



NetProFaN
NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION

COMMITTED
TO SAFE FOOD
AND
HEALTHY DIETS
FOR ALL

THE MANIFESTO

7 June 2019







Preface

We, the members of NetProFaN, affiliated with our respective professional bodies: Indian Dietetic Association (IDA), Nutrition Society of India (NSI), Indian Medical Association (IMA), Association of Food Technologists and Scientists (AFSTI), Indian Federation of Culinary Associations (IFCA), and Association of Analytical Chemists, India Chapter (AoAC), have come together to promote safe and healthy diets for over 130-crore people in India.

Recognizing the urgent need to address India's triple burden of malnutrition (undernutrition & micronutrient deficiencies, non-communicable diseases and food-borne illnesses), a network of professionals of food and nutrition (NetProFaN) was co-created on 22nd March, 2019 in New Delhi. The overarching objective of NetProFaN is to not only fulfil the mandate of our respective professional bodies and enhance the professional capacity of our members but also leverage our collective strength to contribute to the national public health and nutrition programmes in a more effective manner.

This manifesto embodies the principles, objectives and activities we have jointly developed and affirms our commitment to promote health for all and help India achieve the Sustainable Development Goals (SDGs) envisioned by the United Nations. Our joint efforts, with support from the Food Safety and Standards Authority of India (FSSAI) and The World Bank, will enable us to realize this vision.

This document first explains the need for NetProFaN, highlights its key objectives and describes the six key thematic areas of action and aligns it with the SDGs. Further, it provides suggestions for activities that can be carried out by members individually or as part of a chapter of an organisation. Next, it lays down the institutional structure and funding model of NetProFaN. Finally, it outlines a reward and recognition framework to incentivise and motivate members.

Why NetProFaN?

Although India has undergone a positive transition of declining under-nutrition, still levels of stunting, wasting and underweight are alarming. The prevalence of micronutrient deficiencies, primarily anaemia, both among children and women is high. Further, the last two decades have seen the emergence of over-nutrition (overweight and obesity) and rise in the prevalence of non-communicable diseases like diabetes, heart disease, hypertension, etc. Food Safety is another area of concern, which needs appropriate attention to tackle the growing levels of food borne illnesses like diarrhoea. All these nutritional concerns are interlinked and requires strategies to sensitize and educate citizens on importance of safe food and good nutrition for healthy living.

As professionals in the field of nutrition and health, we are well-equipped to positively influence various key players in the food value chain. We, as professionals, are recognized as a credible source of evidence-based knowledge and influencers of policies and programmes. Our associations not only bring together a pool of experts in the areas of food safety, food science, nutrition, culinary and public health but are also connected to various communities of students through educational institutes, patients, consumers and general public. Further, the chapters of our associations are spread across the country and are already engaged in carrying out various activities around food safety and nutrition.

As a common platform for all professionals in the field of food and nutrition with a common goal to promote public health, NetProFaN gives us the opportunity to synergize our efforts to create a robust ecosystem of safe and healthy food in the country.





NetProFaN

NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION



Key Themes

India is plagued with the triple burden of malnutrition that includes food borne illnesses, undernutrition and micronutrient malnutrition, overnutrition and non-communicable diseases.

In order to reduce food-borne illnesses, it is essential to ensure safe food along the food value chain and combat food adulteration. In order to prevent and control non-communicable diseases, it is important to focus on healthy diets for adults and particularly infants during the first 1000 days of life. To combat micronutrient malnutrition, it is important to scale-up strategies such as food fortification in addition to dietary diversification and nutrient supplementation. Finally, to fight hunger and undernutrition, it is imperative to ensure that there is no food waste.

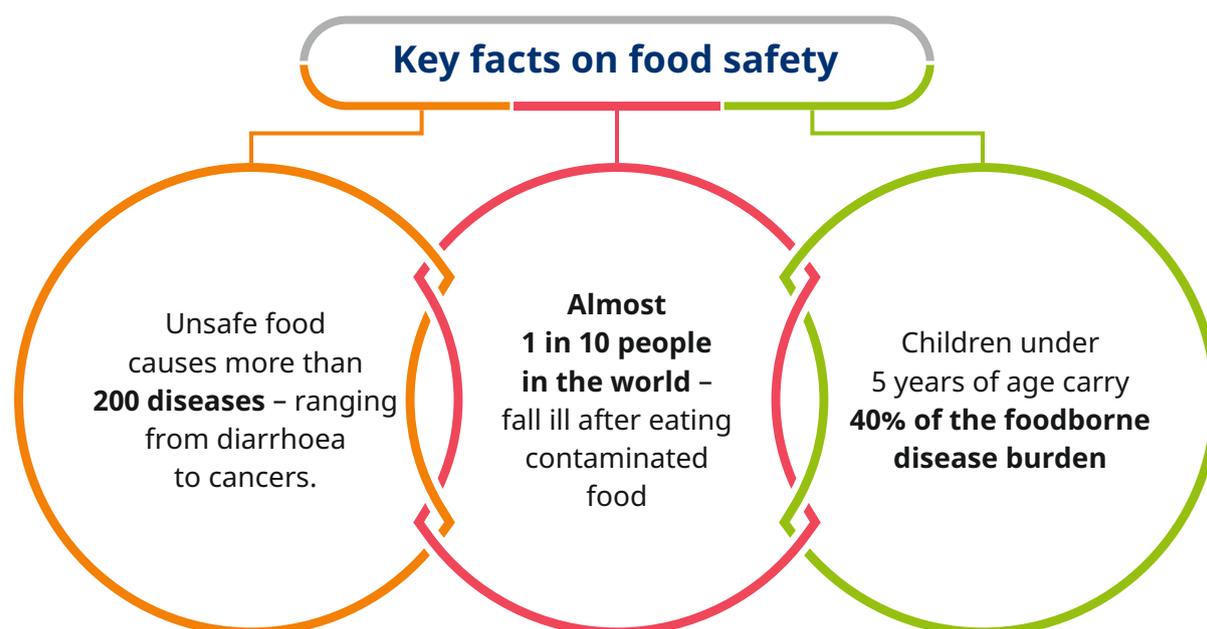


These themes are also aligned to the following Sustainable Development Goals(SDGs) defined by the United Nations:



Theme 1: Safe Food

Food safety is critical to prevent food-borne diseases, which not only put a huge burden on our healthcare systems but also incur economic costs & waste invaluable working man-hours thereby hampering the growth and development of the country. Therefore, it has been aptly said, "Food that is not safe, is not food." Unsafe food creates a vicious cycle of disease and malnutrition, particularly affecting infants, young children, elderly and the sick.



(Source: WHO)

Recognizing the importance of food safety in promoting good health, as a

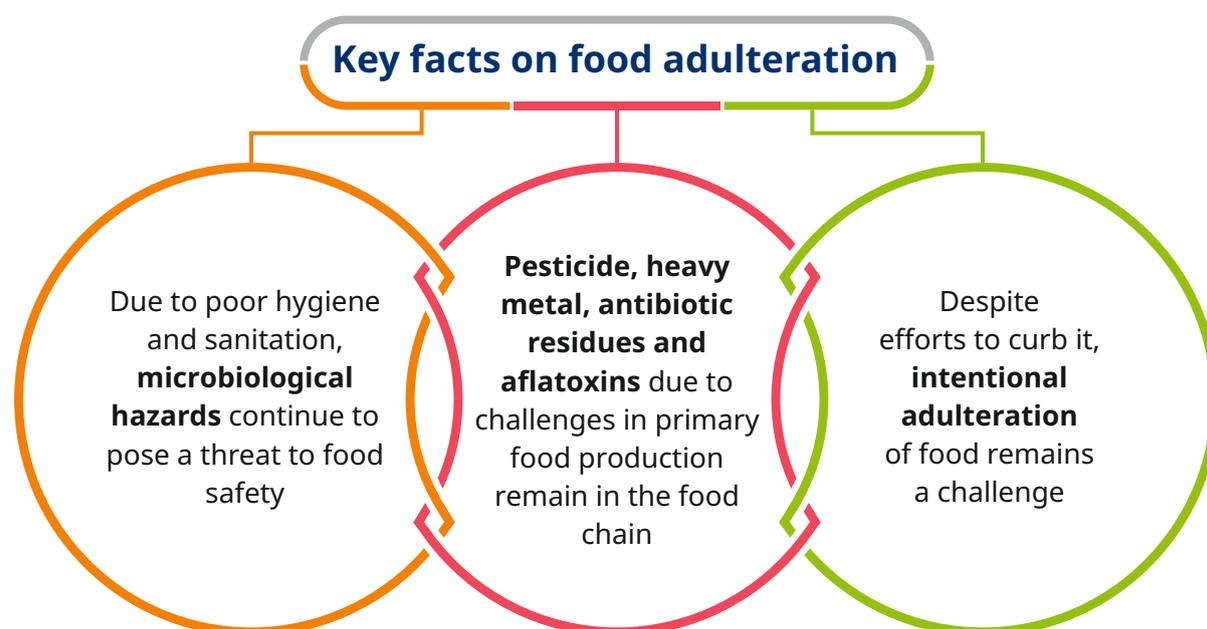
- ☑ **Doctor**, I will educate my patients, relatives, staff & colleagues about hygiene and food safety.
- ☑ **Nutritionist/Dietician**, I will stress on the importance of maintaining personal and surrounding hygiene to my clients & colleagues.
- ☑ **Food technologist**, I will advocate use of safe ingredients for the development of food products.
- ☑ **Food analyst**, I will disseminate information on tests for food safety and ways to prevent growth of pathogens that cause food-borne illnesses.
- ☑ **Researcher/Professor**, I will communicate simple tips on food safety to students and peers.
- ☑ **Chef**, I will adopt and showcase best practices on food safety in the kitchen.



These actions will help meet SDG-3 (Good Health and Well-Being) and SDG-6 (Clean Water and Sanitation).

Theme 2: Combat Food Adulteration

Combating food adulteration is the cornerstone of food safety. Adulteration reduces the quality and nature of the food either through addition of adulterants or removal of vital substances. Food adulterants can cause a range of health problems. India has a high number of food safety violations as per a global survey. Therefore, it is critical to combat food adulteration across the country to ensure safety of food and protect the health of the population.



Understanding the severity of the problem of food adulteration and need for urgent action, as a

- ☑ **Doctor**, I will educate my patients, relatives, staff & colleagues on the ill-effects of consuming adulterated food and direct them to resources to check these food adulterants at home.
- ☑ **Nutritionist/Dietician**, I will demonstrate ways of checking common food adulterants using resources developed by FSSAI and also create awareness regarding the ill effects of common adulterants.
- ☑ **Food technologist**, I will advocate testing of food products for adulteration.
- ☑ **Food analyst**, I will review and update the repository of tests to detect food adulterants, periodically.
- ☑ **Researcher/Professor**, I will supervise students to carry out analytical studies on safety of foods.
- ☑ **Chef**, I will ensure foods are tested for adulterants before use in the kitchen and propagate the same in the chef community.

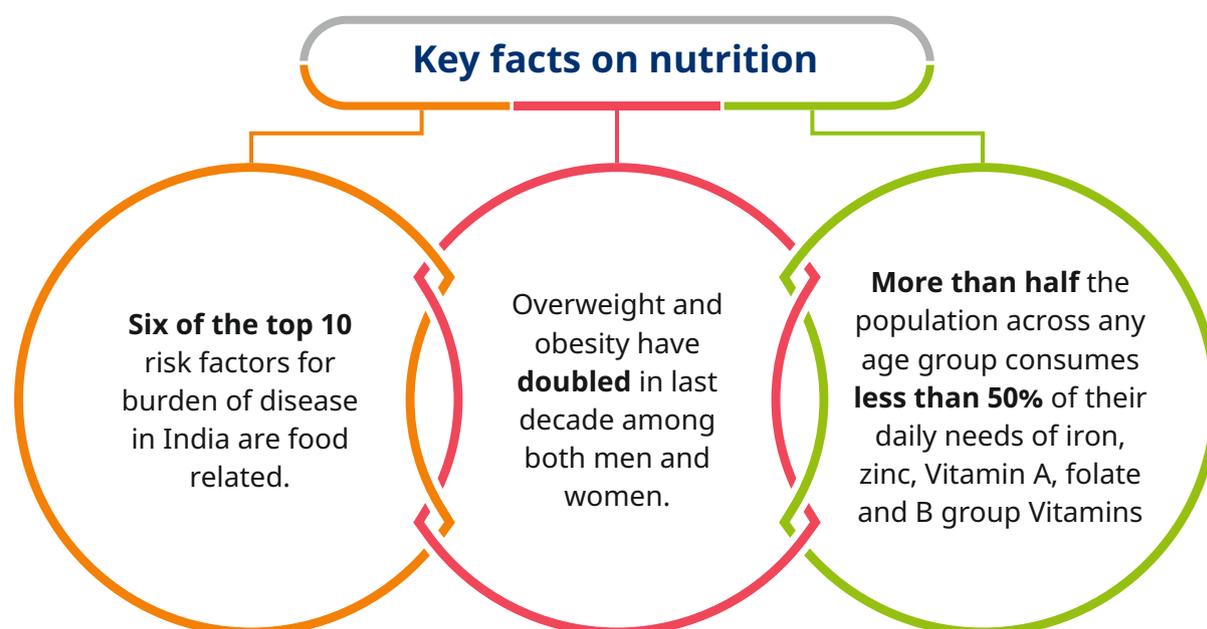


These actions will help meet SDG-3 (Good Health and Well-Being) and SDG-12 (Responsible Consumption and Production)

Theme 3: Healthy Diets

Malnutrition has remained the number one cause of death and disability in India over the past 15 years. The common denominator in all forms of malnutrition such as wasting, stunting, anemia, high blood pressure, obesity/overweight, diabetes other non-communicable diseases is imbalanced food consumption in terms of quantity and quality. A balanced diet is critical to combat malnutrition. Unfortunately, despite growing incomes, the quality of diets has largely remained poor at both the ends of spectrum of socioeconomic strata thus depriving the majority of people of essential nutrients. Moreover, changing lifestyles have resulted in the dilution of traditional Indian food culture rich with local, regional, seasonal and healthy foods.

A complete and balanced healthy diet consists of sufficient quantities of macronutrients such as carbohydrates, fats and proteins as well as micronutrients such as vitamins and minerals along with fibre and safe water. As per the Eat Lancet Commission, the Planetary Health Diet is a global reference diet for adults, which is symbolically represented by half a plate of fruits, vegetables and nuts. The other half consists of primarily whole grains, plant proteins (beans, lentils, pulses), unsaturated plant oils, modest amounts of meat and dairy, and some added sugars and starchy vegetables. This diet may be adapted as per individual preferences and cultural food traditions. Moreover, use of local, seasonal and fresh food ingredients will ensure maximum availability of nutrients.



Realizing the importance of promoting healthy diets to combat all forms of malnutrition, as a

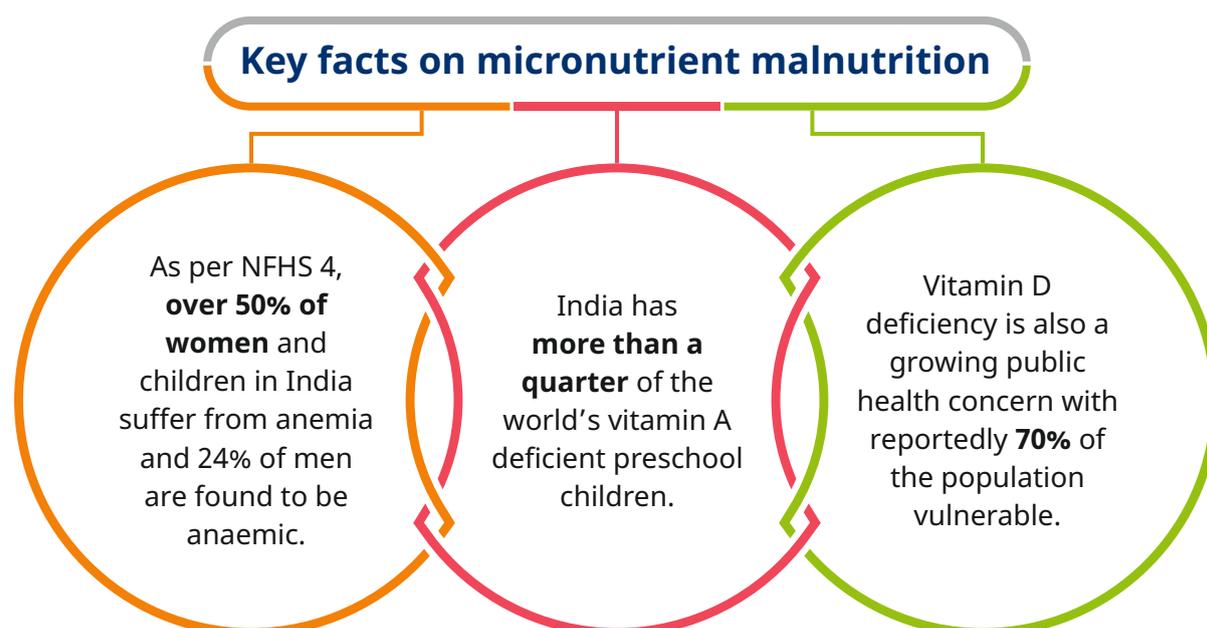
- ☑ **Doctor**, I will educate patients, relatives, staff & colleagues on the importance of reducing fat, salt and sugar in diet and eating a balanced diet for good health.
- ☑ **Nutritionist/Dietician**, I will educate people about healthy diets, encourage the adoption of healthy habits through behaviour change techniques and disseminate/create resources for the same.
- ☑ **Food technologist**, I will support development of healthy products low in fat, salt and sugar.
- ☑ **Food analyst**, I will help determine the accurate nutrient and calorific values for food products for public education.
- ☑ **Researcher/Professor**, I will encourage youth to engage in evidence based research especially focussing on local, seasonal and indigenous varieties, and cultural heritage to offer food-based solutions to tackle major public health concerns.
- ☑ **Chef**, I will create healthy recipes made from local, seasonal and choose varied ingredients for all regions. I will work with Nutritionists to develop options where nutrition and taste come together.



These actions will help meet SDG-2 (Zero Hunger), SDG-3 (Good Health and Well-Being) and SDG-12 (Responsible Consumption and Production).

Theme 4: Food Fortification

Food fortification is a simple, cost-effective, proven and scalable strategy to address widespread micronutrient malnutrition. FSSAI has notified standards of fortification for five staple foods namely, wheat flour, rice, salt, milk and edible oil. Wheat flour and rice are fortified with Vitamin B12, folic acid and iron. Edible oil and milk are fortified with Vitamin A and D. Salt is fortified with iodine and iron. Through the Food Fortification Resource Centre (FFRC), set up at FSSAI, in collaboration with various stakeholders, fortified staples are being mainstreamed in Government safety net programmes such as the ICDS, MDM and PDS and also made available in the open market through consistent follow up with producers of the staples. Additionally, consumer awareness campaigns have been launched to create demand for fortified food products.



Supporting the ongoing efforts to scale-up food fortification to fight micronutrient malnutrition, as a

- ☑ **Doctor**, I will educate my patients, relatives, staff & colleagues on importance of including fortified ingredients in the diet to reduce micronutrient deficiencies.
- ☑ **Nutritionist/Dietician**, I will encourage people to buy fortified food products available in the market.
- ☑ **Food technologist**, I will assist the food industry to maintain standards to adopt fortified foods and conduct trainings for FSOs.
- ☑ **Food analyst**, I will develop simple and easy methods to detect fortificants in fortified foods for masses.
- ☑ **Researcher/Professor**, I will develop better technologies to fortify food products. I will also conduct research to enrich the Indian data base with studies on the impact of consumption of fortified food along with natural sources to combat hidden hunger in vulnerable groups like young children, adolescent, pregnant and lactating mothers.
- ☑ **Chef**, I will use micronutrient rich natural foods and add fortified ingredients to maximize its benefits and advocate the same across the food industry.

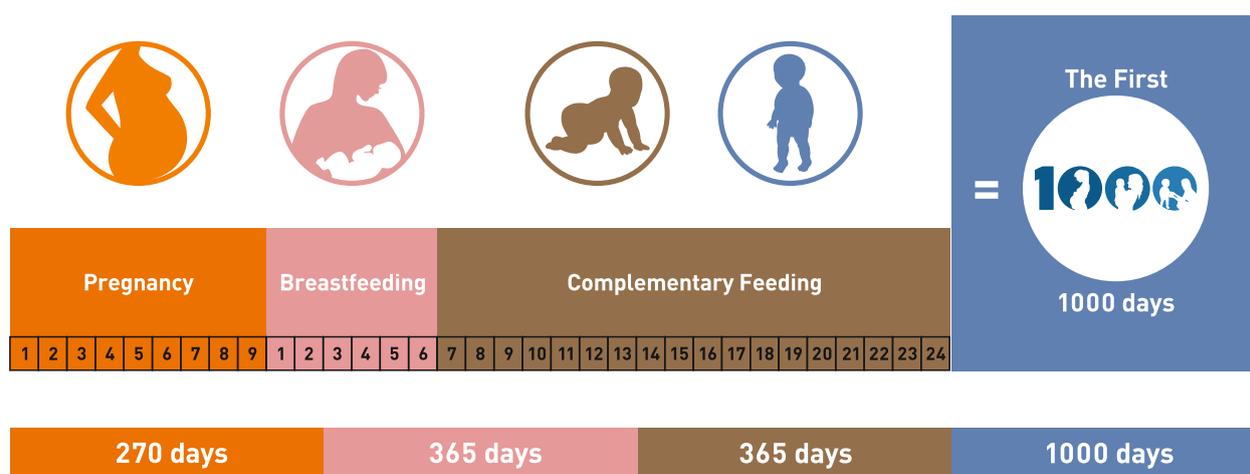
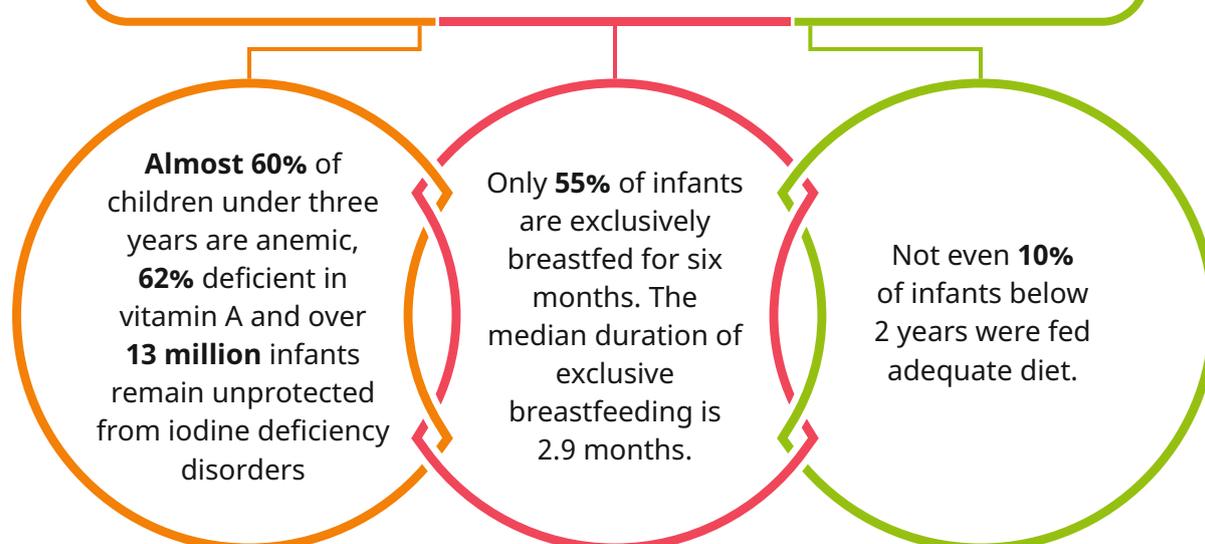


These actions will help meet SDG-2 (Zero Hunger) and SDG-3 (Good Health and Well-Being).

Theme 5: Nutrition During First 1000 Days

Taking a life-cycle approach to health and nutrition, it is important to note that nutritious food is most essential during the first 1000 days of an infant's life. This stage is the most critical in terms of growth and development of the body and brain as well as protection against diseases during these early, vulnerable days & later in life. Therefore, adequate nutrition for pregnant and lactating mothers as well as newborns and infants up to two years is essential. Infants breastfed exclusively for the first six months and then up to two years with complementary feeding, get the best start in life. Therefore, it is important to address hurdles because of certain age old practices and advice of acquaintances through mass education programs.

Key facts on nutrition during the first 1000 days of life



Recognizing the importance of nutrition during the first 1000 days of life and its relationship to better outcomes in nutritional status and metabolic health of the infants and children along with the ongoing efforts to scale-up food fortification to fight micronutrient malnutrition, as a

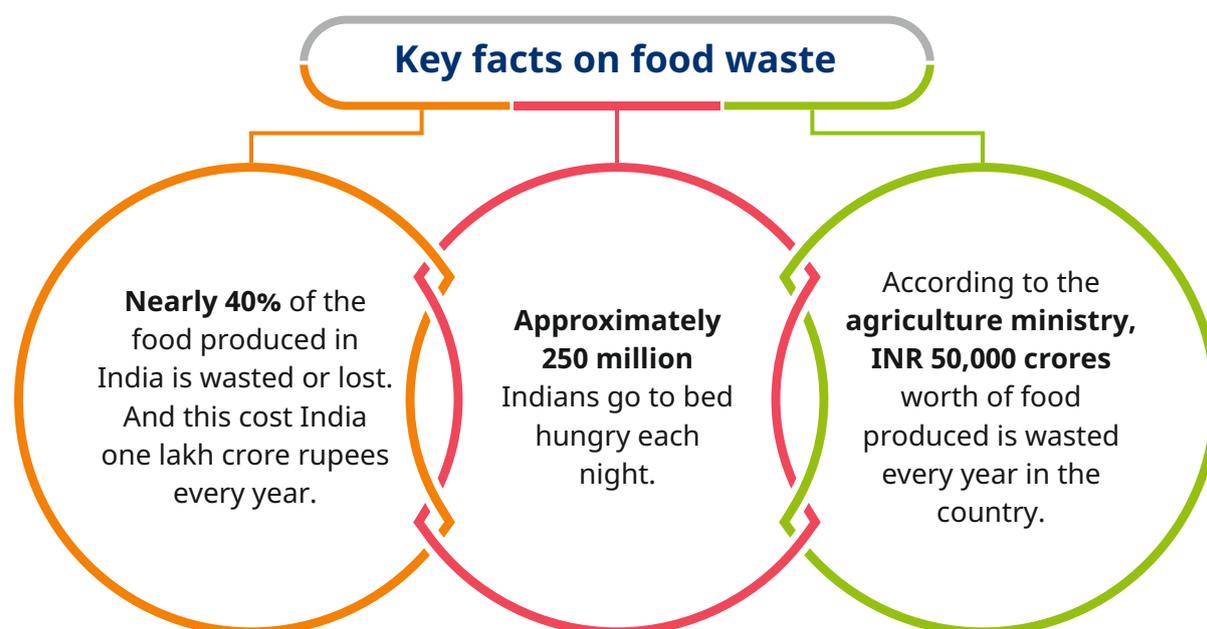
- ☑ **Doctor**, I will educate pregnant and lactating mothers on the importance of eating healthy and exclusive breastfeeding for 6 months followed by nutritionally balanced practices of complementary foods for infants upto 2 years.
- ☑ **Nutritionist/Dietician**, I will educate pregnant and lactating mothers to eat healthy foods and make balanced nutrition a priority and urge them to use nutritionally sound options from locally made complementary foods for infants. I will also encourage pregnant women and lactating mothers to reach out to professional help from Nutritionist/Dieticians.
- ☑ **Food technologist**, I will work as a team with nutritionists to train frontline health workers to disseminate healthy messages in the community
- ☑ **Food analyst**, I will develop methods to evaluate nutrition composition of locally available food and nutritious options which can be used by pregnant and lactating mothers.
- ☑ **Researcher/Professor**, I will encourage students to engage in Action Research to develop intervention models customized to the community needs, to understand the prevalence of nutrition related problems especially during pregnancy and lactation, underlying factors and find strategies which lead to favourable outcomes.
- ☑ **Chef**, I will create healthy recipes made from local, seasonal and varied ingredients for all regions for pregnant and lactating mothers. I will work with Nutritionists to develop options where Nutrition and taste come together.



These actions will help meet SDG-3 (Good Health and Well-Being).

Theme 6: No Food Waste

One in every nine individuals around the world today experiences hunger, despite the fact that enough food exists to feed every individual. Hunger kills more people than AIDS, malaria and tuberculosis combined globally. Therefore, it is important to not only reduce food waste by adopting sustainable mechanisms both at the manufacturing and household level but also share surplus food with those in need.



Realizing the importance of no food waste and sharing surplus food to meet to Zero Hunger SDG,, as a

- Doctor**, I will counsel my patients, relatives, staff & colleagues to reduce food waste at home and share surplus food with those in need.
- Nutritionist/Dietician**, I will educate people on behaviour change strategies to reduce food waste such as portion control, best buying, storing and cooking practices
- Food technologist**, I will advocate for and develop innovative ways of reducing food waste.
- Food analyst**, I will spread awareness among my professional community to reduce food waste.
- Researcher/Professor**, I will advocate for adopting ways to recycle food waste including setting up of compost pits at the institutions
- Chef**, I will ensure best practices in reducing food waste in restaurants and ensure sharing of surplus food with those in need.



These actions will help meet SDG-2(Zero Hunger) and SDG-12 (Responsible Consumption and Production).

Overall Activities

The six thematic areas capture the essential elements of our strategy to ensure people consume safe food and healthy diets. The following are the suggested activities that can be carried out at the individual and chapter level. Resources available for these activities are placed at Annexure

1. Points can be earned at both these levels. A matrix for the point-system is at Annexure
2. Members could also work with educational institutions in ways suggested in Annexure
3. Annexure 4 will help spread & imbibe key objectives of NetProFaN among experts.

Activities by Individuals

As a professional in the area of food and nutrition, I would contribute to and internalize the given messages on safe food and healthy diets in my own practice in every possible way. More specifically,

For students

- ⦿ Showcase educational videos at conferences, talks, events, college fests etc.
- ⦿ Seminars/webinars for students
- ⦿ Demonstration of tests of food adulterants in schools and colleges
- ⦿ Demonstration of healthy recipes
- ⦿ Counselling sessions in schools and colleges

For general public

- ⦿ Social Media Posts and Shares (Facebook, Twitter, Instagram, LinkedIn & Whatsapp)
- ⦿ Conduct a segment on Radio and TV to disseminate messages on any of the six key themes
- ⦿ Educational articles in newspapers/magazines on messages on any of the six key themes
- ⦿ Expert Speak on Eat Right India website
- ⦿ Demonstration of tests of food adulterants in community events
- ⦿ Demonstration of healthy recipes
- ⦿ Public lectures on health and wellness

For professionals and peers

- ⦿ Talks, videos, messages, posters, flyers etc. at professional conferences
- ⦿ Counselling sessions at workplaces
- ⦿ Seminars/webinars/workshops on health and wellness

Activities by the Chapter

As a chapter, we commit to disseminate the given messages on safe food and healthy diets. More specifically,

For students

- ⦿ Quiz Competitions
- ⦿ Mascot Activation in schools and colleges
- ⦿ Create Health and Wellness Coordinators in schools and colleges
- ⦿ Study visits to food labs, FSSAI experience zone, industry
- ⦿ Curriculum design for Nutrition Literacy workshops for schools and colleges

For general public

- ⦿ Street theatre/skit
- ⦿ Mascot activation
- ⦿ Flashmob in public places
- ⦿ Panel discussions
- ⦿ Observe and celebrate significant days-e..g World Health Day
- ⦿ Create Eat Right Champions
- ⦿ Create Health and Wellness Coordinators in residential areas

For professionals and peers

- ⦿ Posts on professional websites to sensitize peers
- ⦿ Panel discussions
- ⦿ Observe and celebrate significant days-e..g World Health Day
- ⦿ Training programmes for –frontline health workers, community social workers, industry partners, professionals in food and allied fields through FoSTaC.
- ⦿ Create Health and Wellness Coordinators at workplaces
- ⦿ Curriculum design workshops for professionals
- ⦿ Media workshops
- ⦿ Faculty development workshops

Institutional Structure

National Level

1. Housed under the leadership of FSSAI
2. Steering committee: CEO, FSSAI as chairman; National president + 1 office bearer from six partner associations as members; 2-3 independent experts.
3. The members select a convenor and co-convenor.

State/City level

1. Steering committee: State Food Safety Officer; state president + 1 Office bearer from six partner associations as members; 2-3 independent experts
2. Members chose a convenor and co-convenor at the state level.
3. These then select chapter convenors and co-convenors at city level

NetProFaN's steering committees at national and state level _____

National Level Steering Committee

1. The national level steering committee shall advise on the following:
 - a. Formulation and advising on operating guidelines at state chapters level;
 - b. Key issues in food and nutrition which require awareness generation; and
 - c. Validate or develop key messages for communication around food and nutrition priorities.
2. Facilitate inter-disciplinary awareness and engagement activities at the state level.
3. Oversee and monitor the activities undertaken by the state chapter
4. Meet regularly at the invitation of the Chairperson.

State Level Steering Committee

1. Based on CACs advise, take up awareness generation and engagement activities at the state level.
2. Engage with various stakeholders at the state level to amplify the reach of communication activities like higher technical and other educational institutions, industry, NGOs and others.
3. Using existing resources, train the body of professionals in food and nutrition.
4. Extend technical expertise to train cadres of government programs.
5. Oversee and monitor the activities undertaken by the city chapters
6. Meet regularly at the invitation of the SAC chairperson.
7. Report regularly on the activities undertaken at the state level.

Funding _____

Various Government programmes, funding agencies and corporates are already aligned to our objectives through their initiatives and CSR programmes. This provides us several opportunities for convergence.

NetProFaN is primarily driven by passion to make a difference in society by improving public health. However, we could reach out to them for funding opportunities to jointly achieve our common objectives.

We will ensure that the funds are utilized optimally and provide them value for money for a worthy cause. Thus, we are committed to carrying out our activities at minimal cost and maximum efficiency.

Rewards and Recognition

We're committed to involve more professionals in NetProFaN and encourage them to get engaged more deeply in fulfilling its mandate. For this we have created a mechanism for rewards and recognition to incentivise the participation of members. Since members value recognition from their peers, a matrix for earning points has been created. Further, on the basis of points earned, members would be awarded silver and gold lapel pins for individual achievements and the chapter would be awarded a trophy.



The following matrix has been developed to earn points based on each activity by an individual or as a chapter.

If the activity has been done by an individual, points will be awarded on individual basis.

If the activity has been done by more than one individual, points will be awarded to the chapter.

Record of points earned by a Chapter or an individual would be regularly updated and shared in real time on Google Drive (View only) and/or website. This will ensure a healthy competition between Chapters, Individuals and motivate members to contribute more & more.

The record would be available at the following links:

<https://docs.google.com/spreadsheets/d/1nGrYNZVo2CYHg5-H8A2o0i20LixVIoS3293wnU0V37g/edit?usp=sharing>

<https://docs.google.com/spreadsheets/d/1w4nIImotW1Al2CCXQNuvYVgytjeJWWB-rdFTzyHQC4/edit?usp=sharing>

Annexure 1: Resources

There is a rich repository of resources co-created with FSSAI and our professional associations that would enable us to carry out activities as per the six key themes. We commit to continually updating, vetting, translating and adding to the following list:

The Eat Right India website

A repository of information, tips, strategies, recipes, tools and toolkits, publications, quizzes and activities, expert-talks, news updates, videos, AI-powered chatbot and much more.

Visit: <http://eatrightindia.gov.in/EatRightIndia/index>



Books

1

The Yellow Books: Activity books for school-children at primary and secondary levels educating them on the basics of food safety, hygiene and nutrition.



2

The Pink Book: A simple and practical guide for Indian home kitchens to ensure safe and nutritious food.



3

The Orange Book: A guide to creating an ecosystem of safe and healthy eating in workplaces.



4

The DART Book: A manual with 40+ tests to detect common food adulterants at home.



To download, visit: <https://fssai.gov.in/home/capacity-building/FSSAI-Books.html>

Mascots

Master and Miss Sehat have been created as mascots to promote health among both children and adults. These Mascots have traveled across the country to raise awareness in community engagement 'activations'.

Contact: Megha Johnson at megha@egcworld.in



Multimedia

1

Aaj Se Thoda Kam: A TVC to nudge people to reduce the consumption of salt, sugar and fat featuring Rajkumar Rao.



2

+F Dekha Kya?: A TVC to nudge citizens to eat fortified foods starring Sakshi Tanwar.



3

Films on Eat Right India initiatives: Various films showcasing specific initiatives such as Project Clean Street Food Hub, Trans-fat, Repurpose Used Cooking Oil (RUCO), Food Safety on Wheels (FSW) etc.



4

Videos on Outreach Events: Videos related to various outreach events such as Swasth Bharat Yatra, Eat Right Mela, community engagement activities etc., like Mascot Activations.



5

Eat Right Anthem: A peppy song in Hindi with messages on the six key themes.



6

Radio Jingles: Radio spots/jingles on various topics such as food fortification, food safety etc.



To view, visit: <https://www.youtube.com/user/FoodsafetyinIndia>

Annexure 2: Matrix for Earning Points

	Activities	Points	Evidence
A. Content Creation			
A1	Develop new resource material such as books, videos, posters etc.	Book: 50 points Video: 25 points Poster/Flyer/Brochure:10 points	Submission of resource material
A2	Update, translate and vet FSSAI resources	Book: 25 points Video: 10 points Poster/Flyer/Brochure:5 points	Submission of resource material
A3	Development/compilation of healthy recipes along with provision of nutrition information	10 points per recipe	Submission of recipe
A4	Contribute scientific articles for mass dissemination	10 points per article	Publication of article
A5	Create games/activities for website and outreach events	10 points for each activity/game	Share the activity or game developed (pictures and description)
B. Training and Capacity Building			
B1	Organise and facilitate training programs for frontline health workers	25 points - 150 participants 15 points - 100 participants 5 points - 50 participants	Pictures of the event with description
B2	Create Eat Right champions, health and wellness coordinators at schools, universities, workplaces	25 points - 150 champions 15 points - 100 champions 5 points - 50 champions	List of champions with contact details
B3	Arrange study visits for students to food labs, industries, FSSAI experience zone	25 points - 150 students 15 points - 100 students 5 points - 50 students	Pictures of the event with description
B4	Curriculum workshop	50 points per workshop (minimum 30 participants) 25 points per workshop (minimum 15 participants)	Pictures of the event with description

	Activities	Points	Evidence
B5	Media workshop	50 points per workshop (minimum 30 participants) 25 points per workshop (minimum 15 participants)	Pictures of the event with description
B6	Faculty development workshop for faculty, practicing professionals	50 points per workshop (minimum 30 participants) 25 points per workshop (minimum 10 participants)	Pictures of the event with description
B7	FoSTaC Training	25 points per training (minimum 20 participants)	Pictures of the event with description
C. Mass Dissemination			
C1	Printing & Distribution of resource books, guidance notes, flyers etc.	10 points for every 50 copies distributed	Pictures and report
C2	Printing & Display of posters in colleges, schools, public places	5 points for each new poster	Share pictures of the display
C3	Showcase videos at conferences, talks, events, college fests etc.	5 points for each video played	Picture of video being played
C4	Segment on Radio and TV	50 points per segment	Clip of recording
C5	Social Media (Facebook, Twitter, Instagram, LinkedIn & Whatsapp) Must Do- #EatRightIndia Tag FSSAI handles Share/Retweet/Repost	5 points for more than 5 posts a month (material from FSSAI website, video, word-post, creative) 5 points for a live chat/Facebook Live or live chats, streaming	Tag FSSAI and post screenshot
C6	Website posts	5 points per website feature	Snapshot of website with date
D. Outreach Activities			
D1	Demonstrations - Test of food adulterants Food Safety of on Wheels DART Book Food Safety Magic Box	10 points per demo	Pictures of the demo

	Activities	Points	Evidence
D2	Demonstration of healthy recipes	10 points per demo	Pictures of the demos
D3	Street Theatre / Skit	Over 50 audience- 15 points Over 30 audience- 10 points	Pictures/ video
D4	Flash Mob	25 points for each set of 15 participants	Pictures/ video
D5	Mascot Activation	5 points for coordinating each activation	Pictures/ video
D6	Counselling sessions or Q&A sessions at schools, colleges, workplaces and other institutions	10 points per session	Pictures of event
D7	Panel Discussions for the public	50 points per discussion (Over 50 audience members) 25 points per discussion (Over 20 audience member)	Pictures/videos
D8	Public Lectures on Health and Wellness in schools, colleges, workplace, hospitals and public auditoria and gatherings	Over 150 audience- 25 points Over 100 audience- 15 points Over 50 audience - 5 points	Picture/video
D9	Quiz Competition	Over 150 audience - 25 points 100 audience - 15 points 50 audience - 5 points	Pictures of the event with description and upload on social media
D10	Students Seminars	Over 150 audience - 25 points Over 100 audience - 15 points Over 50 audience - 5 points	Pictures of the event with description and upload on social media
D11	Webinars	Over 500 audience - 25 points Over 250 audience - 15 points Over 100 audience - 5 points	Pictures of the event with description and upload on social media
D12	Observe/Celebrate significant days. Eg: World Diabetes day, World Food Day, International Food Safety Day at community level	10 points for each day celebrated/observed	Pictures of the activity with description and upload on social media

Annexure 3: Integration with Higher Education Institutes (HEIs)

The NetProFaN members could leverage their presence at Higher Education Institutes (HEIs) through the following framework, which follows a **four-pronged** approach:

1. Mainstreaming Content with the curriculum of Higher Education Institutes

- a) **Food Safety Training and Certification Program (FoSTaC):** Members could advocate inclusion of FoSTaC modules in the main curriculum of HEIs, offer separate certification courses, and operate as a training partner. Hence, provide an opportunity for students to qualify as certified Food Safety Supervisors (FSSs), and faculty members as certified Master Trainers/National Level Resource Person (NLRP).
- b) **Academic Curriculum for Food Safety:** Members could help introduce the aspect of practical immersion of food safety in the existing course curriculum of the HEIs to help align the student's skills with the requirements of the industry and thus make them more employable.
- c) **Faculty Development Program (FDP) (Duration - 12 days):** The members could extend support for capacity building, and organise training programs. This would help the faculty members to stay updated with the emerging issues in food safety and enable them to deliver the requisite knowledge to the students as well.
- d) **SNF@Home and Workplace:** Members could help may adopt and implement Safe and Nutritious Food Programme @ Home, @Workplace launched by FSSAI and mobilise students to participate in such programs.

2. Practical Learning

- a) **Internship Scheme (6-8 weeks):** Encourage bachelors/postgraduate degree/diploma students to apply for an internship at FSSAI.
- b) **Dissertation Scheme (3-6 months):** Encourage full-time PhD Programme/Masters Programme in the Department of Food Science students to utilise the necessary technical support and resources provided by FSSAI to conduct research.
- c) **Fellowship in Food Analysis (FIFA):** FSSAI has initiated a paid fellowship programme for three years after which fellows can undertake the Food Analyst Examination (FAE). Members could help shortlist students applying to the fellowship and mentor them for exam preparation.

3. Interactive Learning

- a) **SNF Fellowship:** Encourage students to sign up for the SNF Fellowship designed by FSSAI and help implement the SNF@School
- b) **Food Innovators Networks (FINE):** Members could encourage entrepreneurial ideas amongst students in food related areas as part of FINE launched by FSSAI.

4. Merit Scholarship

Members could help evaluate and shortlist students for a scholarship grant, designed by FSSAI to facilitate education for needy and meritorious.

Annexure 4: Pledge For Members of Partners of NetProFaN

Pledge is simple & effective way of imbibing key objectives of NetProFaN in members of six partners of NetProFaN. It boosts up energy in members and sets tone of association to achieve the objectives and gives direction to the activities of association. Each of partner association Secretary reads respective pledge at the start of every meeting / program / activity and members repeat, in chorus, after him.

1. Pledge For IMA Members

I, the member of Indian Medical Association,

will educate and counsel my patients, accompanying relatives, my staff & colleagues....

- on hygiene and food safety;
- on ill-effects of consuming adulterated food and direct them to resources to check these food adulterants at home;
- on the importance of reducing fat, salt and sugar in diet and eating a balanced diet for good health;
- on the importance of including fortified ingredients in the diet to reduce micronutrient deficiencies;
- on the importance of eating healthy food and breastfeeding infants upto 2 years; and
- on reducing food waste at home and share surplus food with those in need

2. Pledge For IDA / NSI Members

I, the member of Indian Dietetic Association / Nutrition Society of India, will...

- stress on the importance of maintaining personal and surrounding hygiene to my clients & colleagues;
- demonstrate ways of checking common food adulterants using resources developed by FSSAI;
- educate people about healthy diets, encourage the adoption of healthy habits through behaviour change techniques and disseminate/create resources for the same;
- encourage people to buy fortified food products available in the market;
- educate pregnant and lactating mothers regarding healthy foods and locally made complementary food for infants; and
- educate people on behaviour change strategies to reduce food waste such as portion control, best buying, storing and cooking practices.

3. Pledge For AFST(I) Members

I, the member of Association of Food Technologists and Scientists, will...

- advocate use of safe ingredients for the development of food products;
- advocate testing of food products for adulteration;
- support the development of healthy products low in fat, salt and sugar;
- assist the food industry to adopt fortified foods and conduct trainings for FSOs;
- help train frontline health workers to disseminate health messages in the community; and
- advocate for and develop innovative ways of reducing food waste.

4. Pledge For AoAC Members

I, the member of Association of Analytical Chemists, India Chapter, will...

- disseminate information on tests for food safety and ways to prevent the growth of pathogens that cause food-borne illnesses;
- review and update the repository of tests to detect food adulterants, periodically;
- help determine the accurate nutrient and calorific values for food products for public education;
- develop simple and easy methods to detect fortificants in fortified foods for the masses;
- develop methods to evaluate nutrition composition for pregnant and lactating mothers; and
- spread awareness among my professional community to reduce food waste.

5. Pledge For Researchers / Professors

I, as a Researcher / Professor, will...

- communicate simple tips on food safety to students and peers;
- supervise students to carry out analytical studies on food safety;
- encourage youth to accord nutrition a priority in their research work especially focussing on local, seasonal and indigenous varieties;
- develop better technologies to fortify food products;
- encourage the students & peers to devote time in the community to understand the prevalence of nutrition related problems especially during pregnancy and lactation and underlying factors; and
- advocate for adopting ways to recycle food waste including setting up of compost pits at the institutions.

6. Pledge For IFCA Members

I, the member of Indian Federation of Culinary Associations, will...

- adopt and showcase best practices on food safety in the kitchen;
- ensure foods are tested for adulterants before use in the kitchen and propagate the same in the chef community;
- create healthy recipes made from local, seasonal and varied ingredients for all regions;
- use fortified ingredients and advocate for the same across the food industry;
- develop and disseminate healthy recipes for pregnant women and lactating mothers; and
- ensure best practices in reducing food waste in restaurants and ensure the sharing of surplus food with those in need.




FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

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