In India, most people still eat food that is cooked at home. Thus, behavioural changes about food safety and healthy nutrition should ideally begin at home. With many people living in small and nuclear households, families no more get wisdom of their elders about food that is passed on from generation to generation. Most people do not have access to food safety experts and nutritionists. Thus, most of the homemakers are on their own at the mercy of multiple and often conflicting sources of information on safe food and nutrition.

This initiative of FSSAI is aimed at filling in this gap. Complied and curated by experts, FSSAI is bringing out a ‘Green Book – Your Companion on Safe and Nutritious Food @ Home’. This would have useful and practical tips and information about food safety and nutrition that Indian households need on a day-to-day basis. This would be a one-point credible source of information and good practices regarding food safety and nutrition.

- Target is to provide every household a printed version of the curated handbook on safe and nutritious food @ home.

- Have a web-based platform for homemakers to share their experiences and thus create a vibrant community of homemakers.
Green Book – Your Companion on Safe and Nutritious Food @ Home

• A simple and illustrative book providing all necessary information regarding food safety and nutrition for the Indian household. This handbook would be distributed through corporate sponsorship and with the help of NGOs.

• Food Safety and Hygiene: To ensure that the food prepared and consumed is safe, it is important that the food is selected and handled in a right way from the time of purchase till it is consumed.

• To provide all important safe food handling steps to be kept in mind while purchasing food, during storage of food, food preparation and while serving food, etc.

• To provide practical information on use of leftovers as it is also important that the leftover food is handled right and reheated at right temperature.

• Nutrition Information: To provide information about nutrients in various foods, how they should be consumed and the way body utilizes them.

• To provide information on food safety and nutrition care for various lifestyle disorders and vulnerable groups of populations.

Website on Safe and Nutritious Food @ Home

A Digital Meeting Place

• Have digital repository of safe and nutritious food @ home.

• Provide food safety information through interactive guides.

• Maintain continuity in FSSAI’s efforts towards safe and nutritious food by providing information and best practices for specific foods, different seasons and occasions through a blog.

• Become a platform for homemakers to come together.

Food safety and nutrition education and training can be gained through FSSAI FoSTaC Portal as well. Domestic workers can be provided training on food safety and hygiene through community based organization, Domestic Worker Sector Skill Council and in partnership with various initiatives under ‘Skill India’.

To support this initiative and seek more information, Contact: SNFatHome@fssai.gov.in