

# Eat Right During COVID-19

The importance of food safety and hygiene and preventive measures when schools reopen.

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## Keynote Address

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Food Safety and Standards Authority of India

# Why Food Safety is Important?

In India Foodborne Diseases lead to



Children under 5 are at **40% more risk** with around **30000** deaths each year



**120000 Deaths** each year



Impose a burden of over 8 million **Disability Adjusted Life Years**

# Mandate of FSSAI

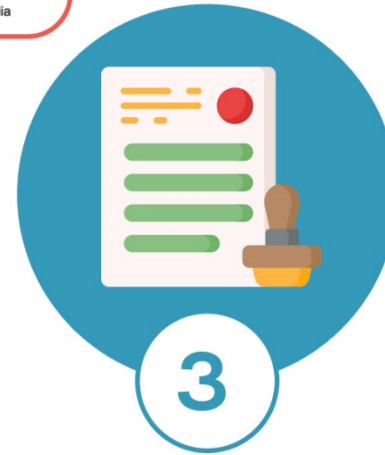
## Ensure Safe & Wholesome Food



Food Standards  
& Safe Practice



Food Testing



Food Safety  
Compliance



Training & Capacity  
Building

Focus on Nutrition  
Consumer Connect and Social and Behavioural Change



# From Farm To Plate Make Food Safe

Maintaining hygiene practices across the food supply chain





# FSSAI – The Enabler



Eat Safe



Eat Healthy



Eat Sustainable



Eat Right India  
Movement

Social And Behavioral Change

Teaching children early about how to handle & prepare food safely helps to create a new generation of healthy consumers



# Eat Right School Initiative



Eat Right School launched by FSSAI under the aegis of MoHFW. Aligned with the School Health Programme under Ayushman Bharat, a healthcare programme by GOI.



Eat Right School program aims at creating awareness about food safety, nutrition & hygiene among school children and through them among the community at large.



A rich repository of content created (yellow books and other resources) by domain experts for school curriculum for students and teachers is available.



There are health and wellness ambassadors who help in conducting activities in school for them to perform on eat right matrix to be an eat right school.



# Current Status of Programme



**35,527 Schools**  
are registered on the portal.



**4183**  
Health and Wellness Ambassadors (HWA)  
have been created and **1168** are certified.



Eat Right Activities: Schools an activity calendar  
and conduct activities as listed on the website.  
Presently, **42120** activities have been conducted  
by schools so far.

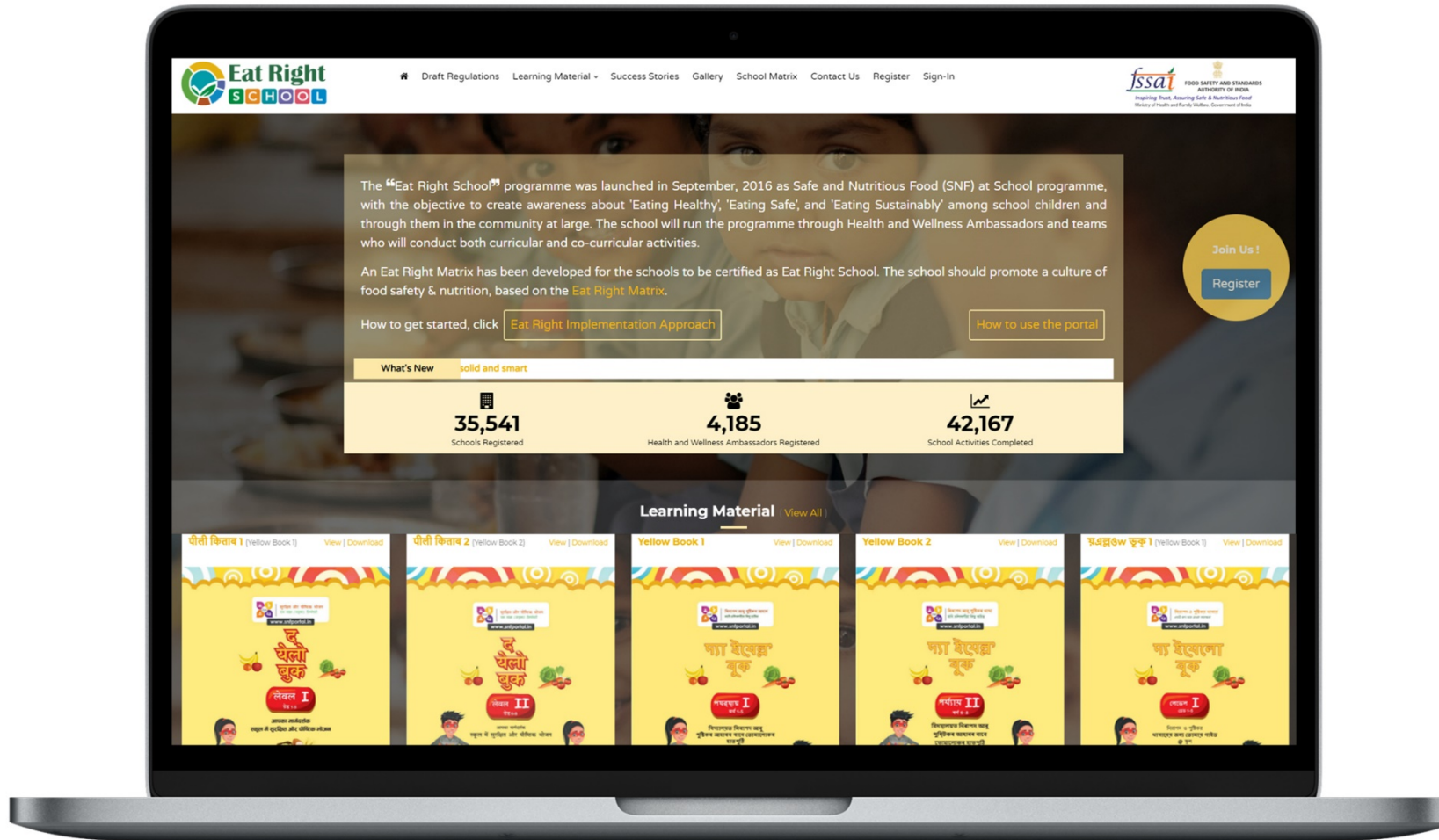


A certificate valid for two years will be issued  
once the school qualifies.

# Implementation



# Eat Right School Website





# Eat Right Matrix



The Eat Right School matrix has been conceptualized by FSSAI as a monitoring and evaluation tool to assist in creating a safe and wholesome environment since childhood.



The matrix has been created for ease of implementing various school programmes across ministries.



This matrix is an amalgamation of the pre-requisites and desirables that each and every school must incorporate in their management/teaching practices.

## Section A

For all schools (Curriculum & Co- curriculum inclusion of scientifically credible content on food safety alignment with WASH programme/ Swachh Vidyalaya Scheme)

## Section B

For govt/govt aided schools (Alignment with School Health programme of MoHFW)

## Section C

For Govt/Govt aided Schools and Private Schools with Mess/Kitchen /Catering/Food Vendor (Alignment with Nutrition Programmes )

# Resources Available



## The Yellow Book 1 & 2

English, Hindi, Assamese, Bengali, Punjabi, Gujarati,  
Marathi, Kannada, Tamil, Malayalam, Telugu

Content mapped with School Health Programme under  
Ayushman Bharat

Available on DIKSHA platform (MHRD)

## Activity Book



Teacher Training  
Manual



FSSAI Video Library

[www.fssai.gov.in/fssaivideolibrary/login](http://www.fssai.gov.in/fssaivideolibrary/login)

# Food Safety Guidebook For Teachers

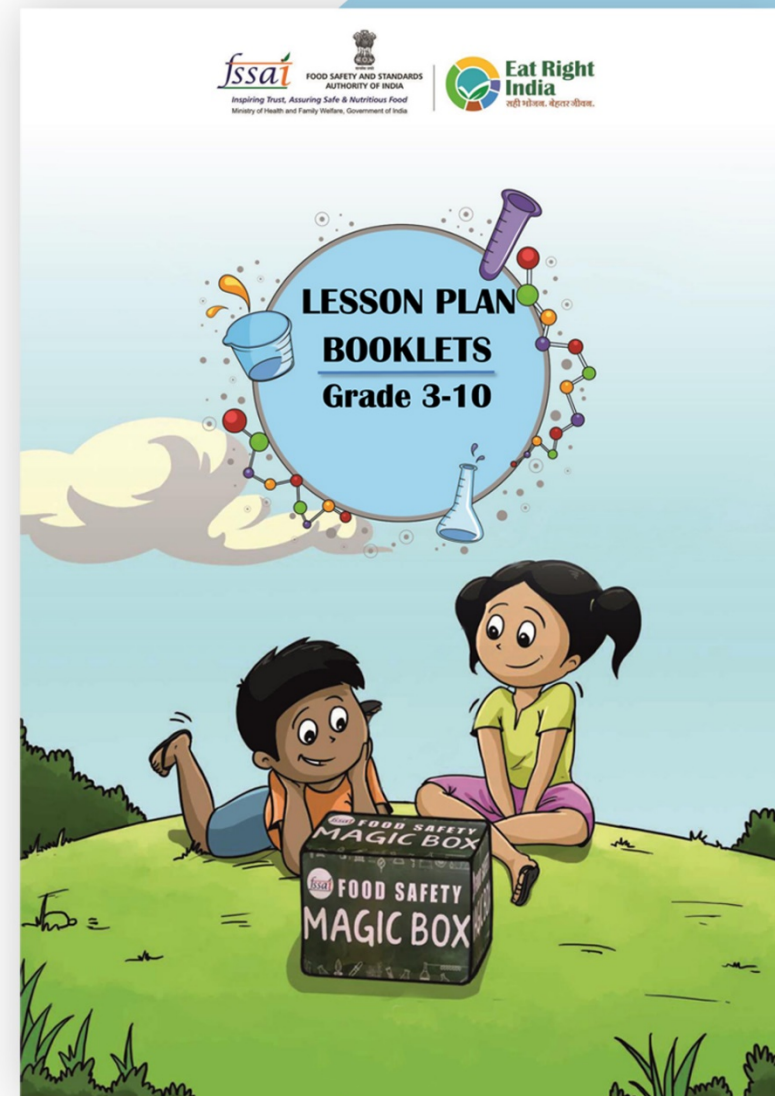
## Lesson Plan Booklets- Detection of Adulteration in Food Samples

### 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](https://fssai.gov.in/eatrightschool)





# Food Safety and Standards (Safe Food and Healthy Diets for School Children), Regulations, 2019 for safe and healthy diets in Schools

## Elements of Regulation

### 1. Responsibilities of School Authority to ensure safe food and healthy diets on school premises

- ▶ Following the Food Safety and Standards Act, 2006
- ▶ Schedule 4, Food Safety Display Board and Food Safety Supervisor(s) as prescribed under the Food Safety Standards (Licensing and Registration of Food Businesses) Regulations, 2011.
- ▶ No person shall offer or expose for sale of pre-packaged foods which are referred to as foods high in fat, salt and sugar as per the Food Safety and Standards (Labeling and display) Regulations, 2019 to school children in school canteens/ mess premises/ hostel kitchens or within 50 meters of the school campus.

## 2. Promotion of safe and healthy foods in and around the school premises

- ▶ Schools to adopt a comprehensive program for promoting Safe food and Health diets amongst school children.
- ▶ Encourage and promote consumption of a safe and balanced diet in the school canteen/mess/kitchen based on guidance from “Dietary guidelines for Indians – A Manual.
- ▶ The School Authority may engage with nutritionists, dietitians, nutrition associations or seek parental support to assist in the drafting of menu for the children, periodically.

## 3. Monitoring and Surveillance

- ▶ Shall have a system of regular inspection of premises to ensure that safe, healthy and hygienic food is served to students. The Schools Authority may appoint a Health and Wellness Coordinator or Health and Wellness team,
- ▶ The State Food Authority shall conduct surveillance and periodic inspection of Food Business Operators so as to ensure that compliance of the Act and regulations made thereunder are complied with

## 4. Food marketing and advertisement to school children

- ▶ Food Business Operators manufacturing HFSS food products shall not advertise or offer for free sale of such foods to children in school premises or within 50 meters of the School campus.
- ▶ Guidelines for marketing food to children.
- ▶ FBOs shall support healthy eating in schools and not market, sell, or give away low-nutrition foods or brands anywhere on school campuses.



# Eat Right Creativity Challenge

- ▶ A challenge to engage, excite and enable young children to promote healthier eating habits.
- ▶ Deepen engagement under Eat Right School initiative.
- ▶ Promote Safe, Healthy and sustainable Food under the Eat Right India Movement
- ▶ This competition was conducted at three levels: School, City and National level, which brought forth talent of students from classes 1st – 12th. The competition sparked the imagination of the children. In all the categories over 75,000 students from over 3600 registered schools actively participated in on-the-spot poster making competition. About 150 walls of States have been painted with the ERMs under the wall art competition.



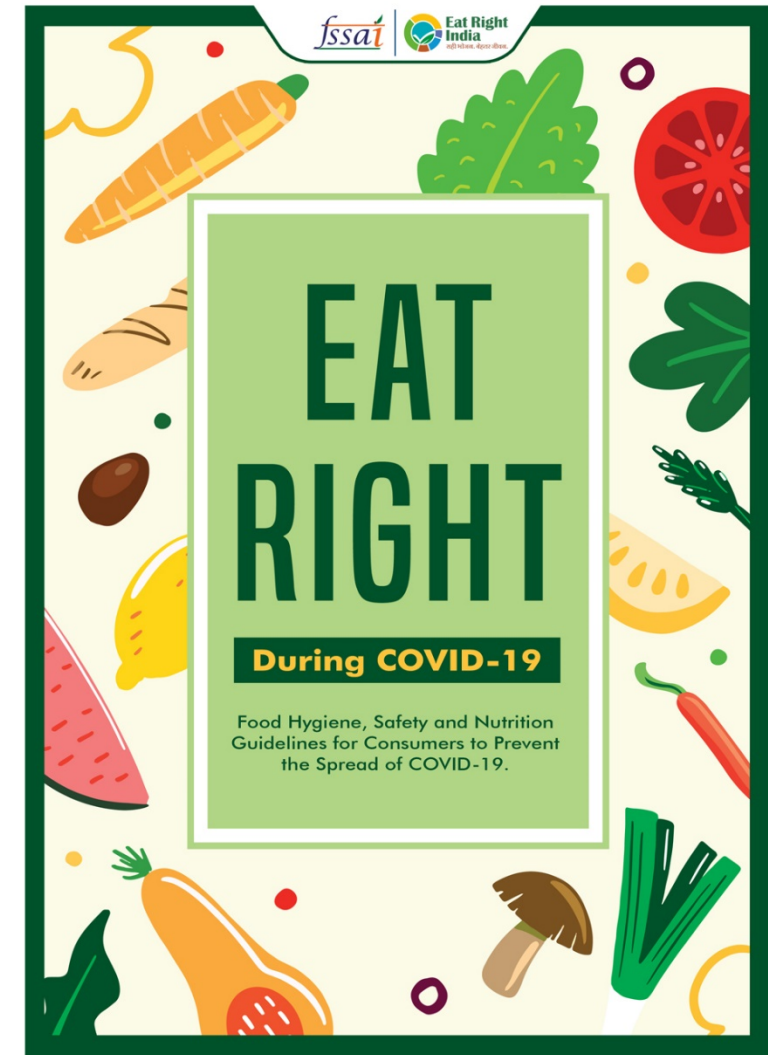
# Eat Right During COVID -19

This ***e-handbook*** highlights safe food practices to be followed diligently and tips on health and nutrition for consumers. It has been reviewed and vetted by various experts in food safety and nutrition.

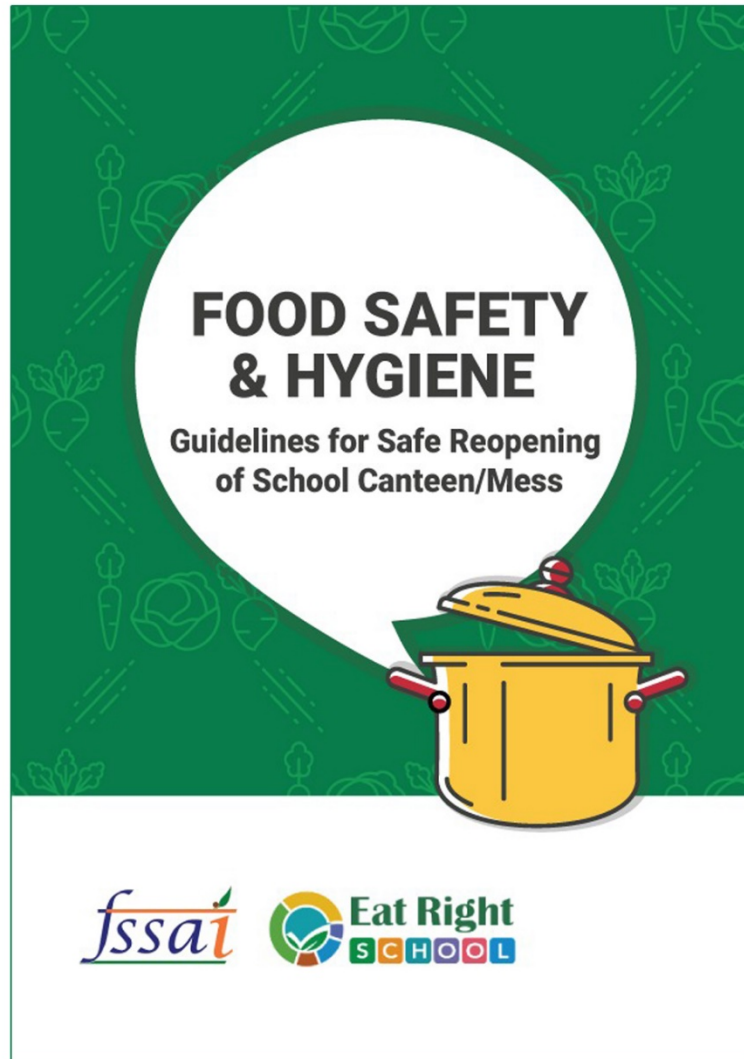
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**To Download e-handbook, Visit at**

[https://fssai.gov.in/upload/uploadfiles/files/Guidance\\_Document\\_Eat\\_Right\\_07\\_06\\_2020.pdf](https://fssai.gov.in/upload/uploadfiles/files/Guidance_Document_Eat_Right_07_06_2020.pdf)



# Release of Canteen Re-opening Guidelines



## Key Highlights

- ▶ How to maintain personal hygiene and surrounding hygiene
- ▶ Food safety during and after preparation of the meals
- ▶ Food safety during mealtime
- ▶ Benefits of eating right for immunity
- ▶ Role of each stakeholder (Teaching and non-teaching staff, students, canteen/mess staff and parents)
- ▶ Building the capacity of the food caterers/canteens/mess
- ▶ Emergency response
- ▶ Self compliance Sample checklist for Schools
- ▶ Sample posters to be displayed in school premises.



**Thank You**