

1. FSSAI Proposes Ban On Sale of Junk Foods in School

Prelims: Policies

Mains: GS-II Issues relating to development and management of Human Resources.

Why in News?

- ▶▶ Aimed at enabling children to eat and grow healthy, the Food Safety and Standards Authority of India (FSSAI) has released draft regulations titled Food Safety and Standards (Safe Food and healthy diets for School Children) Regulations, 2019.

Important Provisions of the Proposal:

- ▶▶ One of the important regulations proposed is that foods high in fat, salt and sugar (HFSS) cannot be sold to children in school canteens/mess premises/hostel kitchens or within 50 m of the school campus.
- ▶▶ Schools should adopt a comprehensive programme for promoting healthy diets among children. The school campus should be converted into 'Eat Right School' focussing on local and seasonal food and no food waste as per the specified benchmarks.
- ▶▶ Nutritionists, dieticians may be engaged by the school to assist in the preparation of menu periodically. Also, it has been proposed that there should be regular inspection of school premises where safe, healthy and hygienic food should be served to students.
- ▶▶ (FSSAI) has prepared a draft regulation on availability of safe, wholesome and nutritious food in schools and the same has been sent to the health ministry for approval.
- ▶▶ The FSSAI has invited suggestions and objections from various stakeholders.

Background:

- ▶▶ The High Court had ordered FSSAI to come out with regulation on healthy diets for school children three years back.
- ▶▶ Childhood obesity is a burden in developed and developing countries. Overweight and obesity are caused by numerous social and environmental factors that influence people's food habit and physical activity.
- ▶▶ It has been estimated that worldwide over 22 million children under the age of 5 are obese, and about 8% of schoolchildren are obese in India.
- ▶▶ FSSAI has also proposed that children have to be encouraged to consume balanced diet in the school as per the guidelines issued by the National Institute of Nutrition.

About FSSAI:

- ▶▶ Food Safety and Standards Authority of India (FSSAI) is an autonomous statutory body.

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- ▶▶ Ministry of Health & Family Welfare, Government of India is the Administrative Ministry for the implementation of FSSAI.
 - ▶▶ The Food Safety and Standards Authority of India (FSSAI) has been established under Food Safety and Standards, 2006 which consolidates various acts & orders that have hitherto handled food related issues in various Ministries and Departments.
 - ▶▶ FSSAI has been created for laying down science-based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption.

