

LIST OF ERC'S TILL DATE:

UNIVERSITIES/ SCHOOLS/ COLLEGES:

- MIT University SRM, Loni, Pune.
- Indian Institute of Technology, Roorkee.
- Lal Bahadur Shastri National Academy of Administration, Mussoorie.
- Indian Institute of Technology, Gandhinagar
Nirma University.
- Gujarat Forensic Science University
IIM, Ahmedabad.
- Dhirubhai Ambani Institute Of Information
And Communication Technology (DA-IICT)
Gandhinagar.
- RMK College Of Engineering And
Technology, Thiruvallur.
- RMK Residential School, Thiruvallur.
- RMK Engineering College, Thiruvallur.
- RMD Engineering College, Thiruvallur.
- Post Graduate Government College for Girls,
Chandigarh.

CORPORATES:

- Mercedes-Benz India Pvt. Ltd., Pune
- Marico Ltd., Head Office, Kalina, Mumbai
- Marico Ltd., R & D Centre, Andheri, Mumbai
- Jotun India Private Limited, Pune
- Wipro Sarjapur, Bengaluru
- Unilever ETSC, Bengaluru
- Intuit India Product Development Center
Pvt. Ltd, Bengaluru
- ITC Limited, Foods Division, ICMF - Mysuru
- ITC Limited, Foods Division, Malur
- HCL, Noida
- Genpact, Gurugram
- Hyundai Motor India Ltd, Kancheepuram
- HCL Technologies Pvt Ltd
- Nestle India Ltd, Goa
- ITC limited, Kapurthala



Initiative of the Month:
Eat Right Campus

Eat Right Campus: Your second home that ensures you eat right

Apart from your own home, at which place do you eat most frequently on a daily basis?

If you think about it, it is likely to be your office, college or an institution that you visit regularly. In today's fast-paced environment, a large number of working professionals and students are spending the majority of their time at the workplace or college campus. The long working hours, classes or client meetings and short deadlines are only increasing the time spent in these places with little time left for eating healthy or exercising. Hospitals and call centers have workers who spend entire days and even nights working, often at the cost of their health. When we are at work, we are not always mindful of what we eat or drink, often resorting to unhealthy food, drinking excessive tea or coffee or even skipping meals altogether.

Do we ever give a thought to what this is doing to our health when we need to perform our best?

It is evident that most people eat at least one meal in these campus settings, if not more. Many workers at offices, colleges, institutions and hospitals bring packed lunches from home or use home-based services like the dabba-system. Often, people eat in canteens or use catering and food delivery services. Sometimes they visit restaurants, cafes and food vendors in or near the campus area. Many factors affect our food choices whether we bring food from home or eat in a canteen or restaurant. Social milieu, food trends, work or college culture, group affiliations and peers, conversations, availability and affordability of food options, convenience, schedules and the overall physical environment of the campus, all influence our food choices. While we have some control over the food we bring from home, when we eat outside however we are at the mercy of what is available and accessible to us.

Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussourie

Case Study

One of the first Eat Right Campuses to be recognized on June 07, 2019, they have not only got the Hygiene Rating of their canteen done but have taken additional steps such as replacing plastic bottles with personalised steel bottles for officer trainees, introducing healthy snacks such as sprouts/channa instead of fried items, adopting a healthy menu with varied menus from different parts of the country, putting posters on healthy habits in the premises for awareness generation and conducting sessions with nutritionists for officers in the institute.

EXPERIENCE SHARING BY AWARDED CAMPUSES:

IIT GANDHINAGAR,
PROF SUDHIR K JAIN,
DIRECTOR, IITGN

“The Institute has always followed the core policy of students-first. All of our efforts and initiatives focus on the well being and betterment of our students, faculty and the community. The conscious efforts made by the institute to ensure healthy, nutritious and safe food for all is one of them and we are proud to implement Eat Right Campus initiative here at our campus”

WIPRO SARJAPUR,
BENGALURU,
MUKTA PANT, LOCATION
HEAD FACILITIES
MANAGEMENT GROUP

“The Eat Right Campus certification for Wipro Sarjapur Campus, has enhanced our focus on promoting safe, healthy and sustainable food for our employees. We follow all compliance and safety norms while preparing a healthy menu with local and seasonal items. Our internal stakeholders have appreciated our standards of food and sustainable waste management. Eating right makes employees happy and increases their productivity, which in turn, positively impacts our service partners.”

Then, how do we ensure that the food we eat in campuses is safe and healthy, given that diet-related diseases such as obesity, diabetes, high blood pressure, heart diseases are rising at an alarming rate?

In order to support campuses across the country to nudge them to ensure the availability of safe and healthy food for their employees, students, patients, inmates etc, the Food Safety and Standards Authority of India (FSSAI) has introduced a nation-wide programme called the ‘Eat Right Campus’. Under this framework, benchmarks have been created on four different parameters based on which campuses are evaluated and certified as ‘Eat Right Campus’.

These parameters include food safety measures, steps to ensure provision of healthy and environmentally sustainable food and building awareness among the individuals in the campus to make the right food choices. A detailed checklist has been created based on these parameters, outlining the best practices to be followed by the campus. These practices include mandatory steps such as licensing and registration of food service providers in the campus and compliance to food safety and hygiene standards as per Schedule 4 of the Food Safety and Standards (FSS) Act, 2006. It also includes steps to create an environment of safe, healthy and sustainable eating habits such as promoting local and seasonal food, limiting unhealthy food choices and mass awareness activities.

Once enrolled in this programme, a campus first undergoes a self-assessment or a third-party audit by an FSSAI empaneled agency based on this checklist to identify gaps and areas of improvement. The campus administration then takes steps to address these gaps. A critical step of this process includes training of food handlers in the campus through FSSAI’s Food Safety Training and Certification (FoSTaC) Programme. Once these improvements are made, the campus undergoes a third-party audit by the same FSSAI-empaneled agency and is given a rating on a five-star scale. If a campus scores three or more stars, it is certified as an ‘Eat Right Campus’. The certification is valid for two years. In order to ensure that these best practices continue, the campus appoints a nodal person to oversee these efforts.

In addition, an online portal (<https://eatrightindia.gov.in/EatRightCampus/home>) has also been created on which any campus that wishes to enroll in this programme can register, upload its documents and track its progress online. This portal also provides a list of FSSAI-empaneled third-party audit agencies, FoSTaC training information, and awareness material such as posters and healthy recipes.

Case Study

Indian Institute of Technology, Gandhinagar

IIT Gandhinagar became India’s first educational institute to receive Eat Right Campus Award from FSSAI with a five-star rating. All the mess, food joints and canteens within the campus are licensed/registered by the Food and Drugs Control Administration (FDCA) Gujarat, food handlers and helpers are trained by FSSAI empaneled training partner and audited by an empaneled third-party auditing agency.

IMPLEMENTATION PARTNERS:

**HINDUSTAN UNILEVER,
MR. SOURAV
CHATTERJEE,
NATIONAL MANAGER -
ALTERNATE CHANNELS**

"HUL Teams have always had a good engagement with Corporate & Education Campuses. Being an implementation partner for various 'Eat Right India' initiatives, post the conceptualization of Eat Right Campus, HUL team reached out to various campus managements on the same. We detailed the entire concept and how this accreditation will help create awareness, thereby raising the bar on food safety & personal hygiene among all campus inmates including non-employees. It was a great learning experience for all, as we embarked on the ERC Journey with larger campus teams (Included student & teacher representatives in case of Education) , FSSAI HQ Leads, FSSAI Training & Audit partners.

It was excellent display of teamwork dedicated to the mission that enabled us to complete the process by overcoming all challenges, and seeing the campuses getting awarded. We were privileged to work with Wipro Campus Sarjapur, HCL Campus Noida, Genpact Gurugram & Indian Institute of Technology Roorkee in this mission.

As an Implementation partner, we believe, that herein the Key to success lies in creating a 'Crack Team' with the campus management, which then works with dedication on targets and timelines."

The Eat Right Campus certification recognizes the efforts of the campus, adds prestige and brand value to its name and enables it to inspire others to adopt these best practices. In particular, it provides a unique opportunity to workplaces to showcase their efforts around employee health and well being. This serves as a key incentive to attract new talent and top performers and thereby boosting high quality recruitment and employee performance. Investing in the health and well being of employees also reduces absenteeism and healthcare costs and ultimately serves to build the reputation of the organization. Many workplaces strive to acquire a high rank in global workplace-rating indices. The Eat Right Campus certification similarly aims to create a sense of competition among campuses across the country to motivate them to raise the standards of food safety, nutrition and food sustainability.

Eat Right Campus has been gaining momentum since its launch in 2019. On the first World Food Safety Day, 7th June 2019, seven campuses were awarded the Eat Right Campus certification by Dr. Harsh Vardhan, Hon'ble Minister of Health and Family Welfare at FSSAI. The following campuses were recognized for their exemplary standards- IIT Gandhinagar, IIT Roorkee, LBSNAA, Mussourie, Unilever, Bengaluru, Wipro, Bengaluru, HCL Noida and Genpact, Gurugram. Since then, several campuses, totaling 28 have been awarded Eat Right Campus certificates and 30 are in the pipeline. As this initiative grows to include all campuses in the country, it will contribute to the productivity and economic growth of the country while also safeguarding people's health.

**MARICO LIMITED,
DR. PRABODH HALDE,
REGULATORY
HEAD**

"Marico has been a key implementation partner for the Eat right program from the inception and we are working with FSSAI and Local FDA for promoting this program. As part of our Corporate Social Responsibility efforts, last year Marico worked on eat Right Campus projects at Maharashtra and Gujarat state. In one year with help of FSSAI, FDA Maharashtra and FDC Gujarat, we could achieve 4 certifications at Gujarat. 5 more campuses are in progress

at Maharashtra that includes universities, research institutions, IIMs and schools/colleges. In most of these places, Training and Pre audit has been completed and final audit will be completed soon. Marico has also completed the Eat right certification for its own offices at Mumbai (R&D Centre and Head Office at Mumbai). It has been a great learning experience as an implementation partner and we are very thankful to FSSAI for giving us such a great opportunity to support the Eat Right Programs, and contributing towards development of the 'Eat Right Culture' in every sphere of life, touching thousands of people with ERC initiative"

