



Press Release

After school and home, FSSAI bats for safe and nutritious food at the workplace

New Delhi, Tues 15, 2018: With the alarming increase in obesity and NCDs (Non-Communicable Diseases) like diabetes and hypertension, preventive healthcare is the need of the hour. Our food habits are the key to health and wellness, and FSSAI's SNF@Workplace (safe and nutritious food at workplace) initiative launched today is an important milestone in this direction.

"SNF@Workplace" is a nation-wide campaign to help people eat safe and eat right while at work. Since the majority of our workforce consumes at least one meal during working hours, behavioural change at the workplace is critical. The resource book for this initiative, '*The Orange Book: Your Guide to Safe and Nutritious Food at the Workplace*' was launched on the occasion. This book highlights the role to be played by key stakeholders such as the administration, canteen establishment and the employees in ensuring safe and nutritious food in the workplace. To create a self-propelling and sustainable ecosystem, a systematic framework of FSSAI-trained Resource Persons, Health & Wellness Coordinators and Food Safety Supervisors for every workplace has been enabled. FSSAI has also launched an online portal (www.snfportal.in/workplace), where interested workplaces can join the movement and access resources, information and links to become a health promoting workplace.

The journey towards "SNF" movement was started with a bouquet of initiatives to inculcate safe and wholesome food habits in every walk of life. The successful launch of SNF@Home took place with the 'Pink Book,' a must-have guide for every home kitchen. The SNF@School initiative was launched with the "Yellow Books" for schools. Under BHOG (Blissful Hygienic Offering to God), places of worship are trained to ensure food safety and hygiene standards are maintained in preparing their offerings and food.

The rich content available in these resource books is carefully developed and based on scientific evidence. The 'Pink Book' has already gone viral on social media, and thousands of copies have been printed and disseminated widely as a part of CSR activities across the country. National Level Resource Persons have been trained who are reaching out to lakhs of households through nutrition clubs and direct sellers associations in a cascading model. Similarly, the SNF@School programme has impacted 2,00,000 children with a coverage of over 2,000 schools across the country. To carry the message of healthy and safe eating, life-size mascots Master and Miss Sehat have been conceptualized. These Health Mascots have already covered more than 8 cities, with over 400 activations touching 10,00,000 people directly or indirectly.

Now with SNF@Workplace initiative, FSSAI aims at recognizing and rewarding health-promoting workplaces. A process would be developed to rate and certify the workplaces on the basis of a 15-point matrix. The evaluation would promote a holistic approach, going beyond the canteen/cafeteria, to look at the systematic efforts at promoting a healthy ecosystem at the workplace. *The evaluation criteria would therefore include canteen/cafeteria practices, and also the system in place to promote health and wellness. The matrix would cover regulatory and voluntary initiatives e.g. ensuring licensed vendors for the kitchen/canteen/caterer, personal hygiene of food handlers and safe food practices as per FSMS guidelines, display of Food Safety Display Boards in kitchens/canteens and having a trained and certified Food Safety Supervisor.*



To promote employee awareness, some of the measure include an FSSAI trained Health and Wellness Coordinator, educating employees through resources such as The Orange Book, providing healthy food options, using fortified foods for cooking, promoting general health and wellbeing etc.

Empanelled audit agencies/auditors, in accordance with Food Safety and Standards (Food Safety Auditing) Regulation, 2017, will be assigned to evaluate interested workplaces. These auditing agencies will work closely with workplaces to assist them in adopting these key best practices of the Health & Wellness Matrix before the final auditing process. Reviewed workplaces will be given ratings with 3, 4 and 5 stars that rate the quality of food & canteens, as well as the activities focused around employee's health and wellness.

Dr. Vinod Paul, Member NITI Aayog, Chief Guest, applauded the consistent efforts of FSSAI in the direction of ensuring safe and wholesome food to 130 crore Indian citizens. He highlighted that a safe, hygienic and healthy diet is not only the key to preventive healthcare but also improves employee productivity. The rating mechanism would not only assess the nutritional environment of the workplaces but would also provide a ready list of great places to work who are mindful to their employee productivity and health, which should be the fundamental part of any corporate wellness initiative. SNF@Workplace initiative is a powerful mechanism for every workplace to take this forward. "We will begin by licensing and registering government canteens as well as canteens under Government hospitals and set a milestone further with support of State Governments" said Dr. Paul in his concluding remarks at the launch event.

Dr. V. K. Singh, Joint Secretary, DOPT, congratulated FSSAI for such a noble beginning that touches the lives of people directly. He emphasized that workplaces need to be more cognizant of employees' health and wellbeing. Inculcating small tips and practices from Orange Book should be on the agenda of all workplaces, including the Government.

The medical and nutrition community was well represented with Dr. Sesikeran, President of Nutrition Society of India; Dr. Ambrish Mithal, Medanta; Dr. Sreejith N Kumar from All India Medical Association and Dr. Ishi Khosla, Nutritionist. They applauded the efforts of FSSAI and emphasized the need to control NCDs through healthy eating practices by introducing a National Policy focused on Food and Nutrition in consultation with NITI Aayog.

For media queries, please contact:

Ruchika Sharma

Food Safety and Standards Authority of India

E: sharmaruchika.21@gmail.com