

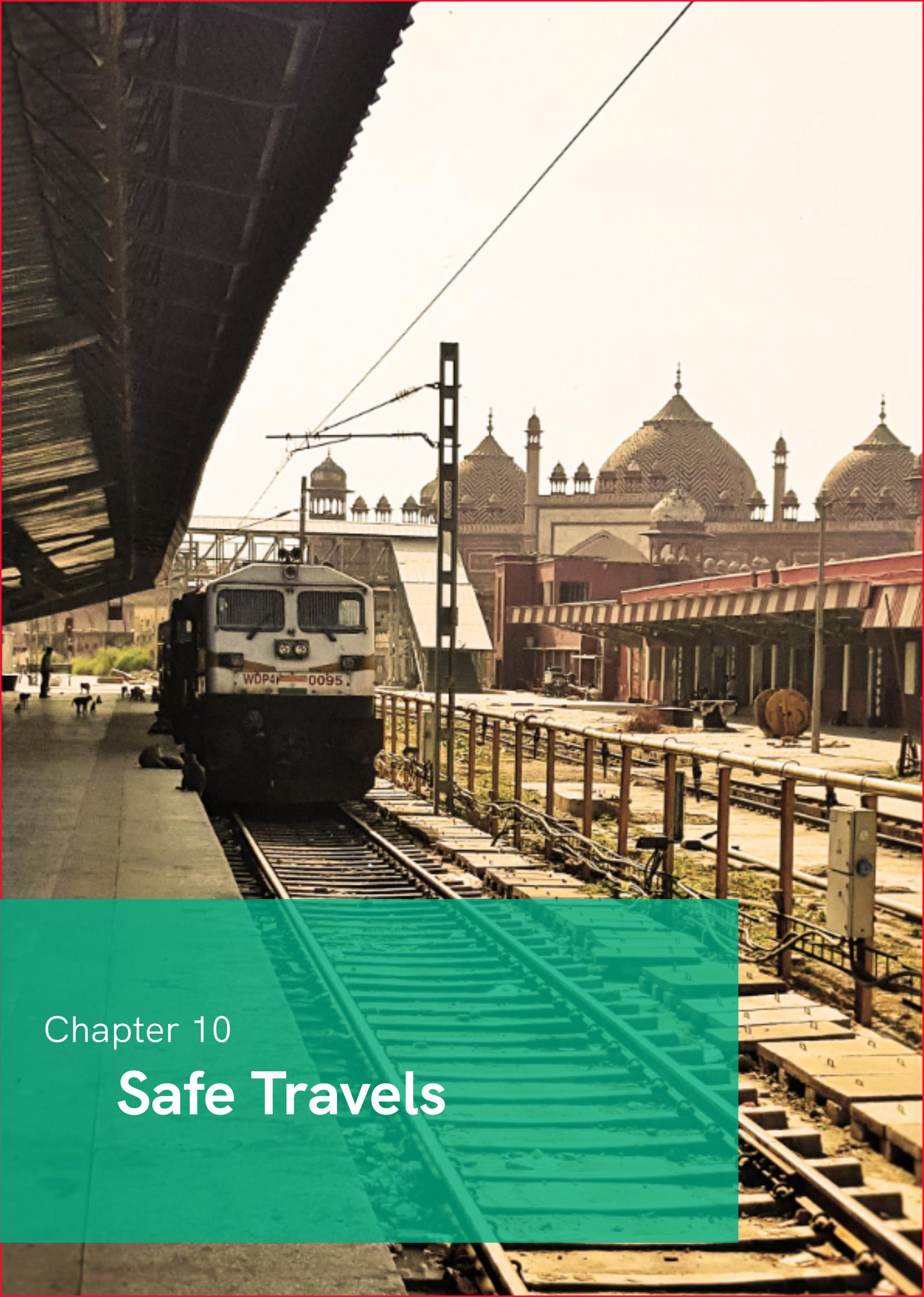
SECTION 2

Safety is Paramount

"Cleanliness is next to Godliness"

Mohandas Karamchand Gandhi





Chapter 10

Safe Travels

Going on a holiday trip? Watch your diet. Never a better time to heed to that advice than while travelling! Don't let your wrong choice of food wreck your long-cherished hopes of having a perfect holiday. After all, healthy hassle-free holidays are what happy memories are made of.

When was the last time you took off on a trip with your family in your car or by train, a song in your heart, humming your favourite tune, a sunshine smile lighting your face, passing the snacks around, and you stopped at some promising dhabas and eateries along the way or at the station canteens to savour the local food, and it all ended up with one or more of your family members falling sick causing concern and draining your resources even more than your dream holiday did. Upset stomachs, fevers, diarrhea and vomiting are not what you bargain for when you plan and save for a holiday. Yet, if you are not careful about some little precautions while you are travelling, you may be asking for trouble.

But not anymore, as efforts are being made to help passengers make healthy and right food choices. FSSAI has launched the 'Eat Right Station' program.

The Good Work!

FSSAI has been doing its bit to ensure safe travel for people. Eat Right Station is one such successful initiative that enables the railways and stations to provide wholesome food to its passengers, visitors and officials. FSSAI assesses the station on 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.

The food ecosystem at railway stations comprises catering cum retail outlets, food plazas, mobile food vendors (on the platforms), base kitchens and food warehouses. Suitable interventions on both the demand side and supply side are carried out. To ensure that consumers are served optimum quality food, the food handlers both in canteens and base kitchens are trained. Railway stations that fulfil benchmark criteria are recognised as "Eat Right Stations" through plaques and/or Certificate of Excellence. This is helping make railway systems across India more efficient by ensuring serving of safe and healthy food.

Do Your Bit

- ★ Be safe. While travelling, the first rule is to avoid eating food that is prepared in unhygienic conditions or drinking water that may be contaminated by viruses, bacteria, or parasites. So, be wary of foodstuff that is uncooked or raw and/or sold open on the streets. Typical symptoms of this infection, which usually last for three to seven days, include diarrhoea, nausea, abdominal cramps, bloating, fever and malaise.
- ★ While ordering from the menu, select food with care. Ensures if ordering salads, raw vegetables, and fruits that cannot be peeled. When you eat raw fruit or vegetables that can be peeled, peel them yourself after washing your hands with soap first. Preferably eat foods that have been thoroughly cooked and are still hot and steaming.
- ★ Do not consume unpasteurized milk and milk products (like curd especially raita, and paneer).
- ★ Avoid eating non-vegetarian food if you are not sure of the source, especially fish, pork and mutton as precautions are required while sourcing raw material, quality of the meat and hygiene conditions while cutting, cleaning and cooking.
- ★ Do not eat anything your stomach is not used to. Stick to foods your metabolism is used to. With new foods, your system may protest in response, leading to an upset metabolism. So, just because you are on a holiday, it is not reason enough to gorge on channa bhaturas or heavy dhaba-paranthas topped with scoops of butter all the time. Follow a balanced diet even while travelling.
- ★ Avoid deep fried food while travelling; as the oil used for frying maybe reused innumerable times and can therefore harm your system in more ways than you can think of.



Drink Safe

- ★ Ensure that if you have any drink that requires addition of water (like fresh lime water) then the source of water is potable. In fact, any drink in a glass that may not be properly washed should be avoided. It is safer to drink from a can or bottle of beverage, after wiping the area that will touch the mouth, than to drink from a container that was not known to be clean and dry.
- ★ Before having juice from a juice shop even if squeezed out freshly in front of you, check for the cleanliness of the machines used.
- ★ In areas with poor sanitation, if bottled water and beverages are not accessible, the only beverages that may be safe to drink are boiled water, and hot beverages (coffee or tea) made with boiled water. Boiling is the most reliable method to make water safe to drink. Bring water to a vigorous boil, and then allow it to cool; do not add ice. Or if you really want ice, to ensure ice has been made from boiled water only.

Don't be scared to travel and explore new things....just be vigilant and enjoy and make your trip a memorable one...





Chapter 11

Stay Safe From Adulterants

Food is a basic necessity for sustenance of life. A pure, fresh and healthy diet is most essential for the health of the people. Food adulteration is a menace one needs to be aware of. Adulteration is the process of adding, substituting or abstracting unwanted substances to the food, which may adversely affect the nature and quality of food. Adulterated food is food that meets any of the below criteria:

- 1 Contains a poisonous or deleterious substance**
- 2 Exists in a container that is composed, in part or in whole, of a poisonous or deleterious substance.**
- 3 Bears any chemical or pesticide residue that is unsafe.**

The only exemptions are if the adulteration is naturally occurring, or if levels are so low, they don't pose a threat to public health. Adulterated food is lower in quality and if non-edible harmful ingredients are added, then it can lead to serious health consequences too. Some of the adulterants are highly toxic for the body leading to heart failure, liver disorders, kidney disorders and more health issues. Adulteration also affects the quality of the product and may lead to nutritive deficiency in our body.

According to the Food Safety and Standards Act, 2006 an adulterant is defined as "any material which is or could be employed for making the food unsafe or sub-standard or mis-branded or containing extraneous matter."

So how can one Stay Safe?

Knowledge helps. Information about the common adulterants, foods which are likely to be adulterated and simple tests for detection of adulteration, what to look out for in packaged foods can all go a long way to keep one safe from hazardous, adulterated foods.

Know the Source

Buying food from reliable sources is imperative. This reduces the chances of the food being adulterated. Unscrupulous vendors may add inferior quality material or extract valuable ingredients from a food for economic gains.

Information is the Key

Adulterants can be found in almost all kinds of foods - food grains and pulses, edible oils and fats, spices, milk and milk products, meat and meat products, beverages (both alcoholic and non-alcoholic), tea, coffee, sweetening agents like sugar, honey, jaggery and items made from these like mithai.

Foods which are more likely to be adulterated include:

- ★ Foods which are expensive - like edible oils, spices, etc.
- ★ Foods which sell more like wheat flour, oil, etc.
- ★ Foods which are perishable like milk and milk products
- ★ Foods sold loose like milk, spices, etc.
- ★ Foods in which it is easy to mix adulterant like those in the form of powder, paste or mince

Foods that are in a powder, minced or paste form are also more likely to be adulterated, as it is more difficult for the naked eye to detect adulteration in these foodstuff. For instance, when buying minced mutton, it is difficult to tell whether the goat meat has been mixed with meat from other animals or similarly whether sawdust dyed red has been added to red chilli powder.

Adulteration of foods sold loose by the retailer is also more common as compared to packaged foods as labels carry the name and address of the manufacturer or distributor and they can be caught by the regulatory authority if their food stuff is found sub-standard. Consumers should avoid buying foodstuff sold loose even though these are cheaper.

Look Out For

Preservatives and additives: Sulphites (usually added to dried fruits, sauces, bacon, salami and wine) can cause allergic reactions and asthma attacks. Nitrites and nitrates in processed foods tend to form nitrosamines - which can increase risk of cancer. Some other preservatives to look out for are Butylated hydroxytoluene (BHT), butylated hydroxyanisole (BHA) and Ethylenediaminetetraacetic acid (EDTA).

Artificial flavours:

These are chemical substances that are used to mimic the original or natural flavour of food. They can cause chest pain, headaches, dizziness, depression, fatigue and mental health issues.

Artificial colours:

These are added to food in order to make them look more appealing. Candies, cereals, beverages, meat products and mithais (sweets) are foods which are commonly adulterated with them. They can increase hyperactivity and behaviour problems in children and may even cause allergies and increase the risk of asthma.

Toxic chemicals:

Urea, sodium carbonate (washing soda, soda), sodium hydroxide (caustic soda), formaldehyde and hydrogen peroxide added to increase the shelf-life of milk can damage the intestinal lining by irritating it. Use of the Lathyrus pulse to adulterate lentils (masoor) or toor dal or besan, can causes the crippling disease lathyrism. Mustard oil adulterated with toxic argemone oil can lead to gastrointestinal disturbances, glaucoma, respiratory symptoms and congestive heart failure. Mineral oil (liquid paraffin) and castor oil, cheap inedible oils used as adulterants may damage the intestine.



The Good Work!

FSSAI has made strong laws against adulteration. The Food Safety and Standards Authority of India (FSSAI) has been established for laying down science-based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption. FSSAI has also set limits for the use of the preservatives, additives, artificial flavors and colours, beyond which it can be harmful. Strict actions and penalties are there for the offenders. FSSAI has also developed a simple, illustrated manual to detect common adulterants at home called DART- Detect Adulterants with Rapid Tests. This manual contains more than 40 tests that use simple ingredients such as water to test adulterants in food. This manual can be accessed from the weblink provided at the end of this chapter. These simple tests include physical inspection of food as well as chemical reactions. For instance, artificially coloured pulse grains will leave a colour trail when immersed in a glass of water. Pure silver leaves will crumble to a powder when crushed between fingers whereas aluminium used as an adulterant on mithai (sweetmeats) is not that delicate and will leave shreds. If powdered spices are sprinkled on the water surface, pure spices will not leave any saw dust/powdered bran on the surface of water. In case one finds that any food item is adulterated, one must stop using the food product and report this to the authorities.



Food Safety Magic boxes are being provided to the schools across different states in India. This magic box is a 'Do-It-Yourself' food safety testing kit, which aims to educate school children and frontline workers. Short videos are also available on the FSSAI video library (www.fssai.gov.in/fssaivideolibrary). It contains a small-sized, light-weight portable box that contains a few basic chemicals, a small measuring instrument, safety gadgets and a companion guidebook to illustrate testing across various food products in a pictorial and simplified manner. It can perform simple tests to detect adulterants like:

▶ **For milk:** Urea, water, starch, detergents

▶ **For honey:** Sugar

▶ **For beverages:** Mineral acids

▶ **For spices and condiments:** Starch and artificial colours

To further facilitate the usage of Food Safety Magic Box, a grade-wise lesson plan food safety guidebook for teachers has also been developed.



Chapter 12

Eat Clean Meat

There is no denying that meat is an important part of diet for many of us, and it helps meet our body's requirements for protein and other nutrients. But that said one needs to be super careful about its overload as too much of it can be bad. But while keeping a lid on the quantity is important what is even more imperative is to ensure consumption of safe meat.

How safe is that **chicken or egg** that you are eating?



Meat and eggs are high risk foods which get spoilt easily. This sector is highly unorganized. Issues like adulteration of meat, presence of veterinary drug residues etc. are rising concerns in this sector. Indiscrete use of antibiotics /hormones used for rearing of animal and birds - cannot be ignored.

This is happening because the rising demand for food and animal products is leading to over use of Hormones to extend lactation and growth promotion in farm animals to produce more meat for less money, resulting in fatter profits. And this is leading to serious consequences on human health.

So, **what's the harm?**

The science is solid on the fact that there's a big cost involved. Overuse of antibiotics in animal farms endangers us all as it multiplies drug resistance in the environment and can over time promote the development of hard-totreat, antibiotic-resistant superbugs that make people sick. So, we are slowly but steadily, thanks to our own follies, becoming an antibiotics resistant race.

Be **careful!**

Source your meat and eggs carefully from authentic source. Maintain food safety and good hygiene. Temperature plays a key role for initiating safe food zones, therefore storage and display cabinets at retail stores should be functioning when you pick meat. Initiating handlers must be trained to hygienically handle the routine operations. If cooked meat is sold, it should be properly cooked and stored at required temperature.

The Good Work!

FSSAI is doing a lot of work in this sector. It's initiative '**Clean and Safe Meat Shop**' aims to uplift safety and hygiene conditions in processing and sale of - Fresh meat/fish. It also aims to help consumers make informed decisions regarding the shops from where they buy meat products, and create a culture of competition amongst meat shops through a ratings mechanism.

FSSAI has set benchmarks on basic food safety and hygiene, which will enable identified meat shops to get recognized and rated. Meat shops are given hygiene rating after conducting gap audits by food safety department or FSSAI empaneled audit agencies. Prerequisite here is: Licensing and Registration under FSSA, 2006 and Training of food handlers under FoSTaC.



YOU CAN KEEP YOUR MEAT SAFE TOO

- ★ Avoid buying meat that has discolouration and don't buy from unhygienic places.
- ★ Always buy firm fish and check that the eyes are crystal-clear, plump, wet, and shiny (when the fish begins to deteriorate, the eyes dry out, become cloudy, and sink in or shrivel away), and the tail and dorsal fins of the fish should be healthy-looking, wet, and intact (older fish's fins will be dry and brittle).
- ★ When buying eggs check that the shell is not cracked, Filthy with excreta or mouldy/ rotten. Cracks can indicate the presence of bacteria, while a rotten appearance on the shell may indicate mould.
- ★ Read the use-by date/ best before date on the carton. Eggs can usually last up to 3 weeks if stored in the refrigerator. The use by date on the carton is usually a good indication of whether the eggs are still fresh.
- ★ Perform float test: Put egg in a bowl of water, if the egg sinks to the bottom, it's still fresh. If the egg sinks but stands upright on the bottom of the container, the egg is slightly stale. If the egg floats in water, it should be avoided as such eggs might be stale or rotten.
- ★ For processed and packaged meat or poultry products, always closely examine the labelling with respect to its ingredients, use by date or expiry date.
- ★ Store eggs separately in the egg tray of the refrigerator.
- ★ Store meat and poultry in the chiller if it is to be consumed within a day, or in the freezer if it needs to be stored longer.
- ★ Store raw meat and poultry in sealed, moisture proof plastic bags/ containers to avoid contamination or dripping into other foods.
- ★ Keep raw and cooked meat separately.
- ★ Store eggs away from foods with strong odors (such as fish, apples, cabbage or onions).
- ★ Frozen meat should be thawed in the refrigerator.
- ★ Cook to the right temperature. In general, meat should be cooked to achieve minimum core temperature of 75 °C or higher.



Chapter 13

Blissful and Hygienic BHOG

Some things are sacred. Prasad is definitely one of those. Prasad signifies an intimate part of our beliefs, our culture, our traditions... it showcases who we are and keeps us rooted to our spiritual being. We feel a sense of connect and completion when we eat traditional food/ prasad offered at religious places. That's why no one says no to prasad, ever.

Pilgrim centres are a very important part of Indian society and food served in Places of worship is regarded as pure and sacred. Hence, ensuring food safety in these places is a major component and helps to aid in the health of thousands of the devotees who are visiting these places of worship. FSSAI has implemented BHOG (Blissful Hygienic Offering to God), a unique initiative under the umbrella of eat right initiative to encourage Place of worship (PoW) to adopt and maintain food safety and hygiene while preparing and distribution of prasad or other food preparation along with training to food handlers. FSSAI has specific guidelines for implementation of food safety and hygiene in such places of worship.

Eat right at place of worship

Under the BHOG initiative, places of worship where prasad or meals is cooked or handled are identified, audit is conducted for identifying gaps in process, followed by basic training of food handlers.

Those places of worship which comply and meet the required audit score for certification are certified under BHOG. The PoW are also encouraged to display safe and nutritious food messages at various places to benefit the devotees and to inculcate healthy habits among them.

The FSSAI also encourages PoW to use fortified edible salt, wheat, rice, milk and oil in their Prasad.



The Good Work!

Many places of worships are certified in state of Gujarat, Madhya Pradesh, Himachal Pradesh, Tamil Nadu and Chattisgarh like Ujjain Mahakal, Khajrana temple, ShriSomnath Temple, Shri Swaminarayan Temple, Shri Ram mandir etc.

Trainings under BHOG have been successfully conducted for places of worship located in Maharashtra, Uttar Pradesh, Tamil Nadu, Gujarat, Delhi, Madhya Pradesh etc.

In TamilNadu 150 food handlers from 20 major PoWs have been trained under Project BHOG by FSSAI. Maharashtra has covered 63 places and 236 temples under Project BHOG including training of 3500 food handlers. Sensitization workshops have been conducted in Delhi, Bengaluru, Uttarakhand, Kerala, Himachal Pradesh, Assam etc.

The traditional prasad/offering at places of worship will be safe and hygienic with BHOG . A win-win for every- one!







Chapter 14

Push up Your Hygiene Quotient

You know how important is safe food to keep you disease free. Food hygiene is an important part of our lives since ancient times. Today, we understand the importance of living hygienically even more to stay disease free, especially in today's **low immunity** times.

This is why you keep your kitchen at home spanking clean, spray the dust bins with a disinfectant when you change the lining, wash your hands every time before handling food, keep the meat and vegetable cutting boards separate, and wash your fruits and vegetables well before you eat or cook them.

But all these rules go out of the window when you travel, or go out to eat at a restaurant, or stop at a roadside eatery for a spicy evening snack... because then things (hygiene) are not in your control.

This is where FSSAI and Eat Right India steps in. Their Hygiene Rating Scheme is an effective proactive step to ensure that you get hygienic food even when you eat out

The Good Work!

Hygiene Rating Scheme is a certification system for the food service and retail establishments that provide food directly to the consumers. The food businesses are rated from 1 up to 5 smileys as per the level of compliance (see pic) based on food hygiene and safety conditions observed at the time of audit, and is valid for one year. The food establishments covered under this scheme include food service establishments (hotels, restaurants, cafeteria, dhabas, etc.), bakeries, meat retail shops and sweet shops (mithai shop). So next time you go out to eat, look out for the hygiene rating certificate that is supposed to be displayed prominently in the food service area by the certified establishments. Food Hygiene Rating Scheme is implemented online through Hygiene Rating Portal (www.fssai.gov.in/hygieneRating), and the process is very simple.

The purpose of the scheme is to:

- 1** Encourage food businesses to ensure high hygiene standards and continue maintaining them, and to showcase the same to their consumers.
- 2** Motivate other food businesses having lower hygiene standards to improve.
- 3** Allow consumers to make an informed food choice about where to eat and cultivate responsible eating habits.

Let's recapitulate the Do's and Don't when you eat out (as discussed in the Safe Travel chapter)

- 1 First rule is to eat food from a FSSAI licensed or registered food business.
- 2 Avoid eating food or drinking water from a source that may be contaminated as it may lead to Traveller's diarrhoea (TD).
- 3 Avoid cut fruits, salads, raw vegetables from an unhygienic place or those which are being sold in open. When you eat raw fruit or vegetables that can be peeled, peel them yourself after washing your hands with soap first.
- 4 Always prefer foods that have been thoroughly cooked and are still hot and steaming at the time of eating.
- 5 Do not consume un-pasteurised milk and milk products (like curd especially raita, and paneer).
- 6 Avoid eating non-vegetarian food outside, unless you are sure of the source; as these get very easily contaminated, particularly in warm weather.
- 7 Beverages especially cold beverages prepared from clean source of water should be consumed.
- 8 Ensure that the bottled water and beverages you pick are of a dependable brand (Look for FSSAI license number on the label). It is better to avoid ice as it may be made from unsafe water.
- 9 Stay prepared. Always carry your own water, snacks, medicines etc to fall back on if need be.





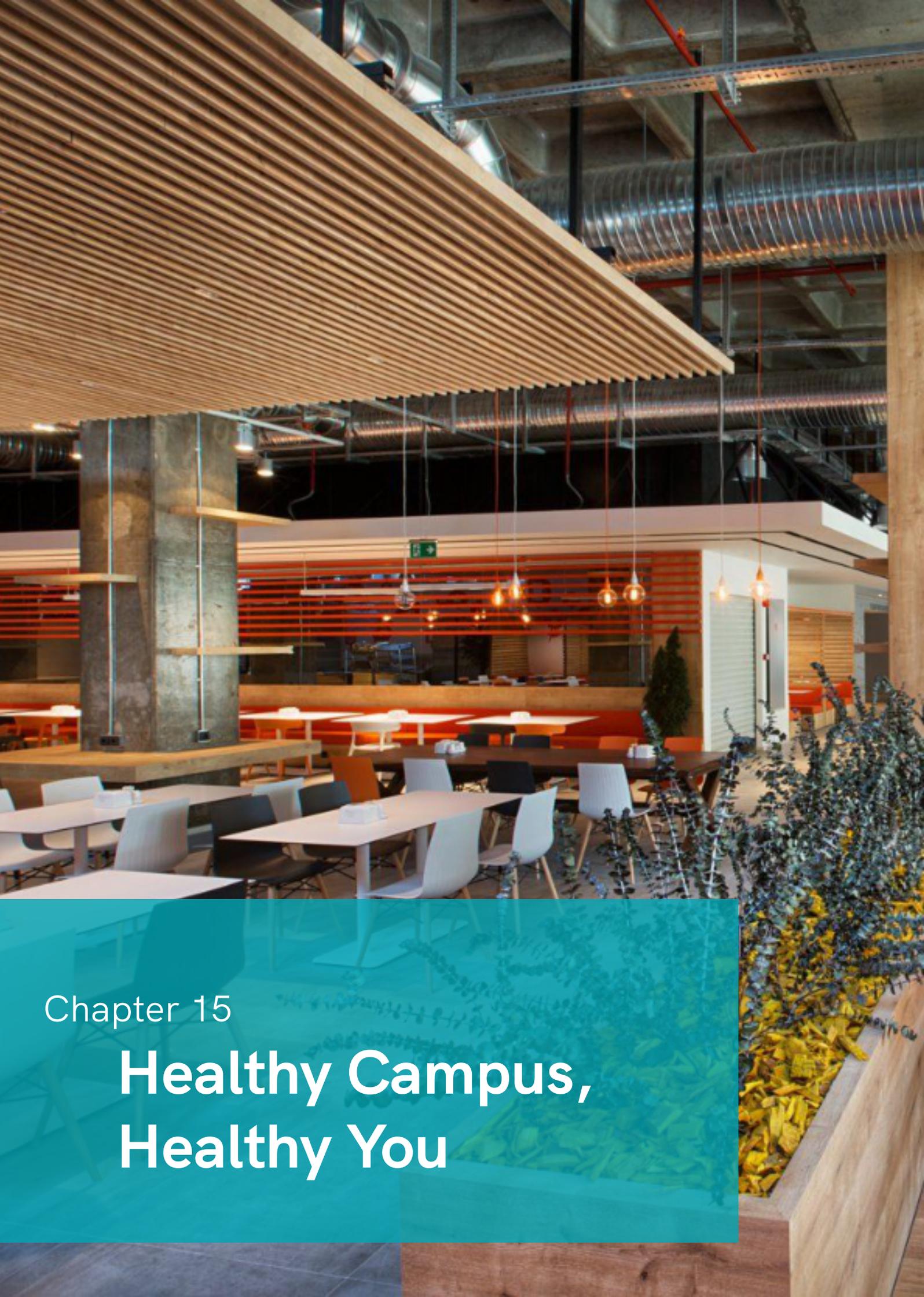
Hygiene Rating Chart

The score of the checklist is converted in per cent and numerical score (between 1-5). The table below provides detail of percent score wise rating:

Hygiene No.	Hygiene Rating	Category	%Score
5	😊😊😊😊😊	Excellent	81 to 100
4	😊😊😊😊😐	Very Good	61 to 80
3	😊😊😊😐😐	Good	41 to 60
2	😊😊😐😐😐	Needs Improvement	21 to 40
1	😊😐😐😐😐	Urgent Improvement	20 or below

Hygiene Rating Certificate





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

