

The Eat Right Movement: New tool kit to promote safe, healthy food developed

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E-Paper

Many a times, we eat to please our taste buds, but it is important to eat the right and safe food. Healthy eating is the basis for a well functioning body. Not only this, eating healthy can make you look and feel better. Seeking to promote safe and healthy food, Food Safety and Standards Authority of India will provide a training tool kit to health workers at the proposed 1.5 lakh wellness centres under the Ayushman Bharat Scheme.



"The Food Safety and Standards Authority of India (FSSAI) will tomorrow (July 10) launch a national campaign—The Eat Right Movement—with health and wellness centres to integrate its existing initiatives ‘Safe and Nutritious Food’ (SNF) at schools, home and workplace as well as food

fortification," its CEO Pawan Kumar Agarwal said.

What is The Eat Right Movement?

The Eat Right Movement is an initiative launched by FSSAI to empower the citizens by improving their health and wellbeing. The Eat Right Movement is a collective effort, to encourage people towards making right food and dietary choices, built on two broad pillars - “Eat Healthy and “Eat Safe”. While Eat Healthy is about making healthy food choices, Eat Safe is about ensuring food safety, from procurement to consumption and disposal of food.

What is the Eat Right tool kit?

The Eat Right tool kit would serve as a supplementary engagement resource to be mainstreamed in the national nutrition and public health programmes. Including components on eating safe such as maintaining hygiene and sanitation and food adulteration, the kit has simple message on eating healthy food and avoiding food with high fat, sugar and salt.

What is Safe and Nutritious Food at Workplace?

The Safe and Nutritious Food at Workplace or SNF@Workplace is a nation-wide campaign to help people eat safe, eat healthy and eat right at their workplaces. This initiative promotes safe and healthy diets through its resource book *The Orange Book* and through FSSAI-trained Food Safety Supervisors (FSS) and Health and Wellness Coordinators (HWC) at every workplace across the country. The government, under the Ayushman Bharat Scheme, aims to open 1.5 lakh health and wellness centre by 2022, which would be equipped to treat host of diseases, including blood pressure, diabetes, cancer and old-age illness.