



FOOD SAFETY AND STANDARDS
AUTHORITY OF INDIA

Inspiring Trust, Assuring Safe & Nutritious Food
Ministry of Health and Family Welfare, Government of India

Report on FSSAI's participation in IFCA's 8th International Chefs Conference

3rd – 5th October, 2019.
Pullman Hotel, Aerocity, New Delhi



1.0 Introduction:

Food Safety and Standards Authority of India (FSSAI) participated in the 8th International Chefs Conference organized by Indian Federation of Culinary Associations (IFCA), Pullman Hotel, Aerocity, New Delhi from 3rd to 5th October, 2019. The theme of the conference was, '**Eat Right. Power a Healthy Planet**' which was in alignment with FSSAI's Eat Right India Movement. FSSAI, through its Eat Right India Initiative aims to transform and create healthy ecosystem in India to ensure safe, healthy and wholesome food for all. The "Eat Right India Movement", involves a series of interventions to improve India's food system and promote overall wellbeing. The conference was an ambitious platform to touch upon the some of the most important components of Eat Right India Movement namely, elimination of trans fat, reduction of sodium, reduction of high fat, salt and sugar (HFSS) in foods, Repurpose Used Cooking Oil (RUCO) and some others.

IFCA is a nodal body of culinary professionals in India and a National member of the World Association of Chefs Societies (World Chefs), the apex body of culinary professionals that has 8.6 million members across the world with recognition of 93 countries. IFCA constantly works towards raising the standards of culinary trade.

The 8th IFCA International Chefs Conference 2019 witnessed over 800 delegates, nationwide & global, who got an exclusive opportunity to connect one on one with top chefs, restaurateurs, food writers, wine producers, photographers, food stylists, marketers, nutritionists, and academics, technocrats from hospitality, tourism, and media at the most awaited biennial event of the culinary world. The International conference offered a great opportunity for everyone connected with the industry in every capacity to network with the top-level management under different disciplines within the wide spectrum of hospitality.

2.0 CEO FSSAI's Message



"Chefs play a very important role in reformulating recipes that are both tasty and healthy by reducing salt, sugar, fats and completely eliminate fats/oils with industrial trans fat. Chefs are also crucial in improving hygienic conditions in hotels and catering sector. I strongly believe that chefs have a pivotal role in taking "Eat Right India" movement forward by adopting its principles of Eat Safe, Eat Healthy and Eat Sustainably. I wish IFCA all the success."

3.0 Inauguration of the 8th International Chefs Conference

The conference began with a grand March past by Member Associations of IFCA followed by a ceremony of 'Watering The Plant'. It was followed by the Presidential and Welcome address by Chef Manjit Singh Gill, Founder president, IFCA and "Way forward - IFCA" by Dr. Chef Soundararajan, Founder General Secretary, IFCA. The most awaited inaugural address was delivered by Shri Yogendra Tripathi, Secretary, Ministry of Tourism, in which he spoke about

culinary tourism, travel & hospitality sector and inaugurated the grandest ever IFCA 8th ICC 2019.



4.0 Launch of FSSAI's 'Trans-Fat Free' logo and others:

Dr Harsh Vardhan, Union Minister of Health and Family Welfare released the “Trans Fat Free” logo of FSSAI at the IFCA conference which marked an important milestone in the movement against Trans Fat and also provided a momentum to accelerate the ‘Eat Right India’ movement of FSSAI.

The Union Health Minister said that “Trans fats are the worst type of fats with known health risks. India is committed to eliminating it from the food supply and is progressing towards its objective of trans fat elimination by 2022; a year ahead of the global target by WHO. He further added that FSSAI is committed to reducing the industrially produced trans fatty acids to less than 2% by the year 2022 in a phased manner and is geared up to get freedom from trans fats with the motto ‘India@75; Freedom from Trans Fats’. It is encouraging to see chefs from across the country coming forward to support FSSAI in this cause and working towards a healthier India”.



A slogan 'Chefs for Trans Fat Free' under which more than 1,000 chefs from different parts of the country took a pledge to use trans fat free fats/oils in their recipes and work towards trans fat elimination from the diets of Indian population. . The Union Health Minister also released a trans fat free brochure, trans fat free manifesto for chefs, and distributed pins to chefs as an acknowledgement for them in reformulating recipes and making them trans fat free . He also felicitated ten bakeries who are using trans fat free fats/oils in their products and those committed to use trans fat free fats/oils in the future.



5 Point Trans Fat Free Manifesto for Chefs

Our 5 Point Manifesto
It's time to join hands and work towards a common goal of

India @75: Freedom From Trans Fat

We, the Chef's Community support the **fssai** to make India Trans Fat Free by 2022.

The Chef's community will,

- 1 Use fats/oils with less than 2% trans fats in all the recipes.
- 2 Promote trans fat free foods
- 3 Create a pool of healthy region-specific recipes with zero trans fat content.
- 4 Work with food technologists to promote substitutes to trans fat.
- 5 Create awareness among consumers on ways to avoid trans fat in their diets.

A Campaign for Committed Chefs

Activities to be undertaken by State Chapters

- 1 Organize Melas/conferences on trans fat awareness for Chef's community
- 2 Conduct workshops on the use of healthier substitutes to trans fat for railways, airlines, cafeterias in school, colleges and offices.
- 3 Showcase trans fat free recipes and reformulated novel recipes in culinary competitions.
- 4 Develop educational videos and behavior change communication material on ways to eliminate trans fat.
- 5 Include chapter on trans fat in culinary science curriculum.
- 6 Nudge locals and participants in cookery classes to go trans fat free.
- 7 Promote trans fat free recipes under the NetProFaN activities.
- 8 Conduct social media campaigns by chefs under "Chefs for Trans Fat free" campaign.



fssai FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA

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India @75: Freedom From Trans Fat

Recognizing the importance of healthy and safe food products, we the Chefs of community commit to work towards achieving Freedom from Trans Fat by the 75th year of Indian Independence- 2022.

 **We commit to**

- ✘ Encourage the use of healthier fats /oils.
- ✘ Use fats/oils with less than 2% trans fats in all the recipes.
- ✘ Reformulate and create a pool of trans fat free recipes.
- ✘ Promote trans fat free foods
- ✘ Create awareness among consumers on ways to avoid trans fats in their diets.
- ✘ Educate upcoming chefs on the ill affects of trans fat & their substitutes.



Chief Manjit Singh Gill
Founder Director



Dr. Chef Soundararajan
Founder General Secretary

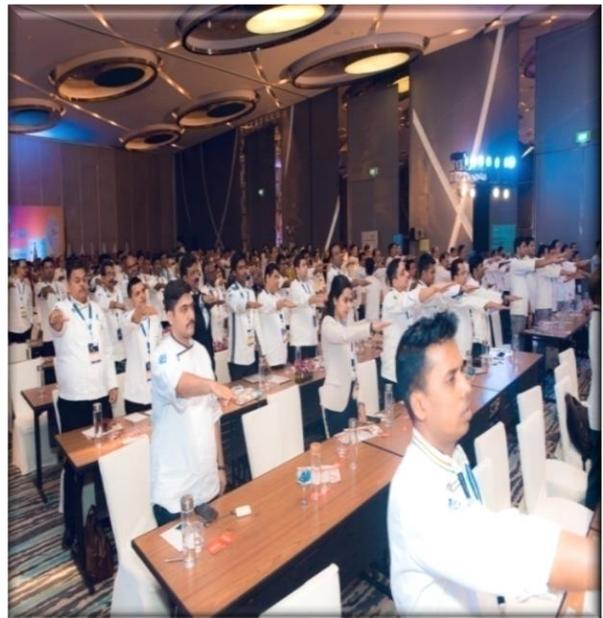


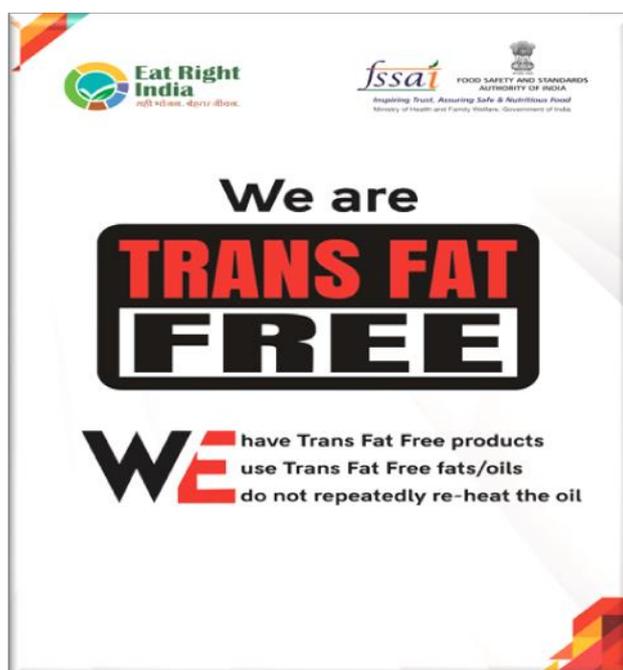
Chief V. VijayaBaskaran
Vice President



Chief Madusudan Gupta
Treasurer

Date : 04th October 2019
Place : New Delhi





Release/ Launch by Honorable Health Minister Dr Harsh Vardhan, and Shri Pawan Kumar Agarwal, CEO FSSAI

- *Trans Fat Chefs for Trans Fat free: Manifesto*
- *Distribution of Chef for Trans Fat Free badges/pin*
- *Trans Fat Free display for food outlets*
- *Trans Fat Flyer*

Thanking the food industry for their proactive support in taking forward the 'Eat Right India' movement, Shri Pawan Agarwal, CEO, FSSAI said that "FSSAI is committed to reducing the industrially produced trans fatty acids to less than 2% by the year 2022 in a phased manner and we are hopeful that Chef community will work with us in achieving this goal."

The Panel discussion was followed by felicitation of bakeries with a certificate of appreciation. The certificate was conferred to bakeries which provided a written declaration that they use trans fat free fat/oils in their products or who commit to do so in near future. The declaration also stated that the bakery have adopted methods/ techniques to gradually eliminate trans fat from food products and provided the list of such products.



5.0 Panel discussions:

(a) Sodium Reduction: The eminent panellists included Dr. Anuja Agarwala (Sr. Nutritionist, AIIMS), Chef Manjit Singh Gill (Founder President, IFCA), Ms Meetu Kapur, (Executive Director- Food and Agriculture Centre of Excellence, CII), Mr Kumar Anil (Advisor Standards, FSSAI). The session was regarding the need for reducing sodium/salt content from Indian diets. High consumption of salt leads to high blood pressure, which causes heart attacks and strokes. One in six deaths in India is due to high intake of salt. The World Health Organization recommends salt intake of less than 5 grams per day (~2100 mg of sodium) for adults, while an average Indian consumes more than two times (approx. 11g/day) the recommended daily amount of salt (5 g/day). Chefs were encouraged to prepare recipes with less salt as it reduces the risk of heart attack and stroke even among those who do not have high blood pressure.



(b) FSSAI's Hygiene Rating Scheme. The panellists included Ms Inoshi Sharma (Director SBCD, FSSAI), Dr Pasupathy V (National Advisor, FHRAI), Chef Rakesh Sethi (Corporate Chef, Radisson Blu). FSSAI's Hygiene Rating and Right Place to Eat Scheme which is an online, transparent scoring and rating system that aims to empower consumers with informed food choices while eating out. Dr. Pasupathy during his talk discussed the benefits of Hygiene Rating Scheme for chef community to which Chef Rakesh Sethi encouraged Chefs to adopt this scheme PAN India and proudly showcase that they are a 'Right Place to Eat'.



(c) India @75; Freedom from Trans Fat : The panelists included Shri Pawan Kumar Agarwal (CEO, FSSAI), Dr Nikhil Tandon(Head, Department of Endocrinology, Metabolism and Diabetes, AIIMS), Dr K D Yadav (Sr Vice President (Technical), AAK KAMANI Pvt Ltd), Dr Chef Soundararajan(Founder General Secretary, IFCA), Mr Raj Kapoor(Managing Director, AIBTM), Mr Kumar Anil(Advisor Standards, FSSAI). The discussion focused on elimination of industrially produced trans fats by highlighting its adverse health effects on the lines of WHO's six points REPLACE package to ensure the prompt, complete, and sustained elimination of industrially-produced trans fat from the food supply to achieve '**Freedom from Trans Fat: India@75**', by 2022, a year ahead of WHO's target. The discussion also focused on delivering the right message to consumers and bring a positive change in the food ecosystem by providing trans fat free foods.



(d) Interactive session "In conversation with FSSAI" by Mr Vir Sanghvi and Shri Pawan Kumar Agarwal, CEO, FSSAI focused on various components of The Eat Right India Initiative which included a fruitful discussion on trans fat elimination, reduction of high fat, salt and sugar (HFSS) in foods, Repurpose Used Cooking Oil (RUCO), Hygiene Rating Scheme. The interactive session had relevant FAQs which were very useful for the audience.

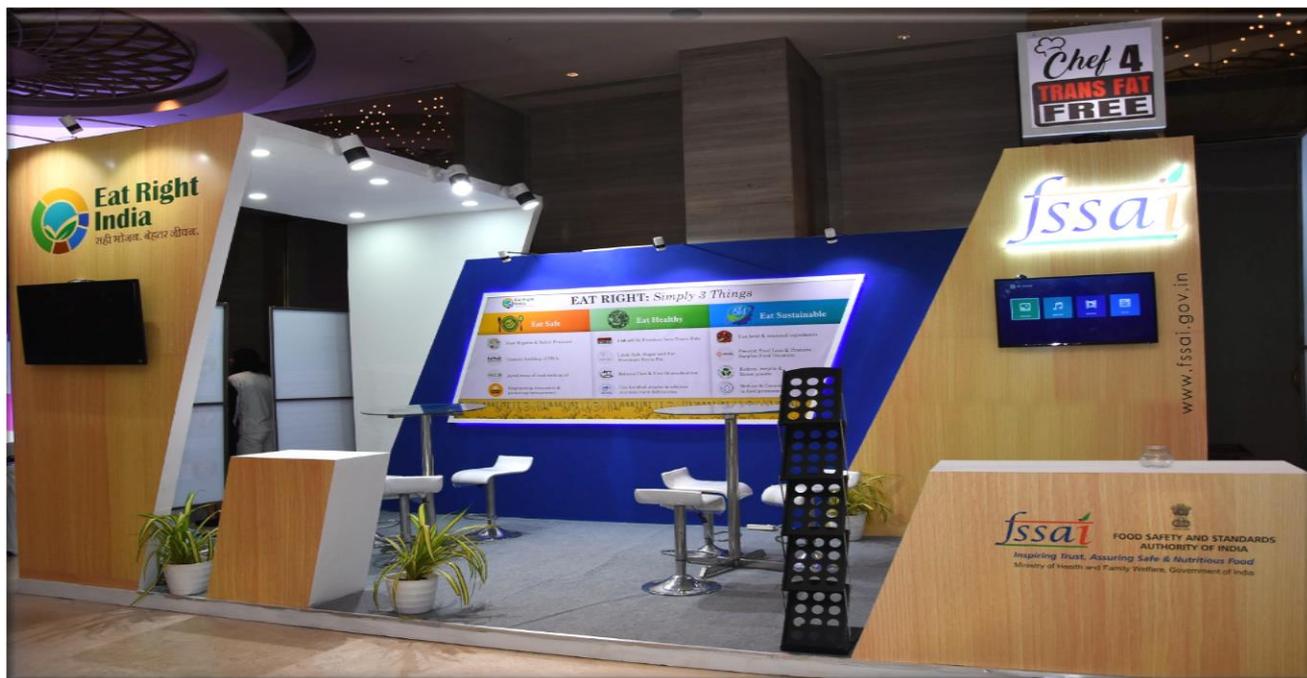


6.0 FSSAI Participation:

FSSAI created awareness among the Chefs from national and international realm by putting up a stall and through its various creatives and IEC materials, on Eat Right India, Hygiene ratings, Training and Certification (FOSTAC), Trans fat free, Share Food Share Joy, RUCO etc.

(a). Stall description:

- FSSAI had acquired the complimentary booth space of **18 sqm** to conduct promotional or informative activity with the Chef community and to showcase the FSSAI initiatives such as Eat Right India Movement, Share Food Share Joy, Repurposed Used Cooking Oil (RUCO), Hygiene Rating etc.
- The stall had backlit display panels exhibited 3 pillars of the Eat Right India Initiative i.e. Eat Safe, Eat Healthy and Eat Sustainably in a simplified manner.
- Two 42” LED screen was installed in the stall wherein videos on Eat Right India (Aaj Se Thoda Kam), “Heart Attack Rewind”-Public Service Announcement on Trans Fat. RUCO, Fortification, Testing methods of Adulteration of Food, etc.
- The standees were displayed in and around the stall for highlighting the other FSSAI initiatives
 - FOSTAC
 - RUCO
 - Share Food Share Joy
 - Food Fortification
 - Eat Right India
 - Aaj Se Thoda Kam
 - Transfat free (Eliminate Trans fat)



FSSAI Stall

(b). The Key Panels highlighted



(c). Pledge Boards

1. Hygiene rating pledge board: A pledge board on “I pledge to adopt Hygiene Rating scheme at my place of work” was signed by all chefs present at the conference.

2. Chefs for trans fat free pledge board: A pledge board on “**India @75: Freedom from Trans Fat.** Recognizing the importance of healthy and safe food products, we the Chefs of Indian and International community commit to work towards achieving Freedom from Trans Fat by the 75th year of Indian Independence- 2022.”



(d). Distribution Material:

The following leaflets/pamphlets/booklets were distributed to the visitors at the stall:-

- Thoda Kam, tel, cheeni, namak

- Food Fortification
- FoSTAC
- Eat Right Campus
- Share Food Share Joy
- Hygiene rating
- Clean Street Food Hub
- Repurpose Used Cooking Oil (RUCO)

7.0 IFCA Award of Excellence:

FSSAI received the IFCA Award of Excellence for promotion of Food Safety, Health and Sustainability through Eat Right Initiatives. IFCA Secretariat also appreciated FSSAI officials for being easily approachable and their promptness in solving issues of Food Industry



8.0 Experience and Take away:

The FSSAI stall was visited by a large number of people from Chef community from various restaurants and hotels across India and International; and students from various hotel management and other colleges. The visitor's discussions with the FSSAI official were on the FSSAI initiatives.

The queries were attended with utmost attention by the FSSAI officials with pictures and explanation using pamphlets and display boards.





Queries of visitors being addressed

9.0. Conclusion:

Visitors including students, chefs and delegates from hotels, restaurants and industries visited the FSSAI stall. The exhibition provided an excellent platform for FSSAI to engage with these diverse stakeholders. The platform was successfully utilized for developing strong engagements with stakeholders and for public awareness.

FSSAI's effort to make, Hygiene ratings and FOSTAC Trainings, RUCO and Eat Right initiatives were highly appreciated by the visitors. The design, concept and information available and provided in the stall were appreciated by various visitors who visited the stall. Overall IFCA 2019 was a great platform where FSSAI showcased its work and initiatives to ensure food safety in India.

PHOTO GALLERY



