 5 lakhs will be provided for any innovative projects proposed on a case-by-case basis. At the end of the Challenge, the top performing district/city would be recognized and felicitated by FSSAI on 7th June 2021, World Food Safety Day.

In the coming year, this Challenge will energize states to mobilize their resources and personnel towards taking concrete steps to strengthen the food safety environment in the country. It will provide them with immense learning opportunities to strengthen key regulatory systems, build networks of key players in the food environment, foster innovative solutions and engage with citizens to understand their concerns and requirements as well as empower them to make right food choices. Districts and cities will not only get a chance to learn from each other by sharing experiences on overcoming challenges but also motivate others to join in the coming years. Ultimately, this Challenge, as an annual feature would help inspire trust in citizens regarding the safety and quality of food and improve public health to build a healthier, happier nation.

Eat Right India Handbook:

The Eat Right India Handbook is a comprehensive guide for various stakeholders to scale up Eat Right India initiatives across the country. The handbook provides ready information, resources and success stories about various ERI initiatives.



Resources



Eat Right India Website:

The new Eat Right India website (<http://https://eatrightindia.gov.in/>) comes up with enhanced features, sharp look & feel and better user accessibility. The new website also showcases a citizen section for healthy tips, recipes and expert speaks on food related matters.



Ms Rita Teotia, Chairperson FSSAI

"The key objective of the Eat Right India movement is to ensure that every Indian has access to safe, healthy and sustainable food. This movement adopts a whole of Government approach to ensure policies and programs across the line ministries are synergized together. The Eat Right Challenge will prove beneficial in broadening the reach of registration/licensing, enforcement and surveillance efforts at the States level, among other core regulatory activities of FSSAI. I congratulate all the participating Cities and Districts and urge them to adopt the menu of actions given in the challenge and attempt as many as possible as well as develop local innovations & ideas that can be shared and recognized nationally. Every city and district participating in this challenge will be a pioneer in implementing this movement at the mass level and prove to be a source of inspiration for others as well. I urge participating cities and districts to document the key actions as well as learning so that impact can be assessed and measured. Finally, I am hopeful that such large-scale engagement activities at the States level will ensure that our food safety departments fulfill their responsibilities and work more dynamically to live up to the expectations of our citizens." --- Ms Rita Teotia, Chairperson FSSAI

EXPERIENCE FROM THE STATES / UTS



Dr. H G Koshia, Commissioner of Food Safety, Gujarat

The Eat Right Movement aims to empower the citizens by improving their health and wellbeing. Led by the FSSAI, it is a collective effort to nudge the citizens towards making right food and dietary choices. With 18 Districts and 5 Cities, Gujarat has joined the race towards making the Eat Right India more effective for the public interest. Active participation of Gujarat will surely help strengthen Gujarat's food Ecosystem, bringing the thrust for self-compliance in the food business by building their capacities, thereby, transforming the food environment with safe, healthy and sustainable diets. Gujarat has already created 6 Eat Right Campuses, 20 religious places with BHOG i.e. Blissful Hygienic offering to God certification and 9 Clean Street food hubs. The ERC challenge will be led by the Designated Officers in our State under the guidance of the State Food Safety Commissioner and District Magistrates. Healthy Eating, Eating Safe, Eating Fortified, and No food wastes are some of the major criteria being targeted by FDCA, Gujarat.

-Dr. H G Koshia, Commissioner of Food Safety, Gujarat



Shri Kandwal, Designated Officer Dehradun

As part of the ERI initiative under the sustainability pillar, Uttarakhand Food and Drug Administration (FDA) in collaboration with Indian Institute of Petroleum (IIP), and NGO (Social Development for Communities Foundation Society) initiated the RUCO Express collection project in Dehradun on 6th December 2019. Presently, more than 20 Food Business Operators (FBOs) in Dehradun and nearby regions are covered under this program. Approximately 600-800 liters of Used Cooking Oil (UCO) is being supplied to IIP every month from the State of Uttarakhand. Firstly, this has helped in preventing the adulteration of fresh vegetable oil with UCO and secondly, in reducing repeated usage of the same vegetable oil by food joints. So far, over 2,200 litres of UCO has been collected from major food joints supplied to CSIR-IIP out of which 1500 litres has been already converted into Biodiesel.

Shri Kandwal Designated Officer Dehradun



Shri R J Halani,
Collector and District Magistrate, Tapi, Gujarat



“Food is the ultimate key to health. Eating well helps in reducing the risk of physical health problems. Most of the food related diseases like obesity, blood pressure, diabetes, heart diseases arise due to improper food habits. The Eat Right Challenge, led by FSSAI will ensure that the food reaching to people is safe, healthy and environmentally sustainable. Our focus will also be on regulating food available across schools, college campuses, workplace canteens, hotels, restaurants and street food joints where most of the people are eating. Along with the activities described in the Challenge, we would also be trying to use innovative and effective ways to involve people (in various ways) to help them choose healthy diet options than the regular routine ones”.



Shri R J Halani, Collector and District Magistrate, Tapi, Gujarat.



B.G. Prajapati IAS,
Dy Municipal Commissioner, Rajkot Municipal Corporation



Rajkot Municipal Corporation has participated in nationwide “Eat Right Challenge” Campaign, that aims to engage, excite and enable citizens to improve their health and wellbeing. ‘The Eat Right Movement’ brings together various ongoing initiatives of FSSAI and we will actively support and participate in this challenge in a unique and effective manner”.

B.G. Prajapati IAS, Dy Municipal Commissioner, Rajkot Municipal Corporation



Press Release

[Press Release dated 28th August 2020 regarding FSSAI launches drive against Adulteration in the Edible Oil](#)  [0.61 MB] [Uploaded on : 28-08-2020]

Press Release dated 19th August 2020 regarding FSSAI announces the Eat Right Challenge to strengthen Food Safety in the States
[Press Release](#) 

[Press Release dated 07th August 2020 related to MoU between FSSAI and CSIR & announcement of Food Safety Vision Prize by Rockefeller Foundation](#)  [0.7 MB] [Uploaded on : 07-08-2020]

Details are available at: <https://www.fssai.gov.in/press-note.php>