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SAFE AND NUTRITIOUS

FOOD @ WORKPLACE

In today's time, majority of people eat their lunches or midday snacks at their work place on at least a semi-regular basis. Due to lack of time and other factors, it is common for employees to consume meals from cafeterias. In private sector, usually lunch and evening snacks are provided by company to their employees. FSSAI, in its endeavour to ensure that the employee in offices make smart choice and is served safe food, has initiated Safe and Nutritious Food @ Workplace.

Safe and
Nutritious
Food
Choices

Healthy
and
Productive
Workplace



All departmental canteens and cafeterias must be registered/ licensed with FSSAI.

Safe and Nutritious Food Booklets

- For Employees: To provide nutrition information to promote health and wellness. Information on making healthy choices for various meals, ways to improve nutrition quality of food, choosing healthy snack and tiffin options and ways to keep nourishing food safe. Also, information on adapting healthy lifestyle habits.
- For Food Handlers: Booklet on safe food handling for cafeteria staff. The food handlers in cafeterias serve meals to a large number of employees working in the organizations. Extra caution is essential in handling food safely while cooking in bulk, as contamination may affect the health of a large number of individuals consuming that food.

Training Programs

- At least one individual to be trained as food safety supervisor to ensure safe food is being served in cafeterias.
- Training will be done for office cafeterias of both government and private sector.
- Employee education about nutritive value of food and ways to ensure serving safe and nutritious food.

Nutrition and Food Safety Guidelines

- To employ FSSAI registered vendor only
- Ensure monthly testing of kitchens, water, and equipment
- Have at least 50 per cent of menu items that are healthy, it is desirable to provide nutrition information of the food being served
- Educate employees about food safety and nutrition by including relevant messages during their capacity building programs.
- Big corporations should have a nutrition expert to provide food safety and nutrition advice.