



Chapter 15

Healthy Campus, Healthy You

Let's accept that we don't give as much thought as we should to what we eat at work. Also, often safe and healthy options are simply not available to us. That is unfortunate and worrisome because most of us spend long hours in the office and need to function at our best. So, what we eat at work is actually most important because it directly affects our health, well-being and productivity.

Unsafe and poor diets lead to food-related infections, deficiencies of vitamins and minerals and non-communicable diseases (NCDs) like diabetes, high blood pressure and heart disease etc. all of which compromise the quality of life. But do we and the organizations and companies we work for, understand this? Not always. Secondly do the companies, understand how the health of their employees is directly related to their productivity, efficiency? Again, that is doubtful. The situation is similar in institutions like colleges, universities, hospitals, institutions etc.

Both the employees and the employers need to invest time, effort and money to ensure that 'Eating Right' at work becomes the norm, instead of an aberration, as both stand to gain big! Also, the best way to keep a lid on these food-related diseases, which are becoming an epidemic now, is to catch and reform a captive audience - and we are at our most captive at work, where we spend 8-10 hours 5 to 6 days a week.

The Solution

'Eat Right Campus' (ERC) is a wonderful initiative led by FSSAI that provides solutions to tackle this problem effectively. This initiative promotes safe and healthy food in an environmentally sustainable way in campuses like:



**Workplaces/
Corporates**



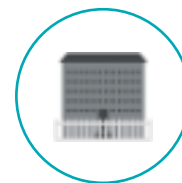
**Colleges/Institutes/
Universities**



**Hospitals/Health
Institutions**



Tea Estates



Jails

The Objective

The aim of this initiative is to improve the health of people and the planet and to promote social and economic development of the nation by targeting people at their workplaces, where they spend the majority of their time and consume at least one meal every day.

The **Eat Right Campus** certification recognizes the efforts of the campus, adds prestige and brand value to its name and enables it to inspire others to adopt best practices to promote safe, healthy and sustainable food. In particular, it provides a unique opportunity to workplaces to showcase their efforts around employee health and wellbeing. This serves as a key incentive to attract new talent and top performers and thereby boosting high quality recruitment and employee performance.

Investing in the health and well being of employees also reduces absenteeism and healthcare costs and ultimately serves to build the reputation of the organization. Many workplaces strive to acquire a high rank in global workplace-rating indices. The Eat Right Campus certification similarly aims to create a sense of competition among campuses across the country to motivate them to raise the standards of food safety, nutrition and food sustainability.



The Good Work!

The concept of the Eat Right Campus has been institutionalized based on a five star-rating mechanism with a set of well-defined benchmarks framed on four parameters:

-  **1 Safe Food**
-  **2 Healthy Food**
-  **3 Sustainable Food**
-  **4 Building Awareness**

A detailed checklist has been created based on these parameters, outlining the best practices to be followed by the campus. These practices include mandatory steps such as licensing and registration of food service establishments in the campus and compliance to food safety and hygiene standards as per Schedule 4 of the Food Safety and Standards (FSS) Act, 2006.

It also includes steps to create an environment of safe, healthy and sustainable eating habits such as promoting local and seasonal food, limiting unhealthy food choices and mass awareness activities.





The Process

The certification process for the campuses to get enrolled and certified is simple. They just need to follow these FIVE simple steps:

Enrolment



The campus needs to enroll at www.eatrightindia.gov.in/EatRightCampus/ and appoint a nodal officer for overall coordination.

Self-Assessment



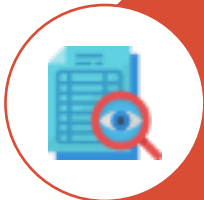
Once enrolled in this programme, a campus first undergoes a self-assessment, examination by the Food Safety Department or a third-party audit by an FSSAI empaneled agency based on the checklist to identify gaps and areas of improvement. The campus administration then takes steps to address these gaps.

Training



A critical step of this process includes training of Food Safety Supervisors and food handlers in the campus through FSSAI's Food Safety Training and Certification (FoSTaC) Programme.

Final Audit



Once the training is complete and improvements are made, the campus undergoes a third-party audit by the same FSSAI-empaneled agency and is given a rating on a five-star scale.

Certification



If a campus is awarded three or more stars based on the final audit score, it is certified as an 'Eat Right Campus'. The certification is valid for two years. In case the rating is below 3, the campus needs to go for the second audit after making improvements identified at the time of the first audit. The Food Safety Department or audit agencies may carry out regular inspections to ensure quality control until the certification is renewed.

Resources

In order to guide and support campuses across the country to adopt this programme, various resources have been created.

A comprehensive resource book, 'The Orange Book', has been developed in consultation with experts in the area of food safety and nutrition. This book explains how to implement the best practices outlined in the checklist and provides various additional suggestions to improve the standard of food in the campus. It also contains useful tips for individuals in the campus on healthy eating habits and making the right food choices.

In addition, an online portal (<https://eatrightindia.gov.in/EatRightCampus/home>) has also been created on which any campus that wishes to enroll in this programme can register, upload its documents and track its progress online. This portal also provides a list of FSSAI-empaneled third-party audit agencies, FoSTaC training information, and awareness material such as posters and healthy recipes.

Early Adopters:

Eat Right Campus has been gaining momentum since its launch in 2019. On the first World Food Safety Day, 7th June 2019, seven campuses were awarded the Eat Right Campus certification by Dr. Harsh Vardhan, Hon'ble Minister of Health and Family Welfare at FSSAI. The following campuses were recognized for their exemplary standards- IIT Gandhinagar, IIT Roorkee, LBSNAA, Mussoorie, Unilever, Bengaluru, Wipro, Bengaluru, HCL Noida and Genpact, Gurugram. At present 23 campuses are certified as Eat Right Campus and several others are in the pipeline

The FSSAI Experience

While this initiative is voluntary, the most amazing aspect of this initiative is that it grows organically depending on the willingness of people to change for better. Therefore, it is an initiative by the people, of the people and for the people. As this initiative grows to include all campuses in the country, it will contribute to the productivity and economic growth of the country while also safeguarding people's health.

The Positives:

- ★ Eat Right Campus covers the entire ecosystem in a campus from the pantry and food area to canteens/cafeteria, catering services, tuck shops and retail outlets- wherever food is prepared, sold, served and consumed.
- ★ Through training, it helps develop a culture of safe and hygienic practices by food handlers at all levels of food operations.

- ★ By encouraging self-compliance to food safety and hygiene standards, it helps reduce the regulatory load of FSSAI.
- ★ It helps preserve our traditional culture by promoting local, seasonal and regional cuisines to residents and visitors in the campus.
- ★ It addresses the major concerns of consumers like food safety, hygiene and nutrition of the food being served.
- ★ It empowers consumers to make the right food choices.
- ★ It gives a sense of pride to the campus and the people associated with it for the efforts to provide better food and quality of life.
- ★ A few simple steps can make a big difference in the lifestyle of people and ultimately their health and well being. After all- “prevention is always better than cure”. This is what Eat Right Campus aims to do

Audit Parameters Chart

