

Second essay of FSSAI's National Eat Right Mela to begin on December 26

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FSSAI will host the second edition of the National Eat Right Mela, along with the 11th National Street Food Festival, organised by the National Association of Street Vendors of India (NASVI) at the Jawaharlal Nehru Stadium here between December 26 and 29, 2019. It will kick off at noon and conclude at 10pm.

Minister of Health and Family Welfare, Dr Harsh Vardhan will inaugurate the Mela, and will address representatives from states during a workshop being organised to engage them with the Eat Right India movement in order to scale the movement at the state level.

He will also launch the Network for Scientific Co-operation for Food Safety and Applied Nutrition (NetSCoFAN), a network of research and academic institutions working in the area of food and nutrition.

This network would comprise eight groups of institutions working in different areas. These are Biological Group (BIG); Chemical Group (CHG); Nutrition and Claims Group (NLG); Foods of Animal Origin Group (FAG); Food of Plant Origin Group (FPG); Water and Beverages Group (WBG); Food Testing Group, and Safer and Sustainable Packaging Group (SPG).

Speaking to the media, Pawan Kumar Agarwal, chief executive officer, FSSAI, told that each group will be led by a lead institution and selected partner institution(s) and would be responsible for carrying out the activities, i.e., conducting horizon-scanning of information/data on existing and emerging food safety risks and issues in the respective areas; conducting surveys, research work and other related activities; sharing of testing facilities and instrumentation, testing protocols, and so on.

Dr Vardhan will also launch The Purple Book, a handbook on diets for diseases. The book provides general guidelines for hospitals to on suitable diets for common medical conditions such as diabetes, hypertension, cancer, gut disorders, and so on in a simple format, and has been developed and vetted by experts in the field of food and nutrition. This book will be available for free download on the portal of the country's apex food regulator.

FSSAI, in a statement, said that this five-day Mela will provide a complete food experience to families. It is an opportunity to learn everything one needs to know about

safe food and healthy diets, relish delicious street food, watch live cooking demonstrations by renowned chefs, participate in food quizzes with nutritionists and enjoy cultural performances and street theatre.

This Mela would enable citizens to engage in dialogue and conversations with food visionaries and experts, such as celebrity chefs Ranveer Brar and Sanjeev Kapoor, well-known journalist and food critic Vir Sanghvi, Dr Shikha Sharma, Dr Ishi Khosla and many other influential food personalities.

Agarwal told, "Through this mela, we want to give a unique and distinct identify to our local and street food, but at the same time, we are also offering a platform to the packaged food industry to showcase innovation in terms of newer areas like reformulation of food products, healthier food variants as well as sustainable and enhanced packaging solutions."

Other interesting pavilion to be showcased during the Mela is the Food Safety Pavilion, primarily focussing on FSAN (Food Safety and Applied Nutrition). This will focus on demonstration of rapid food testing kits/devices with participation from various government institutions/laboratories categorised into four themes, viz., milk and milk products, salt and oils, meat and fish products and cereals, pulses, fruits and vegetables and beverages.