

# Transforming India Food Safety & Nutrition System

Date: 4th February 2020

Volume: 01

Nov-Dec 2019



FSSAI is focussing on increased surveillance of high risk commodities and are nudging the states/UTs to undergo targeted enforcement so that we can strategize our enforcement activities in similar direction **Ms. Rita Teatota, Chairperson, FSSAI** P 15



The food system is the common denominator of all forms of malnutrition, and addressing these challenges together requires integrated actions to improve food safety and nutrition and develop a food system that provides all people with safe, healthy and affordable diets: **Mr Pawan Agarwal, CEO FSSAI** P 19

## Editors Note:

Nov and Dec, in particular, remained hectic months for all of us at FSSAI and we saw a series of activities, events, meetings and updates on several important initiatives. The team at FSSAI kept their focus on regular activities, international initiatives and on the series of activities that focused squarely on strengthening the core functioning of FSSAI P 3

## Core Regulatory Functions

### Standards

- Gazette notification on FSS (Food Products Standards and Food Additives) Regulations, 2011 regarding Goat / Sheep milk, total sodium content in milk powders  
Notification Page 4
- National Workshop for implementation of Food Safety and Standards (Safe Food and Healthy Diets for School Children) Regulations, 2019  
Notification Page 9
- "Can't say when Standard setting will end. It is a continuous effort"  
**Ms. Rita Teatota**  
Issues in detail Page 15

### Compliance & Enforcement

- 12-point action plan for Safe and Quality Milk & Milk Products  
Notification Page 5

### Laboratory Services

- Grant of Rs. 6 Crore to the State of Himachal Pradesh and Uttarakhand for procurement of high-end testing equipments  
Notification Page 4
- Rapid Food Testing Devices and Kits set to redefine Food Safety in  
Press Release Page 4

### Food Imports

- Vide advisory to the Authorised Officers around imported packaged drinking water and mineral water  
Advisory Page 5

- Irresponsible advertising is a matter of grave concern  
Press Release Page 30

## Eat Right Initiatives

### Mass Mobilization

- 1st National Steering Committee of NetProFaN to discuss the roll-out plan of key activities  
Campaign Page 8
- 1st workshop with voluntary consumer organizations (VCOs) to discuss various possibilities of engagement  
Campaign Page 9
- Lal Bahadur Shastri National Academy of Administration (LBSNAA) Mussoorie, Uttarakhand to set up a "Centre for Food, Planet, Health"  
Agreement Page 9
- PAN-India technology platform to manage distribution of surplus food  
Campaign Page 10
- The 2nd edition of Eat Right Mela organised for Delhites with several engagement programs amidst delicious street food  
Events/Melas Page 11
- Dual burden of obesity, malnutrition can be tackled through healthy diet: Dr Harsh Vardhan  
In the news <https://bit.ly/2upN9jP>

# INSIDE

*(Table of Contents)*

<b>Core Regulatory Functions</b> <ul style="list-style-type: none"><li>• <i>Standards</i></li><li>• <i>Laboratory Services</i></li><li>• <i>Compliance &amp; Enforcement</i></li><li>• <i>Food Imports</i></li></ul>	<b>Page 04 - 05</b>
<b>Transforming Food Environment</b> <ul style="list-style-type: none"><li>• <i>Third Party Audits &amp; Hygiene Ratings</i></li><li>• <i>Training &amp; Capacity Building</i></li></ul>	<b>Page 06 - 07</b>
<b>Mass Mobilization</b> <ul style="list-style-type: none"><li>• <i>Campaigns</i></li><li>• <i>Agreements</i></li><li>• <i>Events/ Melas</i></li></ul>	<b>Page 08 - 12</b>
<b>Convergence &amp; Partnerships</b> <b>Page 13 - 14</b> <ul style="list-style-type: none"><li>• International Cooperation</li><li>• MOUs</li></ul>	<b>Page 12 - 13</b>
<b>Appendix</b> <ol style="list-style-type: none"><li>1. Issues in Details<ul style="list-style-type: none"><li>• Interviews</li><li>• Opinion Pieces</li><li>• Advertorials</li></ul></li><li>2. Press Releases</li></ol>	<b>Page 15- 30</b>

# EDITOR NOTE

Dear Readers,

I am most excited to announce that we are launching our in-house monthly newsletter “*FSSAI - Transforming India’s Food Safety & Nutrition Environment*”. FSSAI works with various stakeholders including food safety and health professionals, food safety experts, industry and associations, consumer organisations as well as other Government departments. I am hopeful that our attempt would be considered as a widely read communique, in our community as well as extended international stakeholders from Codex Alimentarius Commission and related agencies in other countries.

We have been hearing from various stakeholders on such a comprehensive document and after a long discussion internally, we are presenting you with this monthly newsletter. The utilitarian appeal of design thinking is certainly not lost on editors and I can tell you that this product will be more reader friendly as we go along with more updates every month, throughout this year. We hope you all appreciate this small change and that this will serve as a consistent mode of communication collateral with an attempt to keep you updated with important news/notifications/circulars regarding our activities, events as well as updates on various initiatives including the ‘Eat Right India’ movement.

November and December, in particular, remained hectic months for all of us at FSSAI and we saw a series of activities, events, meetings and updates on several important initiatives. This edition covers a comprehensive update on the key activities of last 2 months. The team at FSSAI kept their focus on regular activities, international initiatives and on the series of activities that focused squarely on strengthening the testing infrastructure and enhancing capacity building. I am personally delighted with the outcomes from the first national steering committee meeting of the NetPro.Fan, the participation and commitment from key stakeholders to ensure that India “Eats right” has been very encouraging. We also set the stage with an agreement between FSSAI and the “Centre for Food, Planet, Health”, where officers from the Indian Administrative Services will become brand ambassadors for spreading the message of eating safe and right, through policy, programs and people. The year 2019 was ended with the 2<sup>nd</sup> edition of the ‘Eat Right Mela’ that was being organized in conjunction with the 11th National Street Food Festival by National Association of Street Vendors of India (NASVI) from 25-29 December 2019. Over the past year, such Eat Right Melas have been organized in various parts of the country from Barpeta, Assam to Mumbai, Maharashtra and I am hopeful to see more such engagement activates at the States level as we move ahead this year.

On that note, we are looking forward to a new year where the efforts of FSSAI will be amplified across many more focused programs and initiatives. On behalf of FSSAI, I thank you, our patrons and supporters. Please do go through this issue to know more about what kept us going in 2019.

Hope you enjoy reading this issue.

Warmly,

Inoshi Sharma, Director SBCD  
Food Safety & Standards Authority of India  
[directorfssai@gmail.com](mailto:directorfssai@gmail.com)

## **I. Core Regulatory Functions**

### **I.1. Standards**

Food Safety and Standards (Food Products Standards and Food Additives) Fifth Amendment Regulations, 2019 related to Goat/Sheep Milk, total Sodium content in milk powders and standards of some new milk products viz Medium fat channa/paneer, Whey cheese and Cheese in brine was notified.

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

### **I.2. Laboratory Services**

#### **1) Grant to State Food Testing Laboratories**

A grant of Rs. 6 Crore has been released to the State of Himachal Pradesh for procurement of three High End Equipment under CSS in November 2019.

In December 2019, a grant of Rs. 6 Crore has been released to the State of Uttarakhand for procurement of three High End Equipment under CSS and Rs. 50 lakh has been released to the State of Haryana for renovation of State Food Laboratory, Karnal.

#### **2) Strengthening of food testing ecosystem through rapid food testing devices**

In order to ensure “faster, better, cheaper” real-time testing of food, FSSAI has so far approved 30 rapid food testing kits to strengthen the food testing ecosystem in the country. FSSAI is also providing these kits to the State Governments for use by field officers, to get quicker & validated results for tests conducted on different food products such as milk and edible oils, amongst others. Steps have been initiated to make these kits available on government eProcurement marketplace (GeM) portal so that further procurements can be made by Governments, local bodies on their own. FSSAI has invested over Rs. 5 crore on this initiative and further plans to spend over Rs. 20 crores to procure rapid food testing kits.

More details are available at <https://www.fssai.gov.in/cms/manuals-of-methods-of-analysis-for-various-food-products.php>

### I.3. Compliance & Enforcement

#### 1) Safe and Quality Milk & Milk Products

As a follow up of the National Milk Safety & Quality Survey conducted by FSSAI and the release of survey report in October 2019, an “Action Plan for Safe and Quality Milk & Milk products” was launched to the media through a press conference to commemorate “National Milk Day” (26<sup>th</sup> November, 2019).



A survey of milk products was done in Delhi NCR between 15 October and 7 November 2019. In this survey, a total of 1048 samples of different milk products viz., paneer (409), chenna (20), khoa (136), ghee (307), milk-based sweets (burfi (81) and rasogulla (95) were taken. The samples were drawn from 44 locations across Delhi-NCR during the festival season. The samples were drawn by trained samplers using a uniform protocol, transported to the National Food Laboratory, Ghaziabad under cold chain facilities and analyzed for safety and quality (both chemical and microbiological) parameters for milk products as per FSSR 2011.

Taking into consideration the results of both the surveys and available testing infrastructure, a 12-point action has been drawn up to ensure safety and quality of milk and milk products in the country. These actions are broadly in three areas, namely - (1) **testing and continued surveillance**, (2) **preventive and corrective action for implementation and monitoring**; and, (3) **consumer engagement**. More details are available at [https://www.fssai.gov.in/upload/uploadfiles/files/Report\\_Milk\\_Survey\\_NMQS\\_Final\\_18\\_10\\_2019.pdf](https://www.fssai.gov.in/upload/uploadfiles/files/Report_Milk_Survey_NMQS_Final_18_10_2019.pdf)

### I.4. Food Imports

Wide advisory no. 1-1800/FSSAI/Imports/2019 dated 27.11.2019, Importers/ stakeholders have been informed that as per Regulation 2.3.14(17) and (18) of Food Safety and Standards (Prohibition and restriction on sales) Regulations, 2011, “No person shall manufacture, sell or exhibit for sale, packaged drinking water and mineral water except under the Bureau of Indian Standards certification Mark.” Further, all Authorised Officers have been directed to ensure that the imported packaged drinking water and mineral water without BIS certification and other FSSAI requirements, shall not be cleared through respective point of entries.

## **II. Transforming Food Environment**

### **II.1. Third Party Audits & Hygiene Ratings**

#### **1) Mumbai Central Terminus: Eat Right Station**

The Mumbai Central Terminus of the Western Railway has been certified as India's first "Eat Right Station" with a 4-Star rating awarded by the FSSAI. The certification was awarded on the basis of compliance of food safety and hygiene, availability of healthy diet, food handling at preparation, trans-shipment and retail/serving points, food waste management, promotion of local and seasonal foods and creating awareness on food safety and a healthy diet

#### **2) 3 More Eat Right Campus**

Hyundai, Marico and Post-Graduate Govt. College for Girls, Chandigarh were awarded on 26.12.2019 by Honourable Health Minister Dr. Harsh Vardhan during 2<sup>nd</sup> Eat Right Mela for successfully being certified as 'Eat Right Campuses' on the basis of food safety compliance parameters.

### **II.2. Training & Capacity Building**

#### **1) FoSTaC Trainings**

A total of (1008) training programmes have been conducted in month of November 2019 and 893 training programs during the month of December 2019 in collaboration with training partners.

More details are available at <https://fostac.fssai.gov.in/fostac/index>

#### **2) Training on multi-residue pesticide analysis in Fruits & Vegetables**

A training program on multi-residue pesticide analysis in Fruits & Vegetables was held from 11-15 November 2019 for Food Analysts (19 participants including 4 participants from Nepal) from Government Food Laboratories.

The participants were trained to assess the levels of pesticide residues in commonly used fruits & vegetables for use as a reference in future monitoring. The detailed theoretical & practical session for sampling methods of pesticides residue analysis and sample processing were also organised as a part of the training. The participants gained huge knowledge on other testing laboratories like QuEChERS method (quick, easy, cheap, effective, rugged, and safe) on pesticide residues.

A total of 19 Food Analysts for Multi Pesticide Residue Analysis in Fruits and Vegetables using LC-MS/MS and GC-MS/MS have been Trained from State/Central Food Lab. This particular methodology can be implemented in our Indian Food Testing Laboratories for more accurate and precise results.

### **3) Training program on Multi-elements (heavy metals) analysis in fresh fruits and vegetables by using ICP-MS”**

The presence of potentially heavy metals in foodstuff is a serious concern. FSSAI has prescribed the limit of heavy metals in food products. This requires accurate and validated methods to determine the levels of these contaminants. Inductively coupled plasma mass spectrometry (ICP-MS) is a powerful tool for the determination of Multi-elements (heavy metals) and non-metals in fresh fruits and vegetables. This tool can be implemented in our Indian Food Testing Laboratories for more accurate and precise results.

Keeping this in mind, a 5-day training program was conducted at the state-of-the-art FSSAI-Thermo Fisher Scientific laboratory at National Food Laboratory, Ghaziabad. The training program about “Multi-elements (heavy metals) analysis in fresh fruits and vegetables by using ICP-MS” was conducted from 18-20 December 2019 for the Food Analysts of both Government Food Laboratories and Notified Food Testing Laboratories. 15 Food Analysts from State/Central Food Labs have been successfully trained during this session.

### **4) Training of Trainers program on Analysis of Mycotoxin**

A 4-days hands-on ‘Training of Trainers’ program was successfully conducted from 10-13 December 2019 at Export Inspection Agency, Kochi, Kerala on Analysis of Mycotoxin and had active participation of 14 participants. This Mycotoxin training included Aflatoxin (B1, B2, G1, G2) in Pulses, Grains & Spices; and Ochratoxin in Pulses, Grains and Spices.



The training included sample preparation, clean-up, stock preparation, running of samples & standard in HPLC & LCMS-MS and result interpretation. The trainers have resolved the queries of each participant related to the practical requirements and problem faced during the analysis of Mycotoxin. 2 trainers from the Singapore Master Training program were the instructors of this training.

More details are available at <https://www.fssai.gov.in/cms/training-programs.php>

### III. Mass Mobilization

#### III.1. Campaigns

##### 1) Engagement with professionals in food safety & nutrition

The first National Steering Committee of NetProFaN was held on 18 November, 2019 at FSSAI headquarters under the Chairmanship of CEO - FSSAI, wherein he presented label pins to associations for their contribution to the Eat Right India Movement. The roll-out plan of 8 key activities for the next three months was also discussed and will be formalized soon.



##### 2) Engagement with Higher Education Institutes

A workshop for engagement with Higher Education Institutes on Food Safety & Applied Nutrition was held on 26.11.2019 at MIT ADT University, Pune, (also certified as an Eat Right Campus by FSSAI) and at SNDT Women's University, Mumbai on 25.11.2019. The participants from across the academia and industry were briefed about the Eat Right Initiatives being proposed under the Framework for Engagement and nudged institutes to become Eat Right Campuses.





### 3) Engagement with Schools through Eat Right School program

A National Workshop for roadmap for implementation of Food Safety and Standards (Safe Food and Healthy Diets for School Children) Regulations, 2019 and Eat Right School was organized at FSSAI headquarter on 28.11.2019, where representatives from MoHFW, MHRD, CBSC, State Education Boards, NCERT, NGOs, schools and Food Safety Commissioners/regional officers participated.



### 4) Engagement with consumer organizations through (NetCOFaN):

A workshop was organised at FSSAI headquarters, New Delhi under the chairmanship of CEO, FSSAI on 13.12.2019 where representatives of over 80 voluntary consumer organizations (VCOs) participated to discuss various possibilities of engagement with consumer organisations.



The VCOs decided to create a nation-wide network of consumer organisations for food safety and nutrition (NetCOFaN) with the support of FSSAI. This network will initially work in three specific areas, namely - 1) awareness and training, 2) mobilization of small and petty food businesses for various schemes, and 3) food testing and surveillance.

## III.2. Agreements

### 1) Centre for Food, Planet, Health

In November 2019, an Agreement was signed between FSSAI and Centre for Public Systems (CPSM) of Lal Bahadur Shastri National Academy of Administration (LBSNAA) Mussoorie, Uttarakhand, to set up a “**Centre for Food, Planet, Health**” with the objective to inculcate in officers, the competence to think and act in a holistic manner and promote policies and actions on food, that are healthy for both people and planet.

## 2) A PAN-India technology platform for distribution of surplus food.

FSSAI and NASSCOM Foundation signed an MoU on 12.12.2019 to jointly build a technology platform for Food Donation in India. The technology platform would have a 24-hour helpline number, an interactive application and a back-end website to connect donors with surplus food, to food distribution organisations, thereby leading to seamless distribution of surplus food to the needy across the country.



## 3) Entrusting support for organisations in No Food Waste

Under the initiative 'Save Food Share Food', 13 food collection agencies who are part of Indian Food Sharing Network were supported with cold storage equipment for safe food handling of surplus food on 26.12.2019 during Eat Right Mela held at JLN Stadium, New Delhi. M/s Elan Professional Private Limited (ElanPro) through CSR, declared the donation of Rs. 20 Lakhs for developing a cold chain supply management system for collection and distribution of surplus food and to support Indian Food Sharing Alliance (IFSA) members to ensure the food collected is held at optimum temperature, reducing travel and distribution time under the 'Save Food Share Food' initiative of FSSAI.



### III.3. Events

#### 1) 11th Edition of BIOFACH India

FSSAI participated in 11<sup>th</sup> Edition of the event during 7-9 November, 2019 at India Expo Mart Limited (IEM), Greater Noida, Delhi-NCR, India.

#### 2) India International Trade Fair (IITF)

39<sup>th</sup> edition of India International Trade Fair (IITF) at Pragati Maidan, New Delhi, from 14<sup>th</sup> to 27<sup>th</sup> November 2019 for public awareness, consumer education, publicity of FSSAI's initiatives and to develop strong engagements with various stakeholders.

### 3) North East Food Show 2019

FSSAI also participated in the First North East Food Show 2019 organized by Govt, of Meghalaya & SIAL Group, Paris, during 4-6 December 2019 at Polo Grounds Shillong Meghalaya.

### 4) Drink Technology 2019

Drink Technology 2019 organized by M/s Messe Munchen's held during 12-14 December 2019 at Pragati Maidan, New Delhi. FSSAI organized seminars on licensing /registration, import and initiatives under Eat Right India.

### 5) December Fest Expo

December Fest Expo organized by Kerala Kaumudy from 19 December 2019 to 5 January, 2020 at Attingal, Trivandrum for creating food safety awareness and propagate Eat Right messages among visitors.

### 6) The 2<sup>nd</sup> Eat Right Mela, New Delhi

The 2<sup>nd</sup> Eat Right Mela was organized in conjunction with the 11th National Street Food Festival by National Association of Street Vendors of India (NASVI) during 25-29 December 2019 at Jawaharlal Nehru Stadium, New Delhi. Over the past year, such Eat Right Melas have been organized in various parts of the country from Barpeta, Assam to Mumbai, Maharashtra. The Eat Right Mela provides the 'complete food experience' to families with engagement programs such as conversations with food visionaries and experts, quizzes, games, healthy cooking demos by renowned, cultural performances by famous artists amidst delicious street food from all corners of the country.



On 26 December 2019, The Hon'ble Union Minister of Health and Family Welfare, Dr. Harsh Vardhan launched NetSCOFaN and released 'The Purple Book'. He congratulated FSSAI on its initiatives and remarked, "*Eat Right India should be scaled up across the country in schools, colleges, institutions, residential colonies and become a mass movement*". He further added "*The Ministries of Health and Science should collaborate to bring*

*science to the service of the common man by utilizing scientific research and innovations to improve the health of people. Initiatives such as NetSCOFaN and resources like The Purple Book bring this principle into practice.”*

Three mobile food-testing vans (CNG enabled) were handed over to the Delhi Food Safety Department at the event.

A sculpture ‘*Aham Annam*’ that symbolizes the philosophy of Eat Right India- “*We are what we eat and digest*” was also unveiled. It depicts all the essential food groups required for a healthy life.

## **IV. Convergence & partnerships**

### **International Cooperation:**

- 51<sup>st</sup> Session of the Codex Committee on Food Hygiene (CCFH) was held from 4-8 November, 2019 in Cleveland, USA. The important proceedings of the meeting are as listed below: -
  - i) Proposed draft revision of the General Principles of Food Hygiene (CXC 1-1969) and its HACCP annex - (Co-Chaired by India) - Committee revised the document based on discussion held and agreed to forward the proposed draft revision of General Principles of Food Hygiene to Codex Commission for its final adoption at Step 8.
  - ii) Proposed Draft Code of Practice on Food Allergen Management for Food Business Operators - Committee agreed to forward the proposed draft code for adoption by Codex Commission at step 8.

Discussion Paper on Principles for the Safe Use of Water in Food Processing (India as a Co-drafter) - Committee considered the Revised Project Document and agreed to forward it to Codex Commission for approval as a new work for the Committee. Furthermore, committee established an EWG, chaired by Honduras and co-chaired by Chile, Denmark, EU and India, to prepare the proposed draft guidelines for further consideration at CCFH52.

- 41<sup>st</sup> Session of the Codex Committee on Nutrition and Foods for Special Dietary Uses (CCNFSDU) was held during 24-29 November 2019 in Dusseldorf Germany. The decision on the following important agenda items which are of concerns to India are as follows:-
  - i) Review of the standard for Follow-up Formula - The Committee agreed to forward the proposed draft scope, definition and labelling section to Step 5 for adoption by CAC43.

- ii) Review of the standard for follow-up formula (codex stan 156-1987): *proposed draft follow-up formula for older infants and [product] for young children* - Due to time constraints, the Committee agreed to defer discussion on this item to CCNFSDU42.
- iii) Proposed draft guideline for Ready-to-Use Therapeutic Foods.
- iv) The Committee agreed to advance the guidelines for Ready-to-Use Therapeutic Foods to Step 5 for Adoption by CAC42.
- The 6<sup>th</sup> Session of the Ad-hoc Codex Intergovernmental Task Force on Antimicrobial Resistance (TFAMR) was held in Pyeongchang, Republic of Korea from 9-13 December 2019. In respect to the agenda concerned to India, the Committee agreed to forward the proposed draft revision of the code of practice to contain and minimize foodborne antimicrobial resistance (CXC 61-2005) COP to Step 5 for adoption by CAC43.
  - Under the aegis of MoU between ANSES (French agency for Food, Environment and Occupational Health & Safety) and FSSAI in areas of food safety, a hands-on training on Advanced Microbiological Techniques was held from 9-13 December 2019 in ICAR-Central Institute of Fisheries Technology (CIFT), Cochin.
  - A seminar on the challenges of Antimicrobial Resistance (AMR) in Agriculture and Food production was organized jointly by FSSAI and the Danish Veterinary and Food Administration (DVFA) from 11-12 December 2019 at the Royal Danish Embassy, New Delhi.

# Issues in Details



## “Can’t say when Standard setting will end. It is a continuous effort”

Monday, 16 December, 2019



The Food Safety and Standards Authority of India (FSSAI) has completed eight years of implementation (since 2011) of the Food Safety and Standards Regulations, passed as an Act by Parliament in 2006. Since then, the FSSAI, by and large, has completed the work related to standard formation for food products and its harmonisation with Codex so as to streamline the food businesses in India as per international norms.

FSSAI wants to focus further in coming years on leveraging technology to better the coordination across the country vis-a-vis compliance of the food safety regulations.

FSSAI Chairperson Rita Teotia, in an interaction with Ashwani Maindola, reveals the future plans for FSSAI and more.

Excerpts:

**Q: Licensing and Registration exercise which was left midway after the last deadline elapsed, has been taken up again recently. What is the aim in this regard now? Brief us on the status.**

**Ans:** At the time of implementation of FSS Act, 2006, food business operators who were already holding the licence under the repealed Act and orders were advised to convert their licence under FSS Act with the last extended deadline as Aug 4, 2016. After this date, FBOs were required to apply for fresh licence under FSS Act, 2006.

**Q: How far has the online process and revamping of Licensing and Registration exercise helped in this regard?**

**Ans:** The Food Safety and Standards (Licensing and Registration of Food Businesses) Regulations, 2011, are being amended and approved in-principle by the food authority in its 28th meeting held on May 21, 2019.

**Key Features of proposed amended regulations:**  
a. Perpetual License and Registration subject to submission of annual returns and declaration respectively. Shifting of focus from obtaining of licence and renewing

it to effective compliance by food businesses.

- b. Rationalisation of various fees charged for licences and registrations.
- c. Alignment of the regulatory requirements (hygienic and sanitary requirements under Schedule 4) and licensing/registration as per the nature or kind of business.
- d. Scope for regulating new food business models like e-commerce businesses like food delivery platform providers, direct selling businesses, food vending machines, food ATMs etc.
- e. Ensuring compliance by food businesses through food testing, inspections and third-party audits and trained food safety supervisors.
- f. Facilitating food businesses in filing applications, returns and other related activities through scheme of facilitators.
- g. Easing out the procedure for obtaining the licence for new businesses/ startups by realigning the kind of food businesses, simplifying the form, reduction of documents required and minimising the application fee.
- h. Unified licence in case of Central/state govt institutions or organisations, educational, health or similar institutions.
- i. Recognising the need to provide a dynamic food safety regulation, empowering food authority to amend certain provisions regarding compliances such as FSMS (Schedule 4), license fees, criteria for eligibility for obtaining licence, scheme of testing and inspections, scheme of facilitators, etc. where quick changes are needed to attend to issues in field.
- j. Bringing clarity to the stakeholders by subsuming the various orders, amendments issued pertaining to said regulations in the past.

Operationalisation of some clauses of amendment regulations has also been approved by food authority in its 29th meeting held on Nov 6, 2019. Operationalised clauses are:

- Testing
- Inspections and Audits
- Food Safety Supervisors
- Scheme of facilitators
- Reduction of Licence Modification fee to flat Rs 1,000 from one-year licence fee ranging from Rs 2,000 to Rs 7,500



The regulations are being sent to Ministry of HFW for releasing its draft notification.

Current Status of Online Licensing System Food Safety Compliance System is under development which is replica of Food Licensing and Registration System. It will provide enhanced speed with better interfaces to the applicants of Licence or Registration. The system would be made available for public within two months. This system will also tackle the day to day issues creeping into the existing system such as slowness of server, frequent shutdowns, inability to link with other online systems, non-availability of customised MIS reports and no longer availability of technological support for maintenance of the system etc.

FSSAI Licence/ Registration will be linked with the food products standards as per the regulation and hence would help FBOs in selecting their products and in bringing clarity in the field while enforcing the FSS Act, 2006.

Provision of online payment for Licence/Registration throughout the country has already been made available with effect from Nov, 8, 2019.

FSSAI is also in the process of hiring an expert consultation on the development of FoSCoS. The expert's consultation would provide a neutral view to the system, which will be helpful in designing a state-of-art system for the stakeholders.

It is pertinent to mention that FoSCoS is being developed with a view of scaling it up according to amended regulations. A FoSCoS (Version 2.0) will be launched in accordance of notification of Amended Regulations.

**Q: With issues such as shortage and manpower and inadequate infrastructure, ensuring compliance has remained a real tough task. Comment. What kind of measures are taken?**

**Ans:** Manpower is an acute challenge with FSSAI. However, in the past few months, FSSAI has been taking astute measures to deal with the shortage of manpower at various levels. While at the level of Central Authority, to inspect the Central licensed food businesses, recruitment of Central FSOs is under process after the notification of the recruitment rules of FSSAI.

We are also working closely with states/UTs and have been nudging them to increase their manpower. Few states including Delhi, Himachal Pradesh, Orissa, Punjab, Tripura and Uttarakhand have already initiated action for recruitment of additional manpower. Many states are lagging behind in this area, however, FSSAI has been regularly engaging in a dialogue with these states/UTs. It is important to mention here that certain states have already maintained sufficient level of staff for various regulatory functions as well.

To strengthen the food safety surveillance system, FSSAI envisaged audits of food business operators through third-party private auditing agencies. With this view, FSSAI notified the Food Safety and Standards (Food Safety Auditing) Regulations 2018 with effect from Aug 28, 2018. FSSAI expects that this regulation will

strengthen the food safety surveillance system in the country by encouraging self-compliance among food businesses.

At present, FSSAI has recognised 24 audit agencies in accordance with Food Safety and Standards (Food Safety Auditing) Regulations, 2018. In accordance with the regulations, FSSAI has in the first phase directed food businesses which hold Central licence and fall under six high risk categories to get their food businesses audited through these recognised agencies as per the frequencies prescribed.

FSSAI is also focussing on increased surveillance of high risk commodities and are nudging the states/UTs to undergo targeted enforcement. FSSAI has already published milk survey report along with announcement of an action plan for safe and quality milk and milk products. In due course, we will do more targeted surveillance to identify hot spots so that we can strategise our enforcement activities in similar direction.

**Q: Can the private sector be of any help in this regard? Are you planning any tie-ups with other countries for overcoming these issues?**

Ans: As per Section 16 of the Food Safety and Standards Act 2006, the food authority is mandated to promote co-ordination of work on food standards undertaken by international governmental and non-governmental organisations and also to promote consistency between international technical standards and domestic food standards through international cooperation. FSSAI has entered into bilateral and multilateral engagements with food safety counterparts around the world. Under the aegis of such arrangements, training/capacity building measures have been regularly carried out through joint seminars, workshops, study visits, lectures, training programmes etc. to learn international best practices. This also facilitates in examining the best practices for food safety management systems followed by other nations and how it can be contextualised for the benefit of Indian economy.

**Q: There have been a plethora of draft and gazette regulations in the recent past making it difficult for FBOs to keep themselves updated. When and at what stage this exercise is likely to finish?**

Ans: We can say that standards setting is a dynamic process and they are continuously reviewed and amended, if required. So it would not be appropriate to say as to when will this work end. It is a continuous and on-going effort.

Harmonising regulations with Codex has been an ongoing exercise. Give us details. While reviewing our standards, we always refer to the Codex standards timely. India, is already working cohesively in this direction and have harmonised most of the domestic food standards to meet with the global Codex standards.



## Why we need to revisit the National Nutrition Strategy

Addressing multiple dimensions and various forms of malnutrition requires an integrated policy, coherent action, and total transformation of the country's food system.

New Delhi | Updated: December 28, 2019 9:17:57 am



-BY PAWAN AGARWAL

There is now a new nutrition reality, based on fresh scientific evidence in three related areas.

First, there is evidence now that undernutrition (stunting, wasting, underweight) and overweight and obesity co-exist and promote each other. Second, that unsafe food directly or indirectly affects nutrition outcomes. Finally, that poor eating habits adversely impact digestion and hence nutrition.

A series of studies and articles published by The Lancet during 2019 establishes that both undernutrition and overweight and obesity co-exist. Historically, these were seen in two distinct silos and policies and interventions to address them followed different trajectories. Now there is evidence that both build on each

other throughout life and across generations. Both can be addressed more effectively together, simultaneously. The Lancet calls it a double burden of nutrition (DBM).

DBM is defined as wasting in more than 15 per cent and stunting in more than 30 per cent of children aged 0-4 years, thinness in women (body-mass index < 18.5 mg/kg<sup>2</sup>) in more than 20 per cent females aged 15-49 years and adult or child overweight. With overweight prevalence threshold of 20 per cent, it is found in 48 countries including India, with 30 per cent threshold in 35 countries and with 40 per cent threshold in 10 countries. It is no more possible to characterise countries as low-income and undernourished, or high income and only concerned with obesity.

In India, 47 million people are stunted, 25 million people are wasted, and 196 million suffer from chronic hunger. About 500 million suffer from vitamin or mineral deficiencies. At the same time, over 180 million are overweight or obese, including 3 million children under the age of five years.

Increases in the number of overweight are often a result of changes in the food system that make less nutritious food cheaper and more accessible, as well as due to decrease in physical activity due to major technological shifts in the workplace, home, and transportation. Risk of overweight and obesity is greater among the higher-wealth households and urban areas, but in several countries, the risk of the DBM is starting to concentrate among people with low incomes and in rural areas.

Since, the DBM is driven through interconnected biological pathways, along with broader societal and ecological factors within the new nutrition reality, the interventions and programmes that seek to address undernutrition and overweight / obesity must therefore be taken up simultaneously.

The second reality is that food safety impacts nutrition. Unsafe food causes more than 200 diseases, and hence food safety is usually seen as a public health or medical issue. New studies suggest more complex, long-term impact of unsafe food that include child stunting and even obesity. It is now established that unsafe food can affect nutrition and health outcomes both directly and indirectly. Infection by food-borne pathogens can result in poor absorption of nutrients from food,

particularly of vitamins and minerals that impact the nutritional status of an individual.



There is now robust scientific evidence on how poor eating habits have long term impact on the health of individuals, and cause for obesity and many lifestyle diseases. (Representational image)

Undernutrition and associated immune deficiencies increase an individual's susceptibility to infection. Combination of foodborne illness and undernutrition can spiral into a vicious cycle of worsening health, with particular impact on vulnerable early life stages where poor nutritional outcomes can lead to stunted growth, carrying a lifetime of consequences.

Finally, it is now established that the right eating habits are a key to proper digestion. Our grandparents have always told us about it, and yet with rapidly changing lifestyles, time-tested "right eating habits" are followed more in the breach. These habits include simple things like chewing your food properly, having meals at the right time following the circadian clock, and having enough water-but between the meals, and not with the meals.

There is now robust scientific evidence on how poor eating habits have long term impact on the health of individuals, and cause for obesity and many lifestyle diseases. Many people have benefitted and prevented dreadful diseases and death merely by adopting proper eating habits.

There are many causes for malnutrition and undernutrition in various forms, and thus this cannot be addressed through siloed interventions. The food system is the common denominator of all forms of malnutrition, and addressing these challenges together requires integrated actions to improve food safety and nutrition and develop a food system that provides all people with safe, healthy and affordable diets.

Changes in the food system have to be made so that outputs per unit of water, energy, land and other inputs are optimised and footprint of agriculture and non-farm activities in the food system are managed with the planetary boundaries. The food system should provide people with diets that are sustainable.



The food system should provide people with diets that are sustainable.

Right from the World Declaration on Nutrition in 1992, nutrition plans have focussed only on undernutrition. For the first time, 2014 Rome Declaration on Nutrition laid down dietary-related non-communicable diseases targets. Since then several countries have fixed obesity-related targets along with undernutrition targets, but these targets adopted separate strategies and have different plans.

India's national nutrition policy (NNP) of 1993 focussed on undernutrition through supplementary nutrition and deficiencies of iron and Vitamin A. The 2018 national nutrition strategy continued the same with interventions around nutrition and

healthcare of infants and young children, mothers, adolescents and address deficiencies of iron and Vitamin A.

Even though the strategy recognised that there was a small but increasing percentage of children at greater risk for non-communicable diseases such as diabetes and cardiovascular heart disease, there are no specific interventions in the 2018 strategy, nor does it recognise the interconnection between undernutrition, obesity and overweight.

To implement the 2018 strategy, the national nutrition mission was launched. It focussed on the first 1,000 days of a child's life, convergence across ministries, real-time monitoring of work and performance incentives for frontline workers and rota-virus vaccination to prevent diarrhoea.

With these interventions, there has been some progress. Comprehensive national nutrition survey (2016-18) has shown that stunting has come down to 34.7 per cent from 38.4 per cent noted in the National Family Health Survey in 2015-16. During the same period, wasting came down to 17.3 per cent from 21.0 per cent and underweight to 33.4 per cent from 35.7 per cent.

This is not good enough. India is still placed at a rank of 102 out of 117 countries in the global hunger index. This is way below China's rank of 25, or even our south Asia neighbours, Sri Lanka (67), Myanmar (68), Nepal (72), and Bangladesh (86).

Poor progress on undernutrition is possibly due to the double burden of malnutrition which calls for an integrated approach and simultaneous action to address undernutrition and obesity and overweight together.

Unsafe food could be another reason. Our recent national milk survey has shown that over 5 per cent of the milk samples had Aflatoxin M1 above permissible levels. Aflatoxin, a natural food contaminant, may lead to stunting and growth impairment in children, not only reducing their chances of long and productive lives, but perhaps also making them more susceptible to other illnesses. An unhealthy eating is often another factor.

Addressing multiple dimensions and various forms of malnutrition requires an integrated policy, coherent action, and total transformation of the country's food system.

There is an urgent need to revisit the 2018 national nutrition strategy so that we can move quickly towards achieving the goal of eradicating hunger and preventing malnutrition in all its forms.

THE AUTHOR IS SECRETARY TO THE GOVERNMENT OF INDIA AND CEO, FSSAI.





## We are trying to bring in scientific foundation for health claims: Rita Teotia, Chairperson, FSSAI

The area of food labeling in the front of the pack is an effort to bring the attention of the consumer on the total calories count, the level of salt, sugar and saturated fat in particular pack as the percentage of the recommended daily allowance.

Shahid Akhter | ETHealthWorld | Updated: December 31, 2019, 11:38 IST



Shahid Akhter, editor, ETHealthworld spoke to **Rita Teotia**, Chairperson, FSSAI, to know more about the objectives and programs of FSSAI and how they are trying to bring regulations on food labeling.

**FSSAI: Key milestones of 2019 and plans for 2020**  
The biggest effort that we have made is to build partnerships with multiple stakeholders. The food sector affects around 1.35 billion Indian citizens and with that, it's just an enormous task that cannot be done by the regulator themselves. It is got to be through participation and shared responsibility with all the

stakeholders. During this year, we set up a network of professionals, what we call the NetProFan. This includes six national associations such as the Indian Medical Association, Nutrition Society of India, Chef's Association, basically all the stakeholders in the system.

This network now has state-level chapters and these chapters focus on spreading the message of eating right to all their stakeholders. This is one level, second is our partnership for capacity building. Our food businesses also need support in order to be compliant. The regulations are in place, so our FOSTAC is a training program design to support industries to be compliant in sector to sector.

We now have 216 FOSTAC training, all private sectors that now are spread throughout the country and provide support to food businesses. The third thing is consumers organisation, we call this a network of Consumer Organisation in Food and Nutrition. These organisations, also interested in the area of food and health, have come together to work with the Food Safety Authority, then comes the focus on few areas such as awareness, strengthening the small and petty businesses, helping them to engage in various activities that we are promoting.

Also, some of the voluntary organisations with the capacity will support us in our surveillance work in order to ensure that the food is safe and healthy. Finally, we are setting up a network with research organisations who will throughout the country in six key areas of our interest including testing the food additives, adulterants, etc, they would do the horizons scanning and will support us with the basic direction for future standard-setting and research work.



Link:<https://youtu.be/k-nvRM1kqgg>

## **Eat Right India/ Poshan Abhiyan: Views, efforts, and initiatives**

Eat Right India campaign is an overarching campaign that the Food Safety Authority has gone into. This covers three pillars. The first pillar is Eat Right, it means a healthy diet, safe food, and safe cooking practices. Eat Healthy looks at the broadbase of the diet, eating fortified foods and eating a diet that is low in fat, sugar, and salt. The third pillar is eating sustainably and that focuses on local and seasonal fruits, water conservation and less plastic use. Now, these are the three core pillars of the Eat Right. They are backed up by a substantial campaign.

The first was Swasth Bharat Yatra which we took out in late 2018 and this mobilised cyclists. About 21,000 cyclists held events in 2,100 locations and touched about 2.5 crore consumers with the message of eating right and healthy. This was one way to mobilise people around the idea of healthy diets. We also back this by consumer-facing campaigns. We have done a film called 'Thoda Kam' and done a heart attack rewind which focuses on the reduction of fat in the diet. There are outreach tools that we use to make consumers much more aware.

On the supply side, we work with the industry and now have probably a large number of bakery associations, biscuit manufacturing associations who have committed to reducing the trans fat in their finished products. We have about 15 major food processing companies such as Patanjali, HUL, ITC, etc who have committed to redesigning their processed food products to contain much less salt, sugar, and fat. We have got food chains that are offering healthier options on their menus and are also adopting menu labeling. These are voluntary initiatives that have been undertaken.

## **Obesity in India: FSSAI's awareness initiatives**

The entire effort of the Eat Right campaign is on the demand side consumer-facing. The effort is to reach the consumer through various campaigns, outreach efforts, all backed with films, national competitions for children and initiatives through our various networks in order to raise awareness about food safety and eating right and also on the supply side to make sure that healthier choices are available on-demand to those consumers who seek them out.

## **FSSAI: Food fortification strategy**

It's a fact that, Indians do suffer from micronutrient deficiencies. Around 70 percent of Indians suffer from it. We advocated approaches such as dietary diversification, food supplementation, bio-fortification, and fortification. As far as the fortification is concerned we have had discussions over the years, and finally, in 2018 we came out with regulation, setting the standards for fortification of five staples. These five staples were identified because they are common to the diets nationally. These include edible cooking oil, milk which we have advocated fortification with vitamin A and D, rice, wheat, and wheat flour fortified with iron, folic acid, and vitamin B complex and salt double fortified with iodine and iron.

These are the five staples, but we have set the levels between 30-50% of the recommended daily allowance.

We are also working with national programmes of the ICDS, the mid-meal program, and the Public Distribution System to ensure these keep national programs that reach the most vulnerable Indians adopt fortified staples as part of the program. For this, we are working with state governments with about 19 of them are on board. They are doing it statewide or they are doing it in some districts. On the voluntary side also, about 116 products are now available on the market shelves which is really encouraging because we have not yet mandated fortification. The packaged edible oil about 47 percent is now fortified and the milk about 37 percent are voluntarily fortified as per our standards. All the food products on the supermarket shelves which are fortified are required to bear the plus F logo on the front of the pack.


**FSSAI: Message for manufactures**  
We have just one message and that is, we need your support. All the stakeholders are working with us through our various partnerships program. We urge the food businesses to interact with us on areas of concern. We have been very receptive and supportive, but fundamentally our concern is consumer well-being and health.


**FSSAI: Food label regulations**  
As far as nutrition labeling is concerned, our labeling regulations are roughly similar to those that are as per global practice. What we are doing now is that we have brought out a draft regulation on health claims. When can a food product make a health claim that a particular food achieves a certain objective or just by name imply that it has health benefits which it may or may not have? Having a scientific foundation for health claims is something that we are mandating. The other area of food labeling on which we are working is the front of pack labeling. Throughout the world, it has been observed the nutritional labeling at the back of the pack, consumers do not understand it very well. The front of the pack is an effort to bring the attention of the consumer on the total calories count, the level of salt, sugar and saturated fat in particular pack as the percentage of the recommended daily allowance.


# Press Releases




## December 2019


Press Release dated 31st December 2019 related to Rapid Food Testing Devices and Kits set to redefine Food Safety in 2020  [1.01 MB] [Uploaded on : 31-12-2019]


Press Release dated 13th December 2019 related to Network of consumer organizations for food and nutrition (NetCOFaN) : Consumers can now get food tested through consumer organizations  [0.66 MB] [Uploaded on : 14-12-2019]


Press Release dated 12th December 2019 related to FSSAI partners with NASSCOM Foundation to build a technology platform for Food Donation in India  [0.96 MB] [Uploaded on : 12-12-2019]


## November 2019

Press Release dated 27th November 2019 regarding India co-chairs Action on Food Safety Meet in Kathmandu  [0.67 MB] [Uploaded on : 28-11-2019]

Press Release dated 25th November 2019 regarding Improved Food Safety Enforcement: Data for 2018-19 released  [0.75 MB] [Uploaded on : 26-11-2019]

Press Release dated 26th November 2019 regarding Action Plan for Safe and Quality Milk and Milk Products  [1.38 MB] [Uploaded on : 26-11-2019]

Press Release dated 22nd November 2019 related to irresponsible advertising a matter of grave concern  [0.59 MB] [Uploaded on : 22-11-2019]

Press Release dated 07th November 2019 related to FSSAI Proposes Ten-point charter for food sold, supplied to school Children.  [0.79 MB] [Uploaded on : 07-11-2019]

## Link:

<https://www.fssai.gov.in/press-note.php>

*fssai*



**FOOD SAFETY AND STANDARDS  
AUTHORITY OF INDIA**

*Inspiring Trust, Assuring Safe & Nutritious Food*  
Ministry of Health and Family Welfare, Government of India

FDA Bhawan, Kotla Road, New Delhi -110002 | Tele.: +91 011 2322 0995  
Telefax: +91 112322 0996 | [www.fssai.gov.in](http://www.fssai.gov.in) | [www.eatrightindia.gov.in](http://www.eatrightindia.gov.in)