



# Eating Safe

Eating safe involves hygienic and sanitary practices in general and in relation to food. Key messages include

## Personal and surrounding hygiene:

Following practices that maintain personal and surrounding hygiene are essential to prevent food and water borne illnesses as germs and contaminants often carry pathogens that spread these diseases. This includes hand washing, keeping clean, proper garbage disposal and pest control.

## Safe food practices:

Habits and behaviours that ensure safety of food help prevent food borne diseases. These include keeping food clean, storing food at the right temperature, cooking food thoroughly and so on.

## Combating food adulteration:

Unwanted elements in food make food adulterated and thus unfit for consumption. Detecting adulterants in food and taking appropriate action is thus imperative in ensuring safety of food.

## Repurposing of Used Cooking Oil (RUCO):

Cooking oil should ideally be used for frying only once otherwise harmful particles may be formed that are hazardous to health. This oil can, instead, be repurposed and used as biodiesel.



## Convergence with



Swachh Bharat Abhiyan or Swachh Bharat Mission is a nation-wide campaign in India for the period 2014 to 2019 that aims to clean up the streets, roads and infrastructure of India's cities, smaller towns, and rural areas with a focus on basic, sustainable hygiene and sanitation as well as eliminating open defecation. Practices to maintain personal and surrounding hygiene and sanitation as well as food safety, including food adulteration are all an extension of Swachh Bharat mission. Thus it is directly integrated into the Swachh Bharat mission, with a special focus on food safety.

