



‘EAT RIGHT CHALLENGE’ INITIATIVE OF FSSAI INAUGURATED BY DR. MK SHARMA



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Gangtok, 1st February (IPR): Eat Right Challenge, Gangtok, an initiative of Food Safety and Standards Authority of India, was inaugurated by Hon’ble Health Minister Dr. M.K.Sharma at M.G.Marg, today.

The programme with the tagline “inspiring trust, assuring safe & Nutritious Food” was organized by FSSAI in collaboration with Ministry of Health & Family Welfare Government of India FSSAI Cell, Health & Family Welfare Department Government of Sikkim.

The ‘Eat Right India’ movement initiated by FSSAI under the aegis of Ministry of Health & Family Welfare has been creating awareness amongst the people about safe, healthy and sustainable dietary habits. To achieve this end and to convert the program into a people’s movement, FSSAI recently announced the Eat Right Challenge, an annual competition for 197 Districts and Cities. Further, it is meant to motivate states to improve performance and encourage every single person to join.

As part of its efforts to step up food safety and create safe and hygienic food environments for the public, Sikkim has selected Gangtok premises as one of the area in the capital for the Eat Right Challenge. Sikkim has also been selected for this movement in a unique way to strengthen the food safety and regulatory environment, building awareness among the consumers and urge people to make better food choices. The Food Safety Commissioners and district officials such as Additional District Collector Shri Ragul K and Designated Officers of the district also joined the programme.

During the programme Minister Sharma talked in length about the poor lifestyle and diet along with consumption of Trans fats; especially industrially produced (IP) trans fats which is a major risk factor for various diseases. Some amount of trans fats also get generated when the same cooking oil is used for repeated frying, in this regard he urged every individual to be more aware and cautious about their daily eating habits.

He also highlighted the role of old traditional method of food consumed which helps the people to guide towards right eating practices by categorizing food based on the effect they had on the body.

Quoting from the Bhagwadgita he emphasized upon the role of traditional eating habits and plant based food. He asserted that the amalgamation of healthy eating habits and active physical activity will lead to a better and healthy Sikkim.

Addressing the officials and gathering present, he highlighted the pressing need for the campaign. This movement will sharpen our focus towards prioritizing food, nutrition and awareness about our eating and dietary habits to prevent and address these challenges, he added.



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Shri Y.T.Lepcha Gangtok MLA, in his address stated that state government and concerned department has been working tirelessly towards making our state a better one and for this special campaign for the “The Eat Right Challenge will surely help strengthen our food ecosystem, bringing the thrust for self-compliance in food businesses by building their capacities, thereby, transforming the food environment with safe, healthy and sustainable diets,” he added

During his address Principal Secretary (Commissioner of Food Safety) H & FW Department Shri k. Shrinivasulu stated that in order to control food safety hazards across the food value chain, every Food Business Operator (FBO) is required to have a documented Food Safety Management System (FSMS) plan & comply with good hygiene & manufacturing practices . The Food Safety Training and Certification (FOSTaC) is a large-scale programme to help.

He further spoke of the key role played by healthy food and nutrition in combating morbidity. Stating that diet helps in building one’s resilience and immunity towards various kinds of diseases, he emphasized “61.8% deaths from non-communicable like diabetes, hypertension, cardiovascular complications etc., are directly or indirectly related to faulty diet.

Earlier, a brief description of Eat Right Campaign was given by Dr. T.K. Rai, Director FDA, Nodal Officer Eat Right Challenge, where he spoke on the technical process of the flag-off programme. He also mentioned about the Safe food for public, Licence/registration for food business operators, Objectives of the challenge, Surveillance samples, Robust food

regulatory system: Broaden the reach of registration/licensing, enforcement, surveillance, Self-compliance of food business and capacity building, Training and certification for food business operators Transforming the food environment, Bringing about social and behavioral change through large-scale campaigns, Strengthen food safety through the food regulatory environment, Providing safe and healthier food options by enabling the supply side, Engaging the citizens for adoption and demanding healthier diets, etc.

Earlier the welcome address was delivered by Shri Rinzing Bhutia, Designated Officer and Vote of thanks was given by Shri. Kenzong Dorjee Lepcha, Food Safety Officer.