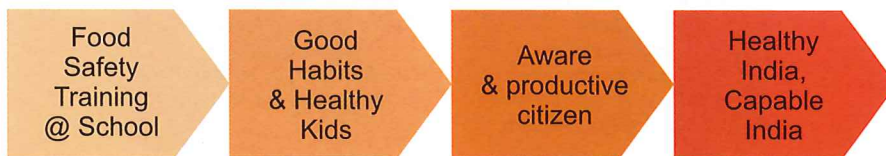


SAFE AND NUTRITIOUS

FOOD @ SCHOOL

Make children our partners to bring food safety to each home



To realize the dream of a healthy and capable India, FSSAI is formulating regulations to promote and administer food safety at school level to enable children to inculcate healthy eating habits that will last them a lifetime.

Negative list of HFSS Foods (High Fat, Sugar and Salt)

- Rich in fat, salt and sugar and high in energy but contain low amount of proteins, vitamins, minerals and dietary fibre
- Known to have negative impact on health if consumed regularly
- Not desirable for young people

Nourish Board

To be adopted as a best practice towards 'Safe and Nutritious Food @ School' signifying a 'Health Promoting School'. It will be used for displaying Star based rating obtained by the school on predetermined parameters, and as a platform for disseminating information on good practices to be followed along with -ve list of HFSS Foods.

Making every child aware and an active partner

Dreams and aspirations of a country are reflected in the eyes of its children. To get a glimpse into that, a blog based platform will be developed to synergize the creative genius of children across schools towards safe and nutritious food.

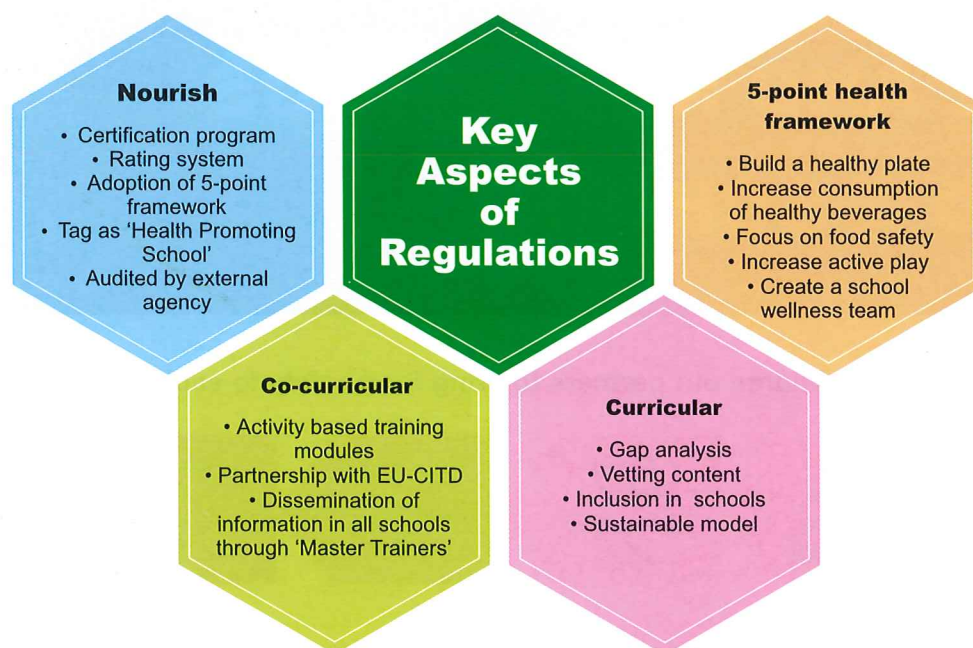
Background

The adverse effects caused by food, that is high in Fat, Sugar and Salt (HFSS), also commonly referred to as 'Junk Food', on the health of consumers has been a matter of serious concern. The Hon'ble High Court of Delhi has directed the FSSAI to issue directions or guidelines on the subject qua the school going children in WR (C) 8568/2010 titled as Uday Foundation for Congenital Defects and Rare Blood Groups v/s Union of India and Ors. The Expert group on Salt, Sugar & Fat in Food Products was constituted in this regard to advise and provide recommendations to FSSAI.

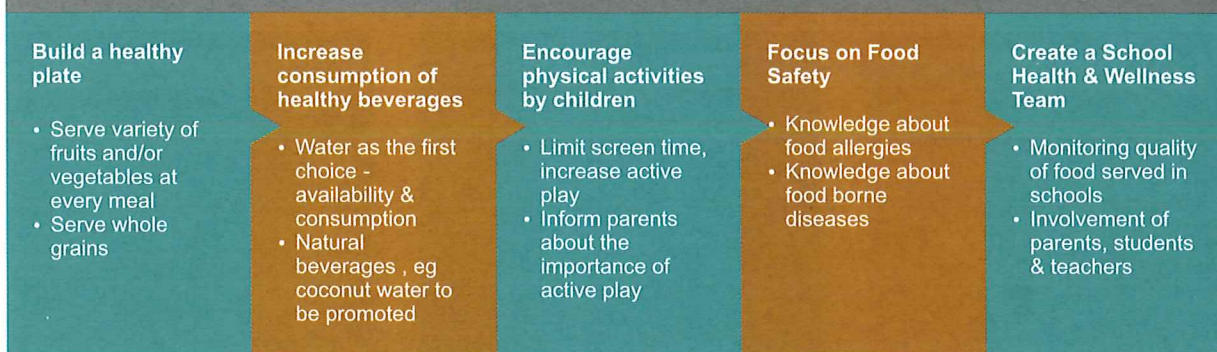
FSSAI seeks to ensure a standard of safety and nutrition across the entire eco-system of food around our schools, including lunch box, canteens, cafeteria, food-joints, mess, aanganwari.

Three components to strengthen safety and nutrition @ Mid-Day Meal:

- Compulsory FSSAI registration/license for food businesses involved with the scheme
- Inspections to be done more regularly and periodically
- Regular testing of food



5-point framework for safe & nutritious food



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