MAKE CHILDREN OUR PARTNERS TO BRING FOOD SAFETY TO EACH HOME

Food Safety Training @ School  Good Habits & Healthy Kids  Aware & productive citizen  Healthy India, Capable India

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 a 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

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**Nourish**
- Certification program
- Rating system
- Adoption of 5-point framework
- Tag as ‘Health Promoting School’
- Audited by external agency

**Key Aspects of Regulations**

**Co-curricular**
- Activity based training modules
- Partnership with EU-CITD
- Dissemination of information in all schools through ‘Master Trainers’

**Curricular**
- Gap analysis
- Voting content
- Inclusion in schools
- Sustainable model

**5-point health framework**
- Build a healthy plate
- Increase consumption of healthy beverages
- Focus on food safety
- Increase active play
- Create a school wellness team

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**5-point framework for safe & nutritious food**

- Build a healthy plate
  - Serve variety of fruits and/or vegetables at every meal
  - Serve whole grains

- Increase consumption of healthy beverages
  - Water as the first choice - availability & consumption
  - Natural beverages, coconut water to be promoted

- Encourage physical activities by children
  - Limit screen time, increase active play
  - Inform parents about the importance of active play

- Focus on Food Safety
  - Knowledge about food allergies
  - Knowledge about food borne diseases

- Create a School Health & Wellness Team
  - Monitoring quality of food served in schools
  - Involvement of parents, students & teachers

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