

# ERC: Ensures the availability of safe and healthy food

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**A**part 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. 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

“In the next two years, we plan to scale up the initiative in a big way across the country. FSSAI is engaging various institutions of national importance, government colleges, universities, IITs, IIMs, hospitals, and Central government ministries, to enrol them into the programme. Additionally, FSSAI is working with industry associations such as CII (Confederation of Indian Industry), FICCI (Federation of Indian Chambers of Commerce and Industry), ASSOCHAM (Associated Chambers of Commerce and Industry of India) and NASSCOM (National Association of Software and Service Companies) to enrol most of the bigger campuses, to begin with, and reach out to other corporates as we move forward. Finally, States will further engage with local campuses for enrolment. Therefore, we expect this initiative to grow exponentially in the coming years.”



- Arun Singhal,  
CEO, FSSAI, New Delhi



## List of ERC

### 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

“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 in 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.”

- Sourav Chatterjee,  
National Manager - Alternate Channels,  
Hindustan Unilever, Mumbai

“The Institute has always followed the core policy of students-first. All of our efforts and initiatives

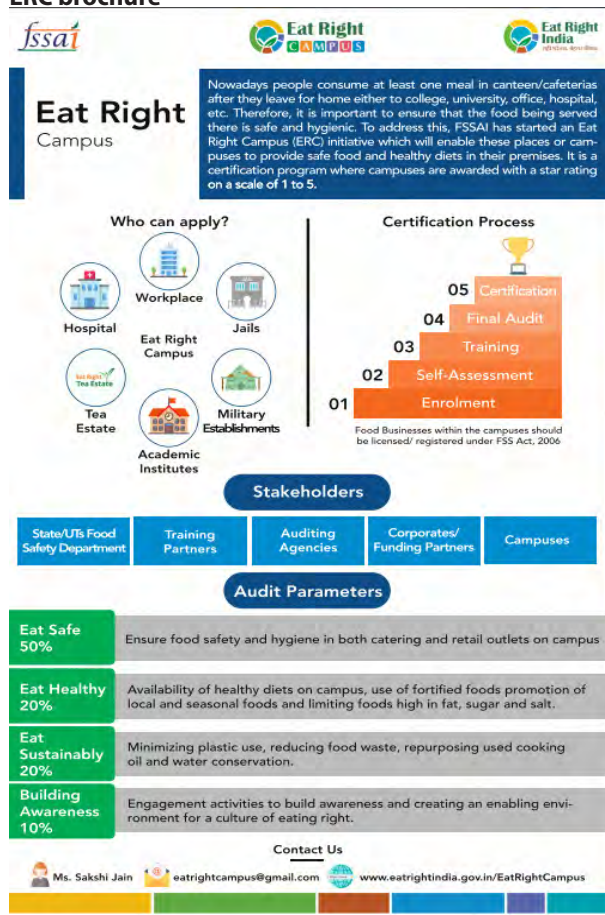


focus on the wellbeing and betterment of our students, faculty and the community. The conscious efforts made by the institute to ensure healthy, nutritious and safe food for all is one of them and we are proud to implement Eat Right Campus initiative here at our campus.”

- Prof Sudhir K Jain,  
Director, IIT Gandhinagar



## Resources: ERC brochure



## Posters

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 (ERC)'. 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

“After declaring Govt. Post Graduate College of Girls, Sector-11, Chandigarh as first Eat Right Campus



of Chandigarh, it has been observed that this has boosted up the confidence amongst students and even among the Food Business Operators running business in the college premises about the safety of food served to the students and maintenance of hygienic condition in the campus. Regular monitoring by the Food Safety Department and by the college coordinators to maintain the status has improved the conditions and quality of food available in the campus and has also set an example for the rest of the industry to follow the same practice in their respective institution for the wellbeing of their people. It's one of the best initiatives of FSSAI and is the right approach towards maintaining a healthy and clean environment in any institution or campus.”

**- Sukhwinder Singh,**  
Designated Officer, FDA Chandigarh  
Administration, Chandigarh

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 order to guide and support campuses across the



“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.”



**- Mukta Pant,**  
Location Head-Facilities Management Group,  
Wipro Sarjapur, Bengaluru

country to adopt this programme, various resources have been created. A comprehensive resource book, 'The Orange Book', has been developed in consultation with experts in the area of food safety and nutrition. This book explains how to implement the best practices outlined in the checklist and provides various additional suggestions to improve the standard of food in the campus. It also contains useful tips for individuals in the campus on healthy eating habits and making the right food choices. In addition, an online portal 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. The portal also provides a list of FSSAI-empaneled third-party audit agencies, FoSTaC training information, and awareness material such as posters and healthy recipes.

The ERC 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 wellbeing. 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 wellbeing 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 ERC certification similarly aims to create a sense of competition among campuses across the country to motivate them to

“Marico has been a key implementation partner for the Eat right programme from the inception and we are working with FSSAI and Local FDA for promoting this programme. 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 ERC certification for its own offices at 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 Programmes, and contributing towards development of the 'Eat Right Culture' in every sphere of life, touching thousands of people with ERC initiative.”



**- Dr Prabodh Halde,**  
Regulatory Head, Marico Limited, Mumbai

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, June 7, 2019, seven campuses were awarded the ERC certification by Dr Harsh Vardhan, Minister of Health and Family Welfare at FSSAI. The following campuses were recognized for their exemplary standards- IIT (Gandhinagar), IIT (Roorkee), Lal Bahadur Shastri National Academy of Administration (LBSNAA), (Mussourie), Unilever (Bengaluru), Wipro (Bengaluru), HCL (Noida) and Genpact (Gurugram). Since then, several campuses, totaling 28 have been awarded Eat Right Campus (ERC) 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. **NS**

**FSSAI Team**