Report on 1st National Eat Right Mela
at
IGNCA, New Delhi
14th-16th December, 2018
1. **Concept:**

Food is an essential part of health and wellbeing; and poor diet is one of the risk factors for disease and death. Diet-related illnesses are more serious than TB, Malaria and HIV/AIDs taken together and yet, most of us are not mindful of what we eat, when we eat and how we eat. As per ICMR we are eating less healthy than what we ate 15 years ago.

It is an opportune time to change the way India eats. For which, 'Eat Right India’ Movement, a mass-movement or ‘Jan Andolan’ was launched by FSSAI to coincide with celebrations of 150th years of Mahatma Gandhi. The Movement is an effort to bring together other flagship programmes of the government, like Poshan Abhiyan, Ayushman Bharat, Swachh Bharat Abhiyaan and Anemia-Mukt Bharat.

Four key elements of the Eat Right India movement include:

- **‘Swasth Bharat Yatra’,** a nationwide cycle relay;
- **‘Eat Right Creativity Challenge’** for posters, wall art and digital creatives;
- **‘Eat Right Awards’** and **‘Eat Right Start-up Awards’** for industry, individuals and start-ups; and
- **‘Eat Right Melas’** to engage, excite and enable citizens and food businesses towards safe and healthy foods.

As part of the Eat Right India movement, **Eat Right Melas** have been envisioned for massive outreach to build awareness on safe food and healthy diets through an interactive and informative model. These melas have been proposed in 40 cities, mostly state capitals and other major cities across India.

The first National Eat Right Mela was organized from **14-16th December 2018** in New Delhi in association with the 10th edition of **NASVI’s (National Association of Street Vendors of India) National Street Food Festival.** In addition, collaboration with Tasting India Symposium, various line Ministries, FBOs, eminent experts in the food and health sector and various other stakeholders strengthened the impact of this event. This report captures the key elements and highlights of the mela.
2. The Eat Right Mela Elements

The Eat Right India movement is anchored on **three pillars**: Eat Safe, Eat Healthy & Eat Fortified. The Melas are a platform to incorporate these three core elements along with aspects of Indian culture, traditions, creative expression and infotainment. Therefore, the first National Eat Right Mela was curated with constant as well as variable elements. Elements such as the pavilions and food stalls were installed for all days of the mela. The activities, performances, shows, dialogues and showcases changed every day to offer new and interesting mix of events to the audience.
Pavilions

The purpose of the pavilions was:

➢ To provide an overview of the inspiration and key messages of the Eat Right India movement
➢ To enhance the visibility of FSSAI
➢ To showcase FSSAI’s efforts towards ensuring safe foods and healthy diets for citizens
➢ To inform and educate consumers about food safety and nutrition

The communication material was displayed through different mediums like:

➢ Digital (LED screens)
➢ Standees
➢ Posters
➢ Backdrop panels
➢ Installations

The pavilion themes included the core activities of FSSAI as well as some additional thematic areas as follows:

a) Eat Safe
   ✓ Demonstration of Food Safety on Wheels
   ✓ Demonstration of DART tests
   ✓ Dissemination of commodity specific information
✓ Licencing and Registration - Information dissemination on licensing and registration process, eligibility criteria and fee structure.
✓ Consumer Grievance Redressal – Educated consumers on complaint redressal process and directed them to relevant information portals for more details.

b) Eat Healthy
✓ Educated consumers about: trans-fats & trans-fat free India by 2020 goal, harmful effects of repeated frying, balanced eat, reducing intake of salt, sugar and fat from diet
✓ Played Aaj se Thoda Kam video
c) Eat Fortified
   ✓ Educated consumers about: Health benefits of fortification, open market availability of fortified commodities, availability in Safety Net Programme (ICDS, MDM, PDS)
   ✓ Sale of fortified staples
   ✓ Awareness was created about the +F logo
   ✓ Played the fortification film featuring Sakshi Tanwar

d) Innovations in Food
   ✓ Collaborated with research institutes, start-ups, businesses and created awareness on food innovations
   ✓ Sampling and display of innovative and healthy food products, technology and research studies.
e) Theme Pavilion-Gandhiji, Food and Nutrition

The theme pavilion showcased Gandhi's thoughts on food, nutrition and his food habits. This pavilion also served a sample ‘Gandhi Thali’ to visitors with foods that Gandhi consumed and advocated.
Food Stalls

Food stalls were one of the main attractions of the Eat Right Mela. They were specially curated as per the following categories:

a) **Regional Thali/ State Specialities**: Specially curated regional thalis with state specialities was put up for display and sale in collaboration with State Bhawans.

b) **Religious Foods**: One of the attractions was the stall on “Temple Foods of India” under the pavilion “Flavours of India” which showcased cuisines of India’s most famous temples and the variety of different prasad offered to pilgrims.

Following 13 famous Temples from across India participated in the festival:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name of temple</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Arulmigu Meenakshi Sundareshwarar Temple, Madurai, Tamil Nadu</td>
</tr>
<tr>
<td>2</td>
<td>Dhandayuthapani Swamy Temple, Palani, Tamil Nadu</td>
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<tr>
<td>3</td>
<td>Ramanathaswamy Temple, Rameshwaram, Tamil Nadu</td>
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<tr>
<td>4</td>
<td>Arunachaleshwarar Temple, Thiruvannamalai, Tamil Nadu</td>
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<tr>
<td>5</td>
<td>ISKCON Temple, Delhi</td>
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<tr>
<td></td>
<td>Temple Name</td>
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<td>-------------------------------------------------</td>
</tr>
<tr>
<td>6</td>
<td>Chittaranjan Park Kali Mandir, Delhi</td>
</tr>
<tr>
<td>7</td>
<td>Gurudwara, Delhi</td>
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<tr>
<td>8</td>
<td>Somnath Temple, Gujarat</td>
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<tr>
<td>9</td>
<td>Shree Kashtubhanjan Hanumanji Temple, Gujarat</td>
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<tr>
<td>10</td>
<td>Ambaji Temple, Gujarat</td>
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<tr>
<td>11</td>
<td>Swaminarayan temple BAPS, Maharashtra</td>
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<tr>
<td>12</td>
<td>ShirdiSai Baba Temple, Maharashtra</td>
</tr>
<tr>
<td>13</td>
<td>Shrinathji Mandir Nathdwara, Rajasthan</td>
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</tbody>
</table>

All these temples are associated with FSSAI under its initiative called BHOG (Blissful Hygienic Offering to God) which focuses on the hygienic preparation of prasad and training & capacity building of the Temple food ecosystem to ensure the same.

The five Temples from Tamil Nadu had brought different kind of Prasad. The prasadams from Srirangam and Madurai were air lifted, panchamirtham was carried in train since the panchamirtham’s shelf life is longer than other prasadam. The prasadam were sold at the same price at which they are sold in Temples. The visitors were informed that only best quality ingredients is used for preparation of Prasad. All these five Temples have already implemented FSMS in their temples.
ISKON, Delhi had offered Khichdi to all visitors free of charge and also informed to visitors about the role of food safety in preparation of Prasad. ISKCON, Delhi sold different types of laddoo to the visitors.

Kali Mandir CR park offered free meals in lunch time to all visitors for all three days. They explained about the ingredients they buy from registered/licensed suppliers only for the preparation of Prasad.

Gurudwara Bagla Sahib distributed kheer free of cost to all visitors.

Visitors loved to see different types of famous temple Prasad under one stall.
Nathdwara temple explained about 300 varieties of Prasad preparation and about their religious significance

Shridi temple distributed their mahaprasadladdoo to all visitors. Somnath temple, Ambaji temple and Shree KastabhanjandevHanumanji, Salangpur, Gujarat also distributed their prasad to all visitors. They also shared with visitors about their method of preparation for around 5000 people daily in temple premises.

<table>
<thead>
<tr>
<th>S.n o.</th>
<th>Places of Worship</th>
<th>State</th>
<th>Participant Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>ISKON, Punjabi Bagh and East of kailash</td>
<td>Delhi</td>
<td>Sh. Sankirtan An and Das Sh. Sundar Krishna Das</td>
</tr>
<tr>
<td>2</td>
<td>C.R. Park Kali Mandir Society</td>
<td>Delhi</td>
<td>Sh. Shambhu Bagchi/ Sh. Pushpal Banerjee/ Sh. Subal Banerjee/ Sh. Sujit Malik/ Sh. rabi</td>
</tr>
<tr>
<td>3</td>
<td>Gurudwara, Delhi</td>
<td>Delhi</td>
<td>pending</td>
</tr>
<tr>
<td>4</td>
<td>Somnath Gujarat</td>
<td>Gujarat</td>
<td>Sh. Hareshbhaivaja</td>
</tr>
<tr>
<td>5</td>
<td>Shree Kashtubhanjandev Hanumanji temple</td>
<td>Gujarat</td>
<td>Sh. Sunil Bhagat Sh. Amitabh Patel</td>
</tr>
<tr>
<td>6</td>
<td>Ambaji Temple</td>
<td>Gujarat</td>
<td>Sh. Ravinderkumar Sh. Jansant Singhrathore</td>
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<tr>
<td>7</td>
<td>Swaminarayan temple BAPS</td>
<td>Maharashtra</td>
<td>Sh. Viveksolanki</td>
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<tr>
<td>8</td>
<td>Shirdi temple</td>
<td>Maharashtra</td>
<td>Sh. Ashok Auti</td>
</tr>
<tr>
<td>No.</td>
<td>Name of the Temple, Location</td>
<td>State</td>
<td>District</td>
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<tr>
<td>9.</td>
<td>Nathdwara Temple, Rajasthan</td>
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</tr>
<tr>
<td>10.</td>
<td>Arulmigu Meenakshi Sundareswarar Temple, Madurai, Tamil Nadu</td>
<td>Tamil Nadu</td>
<td>Mr. S Kalimuthu, Mr. N.D. Chandarasekaran</td>
</tr>
<tr>
<td>11.</td>
<td>Arulmigu Dhandayuthapani Swamy Temple, Palani, Tamil Nadu</td>
<td>Tamil Nadu</td>
<td>02 staff</td>
</tr>
<tr>
<td>12.</td>
<td>Arulmigu Ramanathaswamy Temple, Rameshwaram, Tamil Nadu</td>
<td>Tamil Nadu</td>
<td>Mr. P. Nagarajan, Mr. K Panchamurthy</td>
</tr>
<tr>
<td>13.</td>
<td>Arulmigu Arunachaleswar Temple, Thiruvannamalai, Tamil Nadu</td>
<td>Tamil Nadu</td>
<td>Mr. S. Palaniraja, Mr. Parasuraman, Mr. Bishnuvikthajoshi</td>
</tr>
</tbody>
</table>

c) **Street Food**: Clean street food stalls by NASVI’s vendors were set up to build consumer trust in the safety of street foods.
d) **Organic Food Bazaar**: Organic food certified by FSSAI was displayed and sold by following companies

<table>
<thead>
<tr>
<th>Company Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/s Organic India Pvt. Ltd.</td>
</tr>
<tr>
<td>M/s Mehrotra Consumer Products Pvt. Ltd.</td>
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<tr>
<td>M/s Sresta Natural Bio Products Pvt. Ltd.</td>
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<tr>
<td>M/s Swadesham</td>
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<tr>
<td>Delhi Organic Farmers Market</td>
</tr>
</tbody>
</table>
Culinary Heritage of India Stall: showcased the range of diversity in cuisines vary substantially from each other and use locally available spices, herbs, vegetables, and fruits. Indian cuisine reflects an 8,000-year history of various groups and cultures interacting with the Indian subcontinent, leading to diversity of flavours and regional cuisines found in modern-day India.

Non-Food Stalls:
Government Stalls

a) Spice Board India
b) CALF, NATIONAL DAIRY DEVELOPMENT BOARD (NDDB), ANAND
c) ICAR-CIPHET (Central Institute of Post-Harvest Engineering & Technology)
d) BARC (Bhabha Atomic Research Institute)
e) Department of Food Safety (Govt. of Delhi)
f) Delhi State Aids Control Society, Govt. of Delhi
g) CSIR-CFTRI – Central Food Technology Research Institute.
h) ICAR-CFTI (Central Institute of Fisheries Technology)
i) Army Wives Association

Non-Government-Stall

a) Amway India Enterprises
b) Crop Connect
c) Danone India
d) Mother Dairy Fruit & Vegetable Pvt Ltd
e) Nestlé India Limited
f) Resource Centre for Health Supplements and Nutraceuticals (ReCHaN)
g) NIFTEM (National Institute of Food Technology Entrepreneurship and Management)
h) Mahila Umang Producers Company
i) Saffolalife
j) Pepsico India
Swasth Bharat Yatra:
A nationwide cycle relay expected to cover 18,000 km on six different tracks, has generated a lot of enthusiasm across the country. Within just a month, a distance of over 5,000km has been covered, reaching over 500 locations in 16 states. Almost 8,000 volunteer cyclists have been registered and over 1,30,000 citizens have been reached through direct engagement. People from all walks of life have participated in this yatra, from nuns and monks to NCC cadets, NSS Scouts and Guides, frontline health workers (Anganwadi and Asha workers), doctors, school children, teachers and professionals, all adding their own unique flair to the activities and many visitors registered for the cycle relay during the mela.
Stakeholder Engagement Activities

The first National Eat Right Mela was a platform to engage with various stakeholders through a diverse range of activities such as:

a) Physical Activity:
   - Yoga
   - Running
   - Cycling

Yoga, Running and Cycling was the most adventures and healthy way to propagate the Eat Right message. Around 5000 people participated in yoga, cyclothon and running on 14th and 15th and 16th December, 2018 during the time of mela with Ministry of AYUSH and Delhi Food Safety Department. The healthy refreshment kit, Eat Right India T-shirts and Caps were distributed to the people involved in these physical activities.
b) **On the spot poster competition**: On the spot poster competition for school children as a part of the ongoing Eat Right Creativity Challenge was one of the most attractive parts of mela where children after sensitizing about Food safety and Eat Right expressed their views of Food safety through drawings and colours. Kids participated enthusiastically and learnt alot about the healthy eating habits during this activity.
c) **Quizzes** on food safety and nutrition by Professional Associations such as IMA, NSI, IDA was held on each day of the mela.
d) **The Eat Right Toolkit Masterclass** for frontline health workers such as ASHA, ANM, anganwadi workers and members of NCC, Scouts and Guides and NSS, involved in social service was held.

e) **Stories:** Stories with integrated messaging on “Eat Right” was told to engage children before the poster competition on each day.

f) **Talks:** Informative talks on issues around health, nutrition and food safety by doctors, nutritionists, health writers and other professionals was delivered.

g) **Panel Discussions:** Panel discussions were curated on topics like Gandhian philosophy on food & nutrition, food adulteration, non-communicable diseases and the role of diet, food fortification, clean street food hubs etc.
h) Workshops: Several workshops aimed at specific target audiences were conducted like:

- **SNF@Workplace**: A workshop with HR Heads of various corporates and PSUs to participate in the SNF@Workplace initiative to promote safe and healthy eating while at work. Orange Book was distributed during the workshop.
- **SNF@School**: School Principals, Teachers and students to promote safe and healthy eating while at school. Yellow Book was distributed during this workshop.
- **Hygiene Rating**: Food service establishments were sensitized on the Hygiene Rating index developed by FSSAI to ensure food safety.
Entertainment

To enliven the visitor's mood, interesting cultural performances were organized as part of the Eat Right Mela. The mela was a glittering mix of music, art, dance, culture and food.

a) Film screenings: Regional and international movies based on the theme of food and nutrition engaged audiences.

b) Musical Concerts: Popular music bands and prominent artists in the field of music and culture enthralled the audiences with their live performances.
c) Cultural shows: In association with the Ministry of Culture, zonal cultural centres from the States of Jammu & Kashmir, Rajasthan and Punjab performed folk dances that reflected their rich culture and tradition respectively.
d) **Street Theatre/NukkadNatak:** Students from Delhi University put together street plays around the theme of the Eat Right Mela.
e) **Live Cooking Demos:** Celebrity chefs demonstrated healthy recipes using locally sourced ingredients keeping in mind the local food habits and preferences.
Showcases
Showcases provided an opportunity to stakeholders to present their schemes, initiatives, products in front of a larger audience. These 30-minute showcases demonstrated the work done by the following three stakeholders -

a) Government
This showcased flagship programmes of the Government by various line ministries namely - POSHAN Abhiyaan and AnemiaMukt Bharat, Ayushman Bharat Yojana, Swachh Bharat Mission.

b) FSSAI
This showcased interesting initiatives by FSSAI that are touching people’s lives, ensuring safer foods and creating an enabling environment. They included - Diet4Life, No Food Waste, Clean Street Food Hub, RUCO-Repurpose Used Cooking Oil, and Food Fortification.

c) Industry- Established and Start-Ups:
This provided an opportunity to established food companies and start-ups to showcase their efforts towards promoting healthier food options.

Communication Collaterals
The creatives developed for awareness building and publicity of the Eat right Mela is placed on the from the website: [www.fssai.gov.in/eatrightmela](http://www.fssai.gov.in/eatrightmela)
3. Key Highlights of First National Eat Right Mela

(14th-16th December, 2018 | IGNCA, New Delhi)

14th December 2018

Venue: Main Stage

2:00 - 2:45 pm

Master Class: Eat Right Toolkit for ANM and ASHA workers

Speakers: Dr. Nancepreet Kaur (VHAI), Dr. Meenu Somvanshi, Dr. Swati Bhardwaj

Key Highlights:
The orientation masterclass was well received by the audience. 1600 Eat right tool kits were distributed among ASHA & ANM workers participated in the session. There was active participation from these participants.

Opportunities:
Detailed training sessions needs to be organized for using toolkits in smaller groups (30-35 people in each group).
3:00 - 4:00 pm

**In Conversation:** ‘Are Gandhi’s habits of food and his thoughts on food and nutrition relevant today?’

**Speakers:** Mr Shyam Bagri, Chairman, Bagrry’s, Mr Dipanker Shree Gyan, Director of Gandhi Smriti and Darshan Samiti and a Dr. Shikha Sharma, founder of Dr. Shikha’s Nutri Health.

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**Key Highlights:**
1. There was a unanimous agreement that Gandhi Ji can be considered as modern India’s first nutritionist
2. The panellists discussed on various elements of his food and nutrition philosophy which are relevant even today. The discussion included following topics
   - food as fuel for the body and mind
   - nutritional benefits of minimal processing/cooking of food
   - benefits of consuming a vegetarian diet
   - advantages of including fibre or wholegrains in diet
   - significance of fasting and detoxification of body
3. The discussion also covered integration of Gandhian food philosophy in some of new product innovations in Indian market.
4. The availability and promotion of literature on Gandhian food philosophy through the Gandhi smriti network were also discussed.

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5:00 – 5:30 pm

**FSSAI Showcase:** Food Fortification

**Key Highlights:**
1. Students of Gyan Mandir School performed on the eat right anthem
2. Students of Lady Irwin College performed a role play to create awareness on anaemia, vitamin A and D deficiency and micronutrient malnutrition.
3. Public health experts shared their experience on benefits of key micronutrients, dietary diversification, fortification, supplementation and bio-fortification to combat hidden hunger or micronutrient deficiency
4. +F logo awareness was created
5:45 – 6:45 pm

**Food Dialogue: The Magic Wands: Micronutrients**

**Keynote:** Dr. Rajan Sankar (Director Nutrition, Tata Trusts)

**Panel:** Dr. Prema Ramachandran (Director, Nutrition Foundation of India), Maj. Gen (Dr.) Raman Marwaha (Scientific Advisor and Senior Consultant Endocrinology - International Life Sciences Institute (India) & Advisor (Project), Dept. of Endocrinology, AIIMS), Dr. Chandrakant S. Pandav (President Indian Coalition for Control of Iodine Deficiency Disorders (ICCIDD), AIIMS), Dr. Parminder Virk (Head Crop Improvement, Harvest Plus),

**Moderator:** Ms Sanchita Sharma (Health & Science Editor, Hindustan Times)

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**Key Highlights:**
1. The panellists clarified myths and misconceptions around micronutrients and fortification.
2. The benefits of fortification, backed by scientific research, were explained in a simplified language for the audience.
3. Awareness was generated for open market availability of fortified staples.

**Opportunities**
1. Bio-fortification as an emerging area of interest

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6:45 - 7:15 pm

**FSSAI Showcase:** No Food Waste
Speakers: Mrs. Vandana Singh, Indian Food Banking Network, Ms. Srishti Jain, Feeding India, Mr. Padmanaban Gopalan, No Food Waste, Mr. Munish Chawla, DeTRaC

Key Takeaways:
1. Prevention of food waste and food donation is a social responsibility. Every citizen must take responsibility to do their bit.
2. Food collection agencies require support from various stakeholders to sustain and grow.
3. There is a requirement to bridge gaps between donor, food recovery agencies and beneficiaries.
4. Technology platforms and large-scale organized volunteer base can help in solving logistic concerns.
5. Sustainable funding is required for safe and structured operations.

Key Highlights:
Meals Donation:
1. 3000 packs were donated on 14th December by Bikanerwala.
2. 800 meals (surplus food from Street Food Festival) by The Robin Hood Army on 15th December.
3. 1500 meals (surplus food from Street Food Festival) by The Robin Hood Army on 16th December.

Opportunities:
Launch of a mobile application to bridge gap between restaurants and food recovery agencies.

14th December 2018
Venue: Conference Hall
11:00-1:00 pm

Food Workshop: SNF @ Workplace for HR Managers
A workshop with HR managers, Heads and Senior representatives from corporates, PSUs, food and non-food companies was organized at the National Eat Right Mela on 14th December from 11am to 1pm.

The aim of this workshop was to
1. Introduce the recently launched SNF@Workplace initiative by FSSAI to the audience.
2. Learn from the experiences of workplaces that have already implemented workplace wellness programs
3. Discuss in depth the various challenges and opportunities in implementation and scaling-up of this initiative across all workplaces in India.

Key Highlights:
1. The companies have developed their own modules for providing safe and nutritious food customized to their workforce
2. For amplification, external partners are required
3. Need for an ecosystem for systemic adoption of the initiative across the companies

Opportunities:
1. In addition to targeting HR managers and the workplace administration to initiate health programs to promote safe and healthy diets, it is important to target employees directly to create a demand for such programs.
2. IOEH doctors and other professionals, who influence workplace health programmes should also be targeted.
3. In order to nudge employees to adopt healthy eating practices, their efforts to do so could be included in their KPI (Key Performance Indicators) as an incentive.
4. Opportunities with the media should be explored to highlight and feature workplaces who adopt the best practices to promote safe and healthy diets as an incentive.
5. Awards for healthy workplaces could be instituted with a clear criteria and evaluation by audit companies as an aspirational nudge to promote safe and healthy eating.
6. Implementation and training partners could be brought in for advocacy and customization of health and wellness programmes to increase rates of adoption of health and wellness programmes.

5:30-7:00 pm

Food Workshop: Food Packaging: Recycled, Sustainable Future
**Speakers:** **Shri. Amardeep Raju**, Joint Director, Ministry of Environment, Forest and Climate Change (MoEF&CC), **Ms. Sanchita Jindal**, Environment Consultant, Former Joint Secretary, MoEF&CC, **Sh. Praveen Aggarwal**, CEO, Action Alliance for recycling beverage cartons (AARC), **Sh. Chandramohan Gupta**, Director Corporate Affairs, Coca-Cola India, **Sh. Samirkumar Pathak**, AMENA Corporate Affairs Director – Sustainability, PepsiCo Inc., **Ms. Sonia Garga**, Program Director, SAAHAS

**Key Highlights:**

1. Shift to Circular economy i.e. i) make, consume, enrich ii) make, use, return
2. Reduce packaging waste generation and support circular economy through reduction, recycling, reuse and reinvent.
3. Existing Waste management rules and Extended producer responsibility: How has the Indian Government gone about adopting EPR in the country
4. Steps/Initiatives taken by organizations/leading brands, NGOs to effectively manage packaging waste.
5. Packaging sustainability goals i.e. 100% of packaging to be recyclable, compostable or biodegradable, reduction in carbon footprints.

**Opportunities:**
Waste management including picking & collection of packaging waste, recovery and its segregation, Framework for Extended Producer Responsibility, its modalities, bringing informal sector to formal chain. (These issues come under the purview of MoEF&CC)
School Leaders’ Workshop: Regulating food environment in India (in partnership with Health Set Go)
Moderator: Ms Suneeti Toteja, Director Imports

The School Leaders Workshop was a session/open discussion event wherein school principals, teachers and government officials participated and shared their knowledge about how and why there should be an improvement in school food system. The areas of discussion were around food served in canteens, and through mid-day-meal schemes. The agenda of this workshop was to understand the gaps and look for collaborative solutions to effect a change in the current food systems in schools, focusing on food quality and monitoring policies in schools. These would be the framework for upcoming regulations on ensuring safe and nutritious food in schools.

Twenty-three delegates attended the workshop, who were further divided into four groups to come up with recommendations on the topics mentioned below:

1. Gap Analysis: Analyse current practices and food provided to school children
2. Food Hygiene and Licensing: Food Safety, Sanitary & Hygienic requirements for school meals
3. Health & Nutrition: Provision of regional, seasonal, and wholesome meals
4. Marketing and Advertising to Children: Promotion of Healthy Foods in Schools

Key Highlights:

1. Proper monitoring system for food safety and hygiene should be in place for schools.
2. The funds offered to Govt. schools for MDM should be raised to improve the quality of food items.
3. A proper training process should be followed for the MDM in-charge.
4. Modification in the process of cooking should be introduced, to give variety & taste.
5. Due diligence to be done before hiring cooks for school canteens.

Opportunities:

1. Need for a robust regulatory framework to be formulated in order to assist the schools to ensure availability of safe and nutritious food in schools.
2. Awareness needs to be created about the SNF@School program among the general populace.
Mr. S Dave (Chairman of the Codex Coordinating Committee for Asia (CC-Asia)), Dr. Neerja Hajela (Head of Science and Regulatory Affairs, Yakult-Danone India Pvt Ltd)

Key Highlights:
The objective of this session to encourage students to enhance their knowledge about food safety as a scientific discipline so as to prepare them for future roles for an effective functioning of the food safety control system in India

The workshops covered following subjects:
1. Food Safety hazards
2. Prevention of food borne diseases
3. Role of Codex to ensure food safety of consumers globally
4. Science based standard setting process
5. Harmonization of standards with Codex

15th December 2018
Venue: Main Stage
1:30 – 2:00 pm

Food Lit Fest Curtain Raiser: Launch of Books (in association with Tasting India Symposium)
• Radha Bhatia’s Lassis of India: Smoothies with a Twist (Om Books International),
• Asma Khan’s Asma’s Indian Kitchen (Bloomsbury) and Anil Bhandari’s Art of Plating was launched by CEO, FSSAI.
2:00 – 2:45 pm

**Master Class:** Eat Right Toolkit for Anganwadi workers  
**Speakers:** Dr. Nancepreet Kaur (VHAI), Dr. Swati Bhardwaj

**Key Takeaway:**  
The orientation masterclass was well received by the audience. Around 600 Anganwadi workers participated in the session. There was active participation from the participants.  
**Opportunities:**  
Detailed training sessions needs to be organized for using toolkits in smaller groups (30-35 people in each group).

3:00 – 3:30 pm

**FSSAI Showcase:** Food Innovators Network  
**Speakers:** Mr. Nitin Puri, Senior President & Global Head - Food & Agri Strategic Advisory & Research, Mr. Vishal Chaddha, CBO, Xelpmoc, Mr. Rajat Garg, Founder, MyUpchar  
**Moderator:** Ms Geetika Dayal, Executive Director, TiE Delhi NCR
Key Highlights
In order to foster innovation and start-up activity in the area of food safety and applied nutrition, FSSAI has established Food Innovators Network (FINE). The speakers discussed its various aspects, how start-ups are benefitting from the programme and the way forward.

3:30 – 4:30 pm

Food Dialogue: Cause for Concern: Growing Lifestyle Diseases
Keynote: Dr. Nikhil Tandon
Panel: Dr. Arjan de Wagt, Dr. Rajeev Kumar, Dr. Ritika Samaddar moderated by Dr. Shweta Khandelwal

Key Highlights:
The keynote speaker and panelists engaged the audience and informed them about
1. The extent and seriousness of NCDs and why they are called ‘lifestyle diseases’.
2. The role of a healthy diet and exercise in preventing NCDs.
3. The importance of eating a healthy diet from childhood when habits are formed because it affects health in adulthood.
4. The importance of eating right not eating more to combat the double burden of malnutrition, which comprises of micronutrient deficiencies and obesity.
5. Reducing salt, sugar and fat in the diet to prevent and manage NCDs.
6. Government initiatives to combat NCDs at the national level
7. 10 lifestyle tips to reduce the risk of NCDs
Opportunities:
These food dialogues could be replicated in states also as these problems are prevalent across nation.

4:45 – 5:15 pm

In Conversation: Sanjay Dave with AsimSanyal on ‘Consumer Connect’
Key Highlights:

1. Discussion on consumer buying habits, food safety challenges and emerging trends of e-commerce
2. Information dissemination on consumer rights and how they could become ‘Food Smart’
3. Education of consumers on ways to connect with FSSAI for grievance redressal
4. Introduction of Food Safety Connect portal

5:15 – 6:45 pm

FSSAI Showcase: Clean Street Food Hub and Food Dialogue: Exciting Opportunities for Street Food Vending
Speakers: Ms. Dipika Chauhan, Deputy Commissioner, Food and Drug Control Administration Department, Government of Gujarat, Dr. Tejas Shah, Deputy Health Officer, Ahmedabad Municipal Corporation, Mr. Paramvir Singh Deol, Head of Operations, FSATO, Mr. Parag Srivastava, Sales Manager, DNVGL
Keynote: Dr. Osman Sirkeci
Panel: Prof. Dr. Kamuran Elbeyoğlu, Head, Department of Psychology, Toros University, Mr. Philip Mathew, Specialist-Entrepreneurship promotion, UNDP, Mr. Mayank Mishra, National Mission Manager, NULM, Mr. Arvind Prakash, National Mission Manager, NULM, Mr. Munish Chawla, Co-founder, Director, DTrac, Mr. Aviekal Kakkar, Associate Director, KPMG

Key Takeaways:
1. Success of the Kankaria model as the benchmark for more hubs
2. Willingness of the street food vendors to be a part of the hub and ensure safety and hygiene of the food while serving
3. Commitment from NULM:
To conduct these street food festivals in every state of the country
- Develop street food vending zones (at least 2-3) in every state capital of the country

4. UNDP to support FSSAI with these endeavours of upliftment of street food vendors
5. KPMG to scale up the iSAFE project with FSSAI addressing to artisan vendors
6. DTrac to scale up the trainings of the vendors and introduce the concept of EkNAyiPehchan to maximum of vendors
7. FSSAI to work with all the relevant stakeholders to amplify the efforts targeting to street food vendors to bring them in an ecosystem of safe food vending zones/hubs
8. Some vendors showed interest to get associated with the Clean Street Food Hub initiative and requested for training as well as initial audit to help them identify areas of improvement.

Opportunities:
1. Identification of dedicated food vending zone will help in identification of clusters under CSFH initiative which is the main challenge under this initiative
2. Our plan of replicating concept of eat right mela can be done along with street food festival in every state to be conducted by NULM
3. UNDP can get support from other govt ministries for dissemination of this initiative at wider scale.

15th December 2018
Venue: Conference Hall

11:30 am – 1:00 pm

Media Workshop Risk communication on Food Safety
Speakers: Mr. Sunil Bakshi (Advisor – Codex, FSSAI), Mr. S Dave (Chairman of the Codex Coordinating Committee for Asia (CC-Asia)), Mr. AsimSanyal (COO, Consumer VOICE)
**Key Highlights:**
The food safety risk communication workshop was intended to sensitize the media professionals on food safety related reporting, with the hindsight that it is the media that ultimately informs the masses regarding concerns of food safety. The session was inaugurated by CEO FSSAI, Mr. Pawan Agarwal who emphasized on building & preserving public trust and the impact of media reporting on the same, followed by a technical presentation by Mr. S Dave (Former Chairperson, Codex Alimentarius Commission) and a brief talk on consumer perspective by Mr. AsimSanyal (COO, Consumer VOICE). The session was chaired by Mr. Sunil Bakshi (Advisor, Codex & Regulations FSSAI) and it was anchored around a common theme of ‘risk perception’ and included details of different types of hazards, difference between hazards and risks, standard setting process, case studies followed by Q&A.
3:00 – 6:00 pm

**Food Workshop:** Building Trust in Milk (in partnership with NDDB and IFPRI)

**Key Highlights:**

1. The session provided a platform for broader consultation and possibilities of addressing the issues of quality and safety of milk and milk products through much needed collaborative efforts of multiple stakeholders
2. Presentation of milk survey 2018 results by third party (Vimta Labs)
3. As >90% milk is safe to consume, there are quality issues but only <10% samples have safety issues with regards to contaminants
4. Root cause analysis to be done for ammonium sulphate. If it is a contaminant only and not an adulterant, we should have limits in regulation and to be taken up in the Scientific Committee of FSSAI.

**Key Takeaways:**

1. In milk processing units, sampling and testing should be done initially every 15 days. The frequency of testing can be revised based on the analytical results. (Plan to be prepared and shared).
2. The FBOs need to take up farmer education with the help of Department of Animal Husbandry, farmer representatives in State/UTs and FoSTaC, FSSAI for good farming practices to address aspects of non-compliance regarding aflatoxins and antibiotics.
3. In future surveys, microbiological analysis of milk samples should also be take up which is a more serious issue in milk.
4. To work in coordination with NDDB and DADF on feed regulations.

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15th December 2018

**Venue:** CV Mess

11:00 - 7:00 pm

**Workshop:** National Gastronomic Tourism Workshop (In partnership with Ministry of Tourism, Govt. of India and Tasting India Symposium)

**Speakers:**
- Ms. Banshi Bose Harrison, Executive Director, Tasting India Symposium
- Ms. Rita Teaotia, Chairperson, FSSAI
- Mr Pronab Sarkar, President, Indian Association of Tour Operators
- Arbind Singh, Founder, National Association for Street Vendors of India (NASVI)
- Mr Satyajeet Rajan, Director General, Ministry of Tourism
- Ms. Riva Ganguly Das, Director General, Indian Council for Cultural Relations (ICCR).
Key Takeaways:
The National Gastronomic Tourism Workshop discussed about the myriad gastronomical cultures of India from North to South and East to West, which have been left unacknowledged but are actually an important feature of tourism in the country. The objective was to place this gastronomic variety of India on the international platform and to work collectively towards achieving the goal of placing it on the tourism map of the country.

Opportunities:
Since the traditional foods are eloping from the India plates, Ministry of Tourism may consider the proposal of gastronomic tourism to showcase the culinary variety in India.

16th December 2018
Venue: Main Stage

1:00 – 1:45 pm

Master Class: On Eat Right Toolkit for Nodal Officers of MDM Programme, Delhi
Speakers: Dr. Swati Bhardwaj

Key Takeaway:
The orientation masterclass was well received by the audience. Around 600 teachers, who are the Nodal officers of the Mid-Day Meal Programme, participated in the session.

Opportunities:
Director National Urban Livelihood Mission (NURM) has shown keen interest in taking up the toolkits in the respective ministry.
2:00 – 2:30 pm
**In Conversation: With Dietician Dr. Shikha Sharma**

**Key Takeaway:**
Our traditional wisdom lies in Ayurveda which is considered as science of life. It has the legacy of scientific discipline and knowledge and thus there is a need for integration of this traditional wisdom into the communication and message on Eating Right (in form of books/posters/events/stalls focused on foods and recipes such as neem and tamarind chutney based on Ayurvedic body types). A vedic app to diagnose one’s Prakriti – Vata, Pitta, or Kapha. The app also includes diet plans and recipes according to prakriti (ayurvedic body types), educational videos, products as per prakriti levels.

**Opportunities:**
Curating a thematic pavilion/stall keeping in view the Ayurveda concept of Eating Right and maintaining a balanced and healthy lifestyle

2:30 – 3:00 pm
**FSSAI Showcase: Repurpose Used Cooking Oil**

**Panellists:** Shri Aditya Kiran, Wing Commander, Air War Strategy Cell, Indian Air Force, Dr. Neeraj Atray, Principal Scientist and Head, Chemical Conversion Area, Biofuel Division, Indian Institute of Petroleum, Dehradun, Shri Sandeep Chaturvedi, President, Biodiesel Association of India, Shri Umesh Waghdhare, Chairman, Aris Bioenergy Pvt. Ltd, Mumbai, Shri Siddharth Vig, Vice President, BioD Energy India Pvt. Ltd., Shri Gopal Bhai Thakkar, Managing Director, Jagdish Food Zone Pvt. Ltd, Gujarat
Key Highlights:
1. Used Cooking Oils should be discarded in an environment friendly way.
2. One of the best ways to discard Used cooking oil is to give it to aggregators for manufacturing of biodiesel/biofuel, an environment friendly solution which has also been recognized by Indian Army for its use in Military aircraft in order to reduce the dependence on import of fuels.
3. Used Cooking Oil is a more cost-effective raw material than the other alternative such as fresh Palm Oil for manufacturing of biodiesel.

Opportunities:
Need of a system, which ensures that all Food Business Operators involved in frying of foods are discharging used cooking oil.

4:00 – 4:30 pm
In Conversation: Ishi Khosla on Food Allergens
Moderator: Sanghamitra Chakraborty, Moderator - Editor, Readers Digest

Key Highlights:
1. Information dissemination on different types of food allergens
2. Information on tests to effectively diagnose food allergies
3. Preview of Ishi Khosla’s book - Eating at Work, which talks about smart and balanced eating at work

Key Takeaways:
Carbohydrates insensitivity and gluten allergy are two different things. In case of any undiagnosed weight gain or weight loss, allergens and other malabsorption syndromes should be checked. Fad diets should be avoided.

4:30 – 5:30 pm
Food Dialogue: Our Legacy: Diverse and unique Indian flavours
Keynote: Prof Pushpesh Pant
Moderator: Ms. Nidhi Bansal
Panel: Dr. Colleen Taylor Sen, Food Historian and Writer, Ms.Ishira Mehta, Co-founder and Director, CropConnect Enterprises Pvt Ltd., Ms. HoihnuHauzel, a Journalist and a Food & Travel Writer., Ms. Sonal Saxena, Founder, Eat with India, Ms.
**Kavneet Sahni**, Founder and CEO, The Gourmet High Street, Culinary Communications Pvt. Ltd

**Key Takeaways:**

India is a land of diverse food heritage and there is need for revival of this culinary heritage through effective documentation of the recipes and ingredients, promoting it through various means such as organising food walks, conducting gastronomic seminars and events, exploring opportunities for promotion of indigenous crops, etc.

**6:00 – 6:30 pm**

**FSSAI Showcase: Diet4Life (AIIMS)**
**Speakers:** Dr. Madhulika Kabra (AIIMS), Dr. Neerja Gupta (AIIMS), Dr. Anuja Agarwala (AIIMS), Dr. Sunita Bijarnia (Sri Ganga Ram Hospital), Mr. Atul Khandelwal (IEM Charitable Trust)

**Key Takeaways and Opportunities:**

Since most of the people are unaware of what IEM is, what impact it can cause in new-borns, what treatments and managements are available; showcasing Diet4life initiative at such a platform provided an opportunity to create awareness among public at large.

**6:30 – 7:00 pm**

**In Conversation: With Prof. Ganesh Bagler on ‘Digital Gastronomy’**

**Key Highlights:**

Prof Bagler explained the concept of digital gastronomy and how it can be leveraged to ensure people eat right. He talked about his experiments of data analysis in the field of food and its immense potential.
16th December 2018
Venue: Conference Hall

11:30 – 1:30 pm

Food Workshop: **Hygiene rating for Hotels and Restaurants**

**Speakers:** Dr. Pasupathy, National Advisor, FHRAI, Ms. Heena Yadav, FSSAI

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**Key Highlights:**
1. Workshop to understand the intent and purpose of Hygiene Rating Scheme.
2. Hygiene Rating Certificates were awarded to 31 Food Businesses.

**Key Takeaways:**
1. Hygiene Rating is essential to promote consumer trust and display food hygiene and safety maintained by the restaurant.
2. Hygiene rating awardees agreed to get all their outlets/properties HR certified.

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02:30 – 4:00 pm

Food Workshop: **Getting Ready for New Organic Food Standards**

**Speakers:** Dr. S.C. Khurana- Consultant, FSSAI, Dr. A.K. Yadav- Advisor, APEDA, Shri T.K Ghosh- Regional Director, NCOF, Shri Sandeep Bhargava- CEO, OneCert Asia International Pvt. Ltd(Certification Body), Shri Ashish Gupta- Founder, Organic Way of Life (Regional Council)

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Key Takeaways:
1. New Regulation with provision of unified logo has helped in reduction of fake domestic and imported organic products in the market.
2. Provision of Max. 5% of the Maximum residual limits of the Pesticide residues will assist in checking fake products.
3. Simplification in NPOP system of certification and reduction in cost of certification, so that it is accessible to small/marginal farmers, are issues to be addressed.

Opportunities:
1. Increase scope and scale of organic food in the country.
2. Understand the reasons for low organic production in the country.
3. Raise consumer awareness on organic foods
4. Understand the market dynamics through surveillance and monitoring of the organic foods in the market

4:30-6:00 pm

National Workshop: FoSTaC Partners’ Forum

Key Outcomes:
1. Training Partners of FoSTaC will form a forum to work in collaboration.
2. It was once again reinforced that FoSTaC ecosystem will run on revenue model. There are two such clear models, one for the big and organized food businesses and the other is for the petty food businesses and/or the unorganized sector. Training for organized sector will be chargeable and big business houses also share responsibility for such trainings ow. For the training of unorganized sector, convergence with various government departments can be utilized. CSR funding options could also be explored. Training Partners may submit their specific proposal for approaching CSR representatives of large food companies.
3. To attain a certain scale, online training and assessment could also be initiated by FSSAI.
4. Sensitization of State officials needs to be done for providing support to Training Partners in conducting FSS Training.
5. A proposal to form an advisory committee for FoSTaC was also discussed.
6. Incentivization of trainer and food safety supervisor by issuing them Smart Card also to be considered.
7. Clarification to be issued by FSSAI regarding applicability of FSS Training for FBOs with less than 25 food handlers.

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**Sessions on All Days of the Mela**

**Eat Right Creativity Challenge**

1. *'Story-telling'* (Morning: 10:00am - 10:30am; Afternoon 1:00 - 1:30pm)
2. *'On the Spot Poster Making' competition & Doodle Wall-Art'* (Morning: 10:30am - 12:30pm; Afternoon 1:30 - 3:30pm)
3. *Mascot Activation*

The major activity of the Eat Right Creativity Challenge was the poster-making competition. The event kicked off with a *'Storytelling'* session with a purpose of sensitizing the students on the Eat Right Themes of Eat Healthy; Eat Safe; Eat Fortified; No Food Waste; Physical activity. This helped them understand the concepts in a fun and interactive manner. This was followed by *'On the Spot Poster Making'* competition where the students created posters. The poster competition led to the *'Doodle Wall-Art'* where one student from each school painted the doodle wall from the Eat Right themes.

The mascots of Master & Miss Sehat met the children to create awareness about the Eat Right concepts.

A total of 2015 students from government and private schools participated over three days in this competition.
Orientation Session

The objective of the Parents-Teachers Workshop was to ensure that each parent / teacher has the correct information to eat right. The workshop consisted of lectures on tips for healthy living and eating in daily lives. Demonstration of simple activities on food adulteration, spread of germs etc were also made.

Speakers: Dr. Eram Rao, Aditi Mehrotra
Partners: HealthSetGo, Macmillan Education

Activities performed:
1. Sugar Awareness (HealthSetGo): Interactive session on awareness on sugar intake, project card of calorie comparison between a fruit and an artificial sugar product was distributed.
2. Balanced Diet (Macmillan Education): Interactive session along with a handout on food pyramid depicting balanced diet
3. Glittery Germs (Macmillan Education): Activity on spread of germs conducted

Number of participants:

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<thead>
<tr>
<th>Date</th>
<th>Count</th>
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<tr>
<td>14 Dec’18, Friday</td>
<td>70</td>
</tr>
<tr>
<td>15 Dec’18, Saturday</td>
<td>79</td>
</tr>
<tr>
<td>16 Dec’18, Sunday</td>
<td>202</td>
</tr>
<tr>
<td><strong>Total Participants</strong></td>
<td><strong>351</strong></td>
</tr>
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</table>

Key takeaways of the session
1. SNF@School should form an integral part of schools.
2. It is very important for both parents and teachers to be a sensitized about eating right.
3. Such sessions should be conducted at different locations in the country.
4. A method and process of implementing food safety and hygiene is very important.
Food Quiz

Quizmasters:
14th December- Ms. Shilpa Thakur and Ms. Binu Bhatia (Indian Dietetic Association)
15th December- Dr. Pulkit Mathur and Dr. Bani Aeri (Nutrition Society of India)
16th December- Dr. Sreejit Kumar and Dr. Neelima (Indian Medical Association)

Key Highlights:
1. Participants

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<th>Count</th>
</tr>
</thead>
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<td>45-50</td>
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<tr>
<td>15 Dec’18, Saturday</td>
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</tr>
<tr>
<td>16 Dec’18, Sunday</td>
<td>100+</td>
</tr>
</tbody>
</table>

2. Key themes covered during the quiz were:
   - day-to-day food habits
   - common myths about food
   - how to monitor risk of obesity
   - simple household practices for food safety
   - sources of vitamins and minerals and their deficiency-diseases
   - how to eat a balanced diet including portion sizes
   - health benefits of food fortification
   - how to reduce HFSS foods

3. The audience also asked the quizmasters some questions which covered topics such as
   - good healthy habits
   - how to prevent anaemia and obesity
   - myths about green tea
   - how to replace sugar and jaggery with healthier alternatives

4. The quiz was interactive and the audience won prizes for answering the questions correctly which constituted of healthy snacks, fruits, magnets with information about +F logo and fortified foods. This reiterated the message of healthy eating.
Street Play

**Participants:**
15 December - Institute of Home Economics, DU
16 December - Lady Irwin College, DU

**Key Highlights:**
The street play showcased various aspects related to food and nutrition namely undernutrition and overnutrition, food wastage, farmers plight, adverse effect of junk food, importance of reading labels and ensuring food safety.

Live Demos

**Date:** 14 December 2018  
**Focus:** Cooking with Less Oil by Chef Manjit Gill  
**Recipe:** MurgiChanna (A no oil healthy Chicken Recipe)

**Key Takeaway:**
Our traditional recipes are full of low fat, salt and sugar options that can be identified and adopted to promote eating right and promotion of lost culinary heritage of India.

**Date:** 15 December 2018  
**Focus:** Easy, quick, and wholesome cooking by Chef MeghaKihli, Lavaash by Saby  
**Recipes:** 10-minute prawns and healthy Tamarind Salad
Key Takeaway:
1. Healthy cooking can be quick, easy and tasty
2. Almost all parts of the food can be used in a recipe including vegetables peels.
   For e.g., garlic was used with peels in this recipe.
3. Healthy salads can be tasty, filling and low in calories.

Date: 16 December 2018
Focus: Healthy snacks by Rakesh Sethi
Recipe: Channe Dal aurAkhrotki

Key Takeaway:
1. Recipe was rich in protein and good fats
2. Easy to prepare and can be a good snack option
4. Experience and Take away:

The Mela was visited by a large number of people which included Food Business Operators from various parts of the country, Consumers, School children, parents, teachers, Colleges, Folk performers, Dieticians, Nutritionists, Chefs, religious people from temples and Gurudwaras and many more.

FSSAI's effort to make visitors understand about Eat Right and Eat Safe through stories, skits and quizzes was highly appreciated by the visitors. The design, concept and information available and provided at the time of Mela were also appreciated by visitors.

Overall Eat Right Mela provided an excellent opportunity to FSSAI to engage with diverse stakeholders, street food vendors and visitors and making them aware about initiative taken with regards to Food safety.

Queries of visitors including FBOs, consumers, stakeholders, school and college students were addressed by direct interaction with FSSAI officials at various Pavilions.

Certain issues were raised by the visitors which are as follows:

i. Swasth Bharat Yatra
ii. Eat Right India Moment
iii. Thoda Kam Initiative
iv. Organic food products, Use of logo NPOP, PGS and 'Jaivik Bharat'
v. Registration/Licensing of existing and new operators for Organic Foods under FLRS

The visitors were satisfied by the explanation and information provided by the officials on duty. FSSAI officials explained about the pan-India cyclathon campaign and how this will propagate a powerful message 'Eat Right India' to sensitize people across the country.

Some of the visitors also get registered on spot for the Rally.

Few encouraging comments/views given by the visitors on the Mela were

i. The Eat Right Mela concept is a great way to reach the people and raise awareness about Food Safety.
ii. Displays on various stall are very clear and informative.
iii. Food safety wall at FSSAI Pavillian is very informative specially the adulteration test demos.
iv. Swasth Bharat Yatra is nice initiative taken by FSSAI.
v. RU CO is a good approach towards healthy India.
5. Conclusion:

The concept of amalgamating Traditional melas with Eat Right concept dwells very well in raising awareness on safe food and healthy diets. Thousands of people, business associates, school children, parents, teachers, Street vendors participated in various activities like panel discussions, Yoga session, stories, quizzes etc. of Food safety and learnt a lot about the healthy food eating habits and role of FSSAI in ensuring Food safety across the country and its various initiatives. The whole concept was appreciated by the visitors.

This Report would provide a reference framework (model) to assist state food authorities in planning and implementing similar melas at various cities and state level.
Interactive quiz

Eat Right toolkit workshop

Musical performance

Workshop – Hygiene rating for hotels & restaurants

Live demo by celebrity chefs

Food dialogue on micronutrients

Display of ‘Food Safety on Wheels’
FSSAI Showcase - No Food Waste

Felicitating NASVI

Consumer awareness on food adulteration

CII FACE – Food Safety session for students

Discussion - Gandhian food philosophy

Eat Right toolkit workshop

Interactive quiz
‘Eat Right’ mascots

Panel discussion on Food Innovation

Street food

Street play

Organic food workshop

‘Eat Right’ creativity challenge

Unveiling ‘Gandhi Pavilion’

Cultural show
### Participation of following street food stalls from different regions of the Country

**A) Food stalls from the regions other than Delhi**

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>State</th>
<th>City</th>
<th>Vendors Name</th>
<th>Food Items Name</th>
<th>For legend</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Andhra Pradesh</td>
<td>Vishakapattnam</td>
<td>Gopal Chand</td>
<td>Minappa Gade(Vada)Prawns Bhajji, Prawns Pickles</td>
<td>Vishakapattnam - Minappa Gade(Vada)Prawns Bhajji, Prawns Pickles</td>
</tr>
<tr>
<td>2</td>
<td>Andhra Pradesh</td>
<td>Vijaywada</td>
<td>Venkat Ratnam</td>
<td>Gongura Pachadi, Imali Rice, Chekkara Pongali</td>
<td>Vijaywada - Gongura Pachadi, Imali Rice, Chekkara Pongali</td>
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<tr>
<td>3</td>
<td>Assam</td>
<td>Guwahati</td>
<td>Ramani Deka</td>
<td>Narikul Ladoo, Til Pitha, Bhap Pitha</td>
<td>Guwahati - Narikul Ladoo, Til Pitha, Bhap Pitha</td>
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<tr>
<td>4</td>
<td>Assam</td>
<td>Guwahati</td>
<td>Maniram Kalita</td>
<td>Chat, Mix Aloo tikki papdi, Assam Tea</td>
<td>Guwahati - Chat, Mix Aloo tikki papdi, Assam Tea</td>
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<td>5</td>
<td>Bihar</td>
<td>Bhagalpur</td>
<td>Prakash Pandit</td>
<td>Katarni Chawal-Chicken/Mutton, Machali, Egg Curry</td>
<td>Bhagalpur - Katarni Chawal-Chicken/Mutton, Machali, Egg Curry</td>
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<td>6</td>
<td>Bihar</td>
<td>Patna</td>
<td>Raju Kumar</td>
<td>Chicken Pakoda</td>
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<td>Devi Prasad</td>
<td>Chicken Litti</td>
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<td>Bihar</td>
<td>Patna</td>
<td>Ashok shah</td>
<td>Litti Chokha/ Litti-Chicken</td>
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<td>Ramakant</td>
<td>Egg Roll, Chicken Roll, Aloo Pyaj Paratha, Paneer Paratha</td>
<td>Gurgaon - Egg Roll, Chicken Roll, Aloo Pyaj Paratha, Paneer Paratha</td>
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<td>No.</td>
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<td>Name</td>
<td>Cuisines</td>
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<td>17</td>
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<td>Praveen Kumar</td>
<td>Sepu Padi, Mandi Kachauri</td>
<td>Mandi - Sepu Padi, Mandi Kachauri</td>
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<tr>
<td>18</td>
<td>Jammu and Kashmir</td>
<td>Srinagar</td>
<td>Shabir Ahmad Ganie</td>
<td>Kehwa, Noon Chai</td>
<td>Srinagar - Kehwa, Noon Chai</td>
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<td>Jamshedpur</td>
<td>Jamshedpur</td>
<td>Nilmani Udiya</td>
<td>Mushroom Paratha, Chichen pitha, Dhuska, Malpua</td>
<td>Jamshedpur - Mushroom Paratha, Chichen pitha, Dhuska, Malpua</td>
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<td>21</td>
<td>Karnataka</td>
<td>Bangalore</td>
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<td>Bangalore - Chicken 65, Kabab</td>
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<td>22</td>
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<td>Dharwad</td>
<td>Akbar Sab Dalawai</td>
<td>Egg Bonda, Kabab, Chicken 65</td>
<td>Dharwad - Egg Bonda, Kabab, Chicken 65</td>
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<td>23</td>
<td>Kerala</td>
<td>Calicut</td>
<td>Shahar Ban A T</td>
<td>Samosa, Irachi Pathiri, Kili Kudu, Mutta Mirchathu</td>
<td>Calicut - Samosa, Irachi Pathiri, Kili Kudu, Mutta Mirchathu</td>
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<td>24</td>
<td>Kerala</td>
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<td>Nashim K</td>
<td>Payam Nirachath, Egg Cake, Unna kaaya, Chatti Pathiri</td>
<td>Calicut - Payam Nirachath, Egg Cake, Unna kaaya, Chatti Pathiri</td>
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<td>25</td>
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<td>Indore</td>
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<td>Poha, Sabudana Khichdi</td>
<td>Indore - Poha, Sabudana Khichdi</td>
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<td>Indore - Moong Halwa, Khran</td>
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<td>Madhya Pradesh</td>
<td>Jabalpur</td>
<td>Arjun Lodhi</td>
<td>Mava Jaleba-Rabdi, Mangauri, Nutkhat Aloo Bonda</td>
<td>Jabalpur - Mava Jaleba-Rabdi, Mangauri, Nutkhat Aloo Bonda</td>
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<td>30</td>
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<td>Mumbai</td>
<td>Subhash Nigam</td>
<td>Bada pav, Pav Bhaji</td>
<td>Mumbai - Bada pav, Pav Bhaji</td>
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<td>31</td>
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<td>Mumbai</td>
<td>Kailash Singh</td>
<td>Tava Pulav</td>
<td>Mumbai - Tava Pulav</td>
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<td>Nagpur</td>
<td>Prakash</td>
<td>Nagpuri Tarri-Poha, Patori Curry</td>
<td>Nagpuri - Nagpuri Tarri-Poha, Patori Curry</td>
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<td>33</td>
<td>Odisha</td>
<td>Bhubaneshwar</td>
<td>Mukti Ranjan Pattanayak</td>
<td>Chhena Pod, Piyaji Pakaudi, Arisa Pitha, Dahi</td>
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<tr>
<td>No.</td>
<td>State</td>
<td>City</td>
<td>Name</td>
<td>Foods</td>
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<td>34</td>
<td>Punjab</td>
<td>Chandigarh</td>
<td>Mohan Lal</td>
<td>vada Aloo Dum Chat, Rajasthani Thali Dhokala, Rice Dhokala, Khandavi</td>
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<td>35</td>
<td>Punjab</td>
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<td>Gudiya Devi</td>
<td>vada Aloo Dum Chat, Makka ki Roti sarso Saag</td>
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<tr>
<td>36</td>
<td>Punjab</td>
<td>Chandigarh</td>
<td>Chitnarayan Shah</td>
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<td>37</td>
<td>Punjab</td>
<td>Ludhiana</td>
<td>Kuldeep Kumar</td>
<td>vada Aloo Dum Chat, Amritsari Naan, Chole Bature</td>
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<td>38</td>
<td>Punjab</td>
<td>Ludhiana</td>
<td>Harpreet Singh</td>
<td>vada Aloo Dum Chat, Mushroom Tikka, Paneer Tikka, Afgani Chaap, Cream Chaap, Masala Chaap, Achari Chaap, Lemon Chaap, KFC Chaap, Burger</td>
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<td>41</td>
<td>Rajasthan</td>
<td>Jaipur</td>
<td>Ravinder Singh</td>
<td>vada Aloo Dum Chat, Daal bati Churma, lassi</td>
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<td>42</td>
<td>Rajasthan</td>
<td>Jaipur</td>
<td>Sonu Bhargav</td>
<td>vada Aloo Dum Chat, Tanduri Tea</td>
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<td>43</td>
<td>Rajasthan</td>
<td>Jaipur</td>
<td>Om Prakash</td>
<td>vada Aloo Dum Chat, Matka-Kulfi</td>
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<td>44</td>
<td>Rajasthan</td>
<td>Jaipur</td>
<td>Rakesh Sharma</td>
<td>vada Aloo Dum Chat, Bejad ki roti, bajare ki roti, sabji</td>
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<td>45</td>
<td>Tamil Nadu</td>
<td>Chennai</td>
<td>Jai Raman</td>
<td>vada Aloo Dum Chat, Ragi Idli, Dosa, Rava Idli, Dosa</td>
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<td>46</td>
<td>Telangana</td>
<td>Hyderabad</td>
<td>Dongare Arjun</td>
<td>vada Aloo Dum Chat, Chicken Biryani, Chicken Haleem, Patthar ka Goshta</td>
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<td>47</td>
<td>Telangana</td>
<td>Hyderabad</td>
<td>G. Santosh</td>
<td>vada Aloo Dum Chat, Veg Biryani, Double ka Meetha</td>
<td>Hyderabad</td>
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<td>State</td>
<td>City</td>
<td>Name</td>
<td>Food Offered</td>
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<td>Shalivan</td>
<td>Pune tea, Manchurian, Fried Rice, Chicken 65</td>
<td>Hyderabad - Pune tea, Manchurian, Fried Rice, Chicken 65</td>
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<td>Ayodhya</td>
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<td>Ayodhya - Dahi Jalebi, Imarti Rabdi</td>
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<td>Shashi Gupta</td>
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<td>Banaras - Tamatar Chat, Banarasi Kachari, Fulki</td>
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<td>Ghaziabad</td>
<td>Luv Sharma</td>
<td>Dahi ke Sholey, Insilator, Pizza, Grill Burger, Grill Sandwich</td>
<td>Ghaziabad - Dahi ke Sholey, Insilator, Pizza, Grill Burger, Grill Sandwich</td>
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<td>Lucknow</td>
<td>Foolchand</td>
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<td>Lucknow</td>
<td>Md. Yamin</td>
<td>Galauti Kabab, Muglai Paratha</td>
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<td>Md. Farooq</td>
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<td>Mukesh Kumar</td>
<td>Golgappa with 5 Flavour, Mathura Chat, Tikki</td>
<td>Mathura - Golgappa with 5 Flavour, Mathura Chat, Tikki</td>
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<td>Uttarakhand</td>
<td>Deharadun</td>
<td>Asha Soni</td>
<td>Matar karela Chat, Mix Pakodi, Jalebi Rabdi</td>
<td>Deharadun - Matar karela Chat, Mix Pakodi, Jalebi Rabdi</td>
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<td>Deharadun</td>
<td>Nirmala Soni</td>
<td>Noodles, Macroni, Honey Chilly Potato</td>
<td>Deharadun - Noodles, Macroni, Honey Chilly Potato</td>
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<td>Uttarakhand</td>
<td>Deharadun</td>
<td>Prem Soni</td>
<td>Chicken Changeji Rumali Roti</td>
<td>Deharadun - Chicken Changeji Rumali Roti</td>
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<td>West Bengal</td>
<td>Kolkata</td>
<td>Mansoor Alam</td>
<td>Moa, Kacha Gola,</td>
<td>Kolkata - Moa, Kacha Gola</td>
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<td>West Bengal</td>
<td>Kolkata</td>
<td>Soumita Ghosh</td>
<td>Kabab, Egg- Devil, Chicken Biryani</td>
<td>Kolkata - Kabab, Egg- Devil, Chicken Biryani</td>
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B) Food stalls belongs to Delhi

<table>
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<tr>
<th>Sr. No</th>
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<tr>
<td>1</td>
<td>Daal Chand</td>
<td>Tikki Chat, Golgappe, Papdi Chat, Tokari chat</td>
<td>Delhi - Tikki Chat, Golgappe, Papdi Chat, Tokari chat</td>
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<td>2</td>
<td>Vinod</td>
<td>Chhola -Kulche, Noodles, Aloo Chat</td>
<td>Delhi - Chhola -Kulche, Noodles, Aloo Chat</td>
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<td>3</td>
<td>Raj Kumar Jain</td>
<td>Soka Sikanji, Jaljeera, Jeera Soda, Doodh Soda, Mattha Soda</td>
<td>Delhi - Soka Sikanji, Jaljeera, Jeera Soda, Doodh Soda, Mattha Soda</td>
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<td>4</td>
<td>Rajesh kr</td>
<td>Ram Ladoo, Mung Daal Chila, Kullar Tea</td>
<td>Delhi - Ram Ladoo, Mung Daal Chila, Kullar Tea</td>
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<td>5</td>
<td>Shyam Sunder</td>
<td>Bread Pakoda, Samosa</td>
<td>Delhi - Bread Pakoda, Samosa</td>
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<td>6</td>
<td>Deepu Gupta</td>
<td>Fruit Chat, Tila Kulfi, Matka Kulfi</td>
<td>Delhi - Fruit Chat, Tila Kulfi, Matka Kulfi</td>
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<td>7</td>
<td>Sanjiv</td>
<td>Pizza Omelette, Paneer Pizza Omelette, Cheese Omelette Pizza, Seek Kabab Pizza Omelette, French Omelette</td>
<td>Delhi - Pizza Omelette, Paneer Pizza Omelette, Cheese Omelette Pizza, Seek Kabab Pizza Omelette, French Omelette</td>
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<td>8</td>
<td>Satish Kumar</td>
<td>Chhola- Dry Fruit Kachauri</td>
<td>Delhi - Chhola- Dry Fruit Kachauri</td>
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<td>9</td>
<td>Pradeep</td>
<td>Launqlata, Chandrakala, Madhu Chhata, Gulabjamun, Ras Kadam, Gajar Ka halwa</td>
<td>Delhi - Launqlata, Chandrakala, Madhu Chhata, Gulabjamun, Ras Kadam, Gajar Ka halwa</td>
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<td>10</td>
<td>Subhash Yadav</td>
<td>Ginger Tea, Masala Chai, Sadabahar Chai</td>
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<td>Md. Mumtiyaj</td>
<td>Kabab, Chicken Malayi Tikka, Korma Rumali Roti Chicken Bone Tikka, Checken Seek Kabab, Chicken Kabab</td>
<td>Delhi - Kabab, Chicken Malayi Tikka, Korma Rumali Roti Chicken Bone Tikka, Checken Seek Kabab, Chicken Kabab</td>
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<td>Kumar Pal Yadav</td>
<td>Bedmi Puri, Chhole Bhature, Golgappa,</td>
<td>Delhi - Bedmi Puri, Chhole Bhature, Golgappa,</td>
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<td>Md. Irshad</td>
<td>Kings Special Roll, momos</td>
<td>Delhi - Kings Special Roll, momos</td>
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<td>14</td>
<td>Girdhari lal</td>
<td>Tandum Chicken/Tangadi, Afgani Tikka/Tangadi, Chicken Lollypop, Mutton Korma Rumali Roti</td>
<td>Delhi - Tandum Chicken/Tangadi, Afgani Tikka/Tangadi, Chicken Lollypop, Mutton Korma Rumali Roti</td>
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<td>Dharmendra</td>
<td>Dahi Bhalle, Tikki Chat</td>
<td>Delhi - Dahi Bhalle, Tikki Chat</td>
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<td>16</td>
<td>Khushbu</td>
<td>Pizza, Momos, Sandwich</td>
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<td>18</td>
<td>Md Amil</td>
<td>Khadode, Chicken Soup, Chinese Soupe</td>
<td>Delhi - Khadode, Chicken Soup, Chinese Soupe</td>
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<td>Nazia</td>
<td>kadhi-Chawal, Rajma-Chawal, Dahi ke Fulke</td>
<td>Delhi - kadhi-Chawal, Rajma-Chawal, Dahi ke Fulke</td>
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<td>Gulaab Singh</td>
<td>Bhel Puri, Sev Puri, Batata Puri, Candy, Chuski</td>
<td>Delhi - Bhel Puri, Sev Puri, Batata Puri, Candy, Chuski</td>
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<td>21</td>
<td>Subhash Sharma</td>
<td>Soya chap, Rumali Roti, Veg Biryani, Makke ki roti- Sarso Ka Saag, Paneer Chila</td>
<td>Delhi - Soya chap, Rumali Roti, Veg Biryani, Makke ki roti- Sarso Ka Saag, Paneer Chila</td>
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<td>22</td>
<td>Naresh Sharma</td>
<td>Jaleba, Tanduri Roti, Mix Veg, Daal Makhani</td>
<td>Delhi - Jaleba, Tanduri Roti, Mix Veg, Daal Makhani</td>
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<td>Bhure Khan</td>
<td>Biryani, Chicken Korma- Rumali Roti, Chicken Changeji, Tikka</td>
<td>Delhi - Biryani, Chicken Korma- Rumali Roti, Chicken Changeji, Tikka</td>
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<td>24</td>
<td>Imran</td>
<td>Fruit Chat, Nariyal Pani</td>
<td>Delhi - Fruit Chat, Nariyal Pani</td>
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<td>25</td>
<td>Shankar</td>
<td>Juice</td>
<td>Delhi - Juice</td>
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<td>26</td>
<td>Rajesh Gupta</td>
<td>Juice</td>
<td>Delhi - Juice</td>
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<td>27</td>
<td>Rakesh Kumar</td>
<td>Chuski</td>
<td>Delhi - Chuski</td>
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<td>28</td>
<td>Haidar Ali</td>
<td>Pea Nut, Popcorn</td>
<td>Delhi - Pea Nut, Popcorn</td>
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<td>29</td>
<td>Jagpal Singh</td>
<td>Daulat Ki Chat</td>
<td>Delhi - Daulat Ki Chat</td>
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<td>30</td>
<td>Dharmendra</td>
<td>Papad</td>
<td>Delhi - Papad</td>
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<td>Jitender Gupta</td>
<td>Thandai</td>
<td>Delhi - Thandai</td>
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<td>32</td>
<td>Naresh Gupta</td>
<td>Ram Laddu</td>
<td>Delhi - Ram Laddu</td>
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<td>33</td>
<td>Ravi Gupta</td>
<td>Sweet Corn, Shakarkandi, Nariyal Pani, Pine Apple</td>
<td>Delhi - Sweet Corn, Shakarkandi, Nariyal Pani, Pine Apple</td>
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Profiles of some of the Street food vendors participated in Eat Right Mela

Name: Ali Bar Sab Dolavol
Stall Name: Noman
Street Vendor since 2011
Food Items: Chicken, Kebab, Egg

My name is Ali and I am a resident of Karnataka. I have been in the food vending business for past 7-8 years. I learnt all my skills from my father who was into the same business line.

In the year 2013, I went to Singapore to take part in International Food Festival and I received an award in Singapore in the International Food Festival. It was a very proud moment for me.

I have been in association with NASVI for past 5 years and I am thankful to them and the Almighty for all that I have today. My son is a supervisor in a company and he is in this position because of my stall and the hard work.

Name: Shabir Ahmad Genie
Stall Name: Kashmir Street Food
Date of Startings: 2014
Remi: Keva, Namkin

My name is Shabir Ahmed and I am from Kashmir. I have been into the food vending business for the past four years. I always wanted to do something in the food industry and after trying my hand at various businesses I ended up opening my stall.

I have completed my education up to M.A. My father was a tailor and I was inclined towards cooking since the very start. I have gained a lot of respect from this work and I am very proud to be one.

I intend to increase my business in the upcoming years. I have been a part of NASVI for past 4 years. I am very honored to be a part of NASVI family and they have provided me a medium to showcase my talent.
Name: Raja Kumar
Date of Starting: 1993
Stall Name: Pooja Chicken Center
Items: Chicken Tikka, Chicken Pavoda

My name is Raja Kumar. I am from Patna. My father started this business around 35 years back. Therefore this stall is famous by his names ‘Devi’ chicken center, Devi being his name.

I am a M.Sc graduate, but as growing up I saw the happiness my father was able to convey to people and the respect he gained in the society always attracted me to get connected in the business. So I joined in the business with my father after my M.Sc.

I am happy that I have been able to expand my father’s business. I have brought in different dishes in our stall. My father has taught me everything about this business from teaching me cooking skills to market management. He is a disciplined person therefore I really had to work hard.

I am thankful to NASVI that they recognized our talent and appreciated my work and talent and called us to showcase talent at national level. I have been with NASVI for three years and they have taught me a lot about the industry.

Name: Shalwan
Selling Street Food since 2003

My name Shalwan. I am from Hyderabad. I am putting up my stall on footpath for past 15 years now before this I was in catering business, it was there I learned everything from scratch.

My biggest motivation in this line has been the expressions of happiness I get to see on the face of people after they eat the food that I serve. I started the business alone, but today I have four workers working for me. I have struggled a lot in setting up this.

I really had burnt the mid night oil to be what I am today but I am happy now and I find my hard work totally worth it.

I never got the chance to complete my education therefore I am trying my best to give my children the best education possible. It is all of us people now depends on me and obviously the families of my helpers too.

I have been with ANSVI for past 5 years and every year I come here to put my stall in Delhi street food festival. I am really happy with the opportunity NASVI gives me and other vendors we get a chance to showcase talent to a huge crowd and at national level.

www.naswinet.org, facebook.com/streetfoodfest, twitter.com/nasvindia
I am Rakesh Sharma and I am from Jaipur. I had completed my class 12 and was doing my BTech but had to drop in the first year.

In the year 1999, I was hired by an MNC and there I worked for about 5-6 years. I even went to Abu Dhabi where I worked for the company. But then suddenly my father expired and I had to come back to my hometown.

That’s when my elder brothers and I decided that we should open our stall. It’s been a long time since then and everything kicked off real well for us.

I have been a part of NASVI for 5 years now and I am very thankful for NASVI and their support.

Name: Sanjeev
Stall Name: Sanjeev Pizza Omelette
Date of starting Food Stall: 2003
Food Items: Pizza Omelette, Cheese Omelette

I am Sanjeev and I come from Lucknow, Uttar Pradesh. I have been doing the food vending business for the past 15 years or so. My elder brother was an owner of a food shop and I started working with him at a very young age.

Working at my brother’s place, I learnt all the details about the working environment. I also learnt how to make all the dishes. That is when I decided to open my own stall.

I have come a long way since then. Mid way I have faced many difficulties like not having a license, harassment by the official authorities, food getting rotten, etc. But I didn’t let these drawbacks come in my way.

I have put up my stalls at various places in Delhi like Lajpat Nagar Stadium, Gurgaon, Dwarka, etc.

I have also been awarded by the Dettol Company for my cleanliness and hygienic ways of serving and making the food items. That was one of the proudest moments in my life.

I have been in association with NASVI for past a year and it is one of the biggest platforms where vendors like I can reach out to wider crowd and serve them.

www.nasvinet.org, facebook.com/streetfoodfest, twitter.com/nasviindia
I am a street vendor since last 30 years. I am 8th pass and the business was started by my father. My father went back to the village. So, I had to stay back and take care of the stall.

I have been doing it as this is my own stall and I do not have to work for someone else. I feel independent in doing this work.

Name: Naresh
Year: 1988
Items: Ram Laddu
National Association of Street Vendors of India (NASVI)

I am from Varanasi, a city in the northern Indian state of Uttar Pradesh. My grandfather was the first one in the family to enter into the vending market. My grandfather and my father both have been running it for the past 100 years or so. I have been continuing this for 25 years now.

During my childhood days, I used to help my father in preparing the items that we sell and that is how I got familiar with the process. In my heart I always knew that I had to continue this family tradition.

I work day and night so that I could provide my children with all the facilities and also to educate them. With the help of NASVI I have learnt a lot of things some of them were like keeping the stall clean would help attract customers and increase their loyalty.

The first time I took part in National Food Festival was in the year 2013. And now have been in association with NASVI for past 5 years. The National Food Festival is something that I look forward to as it provides me with a platform to showcase my talent and the response from people brings joy to my heart.

Name : Shashi Gupta
Stall Name: Full Chat Bhandari
Date of starting Food Stall: 1993
Food Items: Tamatar Chat, Chowmein, Dahi Vada, Golgappe

I have been selling Daulat ki Chaat since last 22 years. I belong to Moradabad, U.P. My relatives near Ajmeri Gate in Delhi used to sell Daulat ki Chaat. I have studied till 6th standard. My brother joined them and afterwards I also joined him. This has been a family business since years. Now I have my separate stall, and my brother and my nephew have separate stalls.

Name : Jagpal Singh
Stall Name : Chandni Chowk kw Mashoor Daulat ki Chaat
Year : 1996
Items : Daulat ki Chaat
The Food Safety and Standards Authority of India (FSSAI) will organise the first 'National Eat Right Mela' here from December 14-16, aimed at making people aware of safe and healthy eating habits, the food regulator said on Monday.

The three-day mela would provide a complete food experience for the entire family and an opportunity to know everything one needs to know about safe food and healthy diets, including quick tests for adulterants, health and nutrition benefits of different types of food, and dietary advice by experts, as per a statement.

It would allow citizens to engage in dialogues and conversations with food visionaries and experts including celebrity chef Sanjeev Kapoor.

FSSAI CEO Pawan Agarwal said the mela would become an annual event and it would be replicated in at least 40 major cities.
New Delhi: The Food Safety and Standards Authority of India (FSSAI) will organise the first 'National Eat Right Mela' here from December 14-16, aimed at making people aware of safe and healthy eating habits, the food regulator said on Monday.

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Coming Friday, the 10th National Street Food Festival, a unique advocacy effort by the National Association of Street Vendors of India (NASVI), will be presented by the Food Safety and Standards Authority of India (FSSAI) at the Eat Right Mela.

Street food forms the core of our country’s gastronomic heritage. (Photo: Facebook page of Delhi Street Food Festival)

The philosophy driving the change of name is the belief that street food forms the core of our country’s gastronomic heritage — and as chefs and restaurants (from Badmaash in Los Angeles to Dishoom in London and The Bombay Canteen in Mumbai) around the world recognise the power of these culinary jewels, the FSSAI’s stamp of ‘eat right’ debunks the ‘Delhi belly’ myth that street food is intrinsically unsafe.

Having known so many international travellers happily surviving ‘street food walks’, I wholeheartedly stand by the FSSAI’s argument that by regulating street food and projecting a safe image of it, the authority is rescuing this precious part of our gastronomic heritage from the dead weight of misinformed publicity, protecting the means of livelihood of millions as well as a legacy that we are proud to call our own.

These thoughts were swirling in my mind as I entered Comorin, the brightly-lit new brainchild of Rohit Khattar and Manish Mehrotra, creators of Indian Accent, which has consistently been voted by multiple agencies as India’s No.1 restaurant.

Located in the richest part of Gurgaon — that Golf Course Road stretch, where apartment blocks named Aralias, Magnolias, and Camellias loom over the bustle of life around them like the colossi guarding an island of elitism.

Delhi Belly is a myth. (Photo: Facebook page of Delhi Street Food Festival)
Across the road from this triumvirate are the gleaming steel-and-glass superstructures
named One Horizon Centre and Two Horizon Centre.

It’s in the latter that Comorin has just opened, unveiling a new side of super chef Manish
Mehrotra’s creative genius. Mehrotra may be travelling around the world, feeding the
Ambanis and collecting awards, but over the many years I have known him, I have found
him rooted in the culture and ethos of his hometown Patna, and the meritocratic values of
middleclass Delhi, where he was plunged in the days when his parents sent him to complete
his plus 2 education at New Era Public School.

That may explain his aversion to the razzmatazz of molecular gastronomy, his no foam, no
sphere, no liquid nitrogen, yet modern Indian culinary philosophy.

Many years ago, in the days when the law did not forbid him from serving his signature
mutton galawati foie gras kebabs, served with a dollop of strawberry chilli chutney, at
Indian Accent, I had said that his style could be called ‘Inventive Indian’, because he broke
the boundaries of regional cuisines, and dipped into the multiplicity of spices and
ingredients at the command of the kitchens of India, and came up with dishes that tasted
Indian but looked nouvelle.

At Comorin, Mehrotra lets himself be inspired by creative cooks of the less fashionable
streets across the country, so it’s street food reinvented to appeal to the eyes and palate of
the global Indian.

The menu, as a result, is a melange of items that you may have just seen being sold at mean
street restaurants — from champaran meat to seekh kebabs sitting on a pool of molten
butter, a style popularised by one of the many Qureshi restaurants across Delhi, and
smoked chicken curry, inspired by a dish served at the Dadar Catering College hostel; and
then, from the famous Bengali wedding-party dish, ‘plastic’ chutney (made with raw
papaya), to the malai cheeni toast.

This is the kind of food that evokes nostalgia and excites conversations. And it is
complemented by a new generation of bottled sous vide cocktails (the ingredients are
cooked in temperature-controlled hot water baths), created by the bar manager, Varun
Sharma. The high-octane energy Sharma exudes typifies the spirit of the cuisine — forever in
search of the new and unexpected.
FSSAI to hold event on healthy eating habits

10 DECEMBER 2018

New Delhi, Dec 10 The Food Safety and Standards Authority of India (FSSAI) will organise the first 'National Eat Right Mela' here from December 14-16, aimed at making people aware of safe and healthy eating habits, the food regulator said on Monday.

The three-day mela would provide a complete food experience for the entire family and an opportunity to know everything one needs to know about safe food and healthy diets, including quick tests for adulterants, health and nutrition benefits of different types of food, and dietary advice by experts, as per a statement.

It would allow citizens to engage in dialogues and conversations with food visionaries and experts including celebrity chef Sanjeev Kapoor.

FSSAI CEO Pawan Agarwal said the mela would become an annual event and it would be replicated in at least 40 major cities.
NEW DELHI: When you finally give into the temptation of having your favourite golgappa from that roadside vendor, how difficult do you find to swat aside concerns related to health and hygiene? Ever wished that you didn’t have to worry about this tradeoff? To change your perception of the mess associated with India’s wide variety of street-food items, the organisers of the 10th National Street Food Festival — integrated with the ‘Eat Right Mela’ — are here to tell you a different story.

The three-day event that kicks off on December 14 is being organised by the Food Safety and Standards Authority of India, in collaboration with the National Association of Street Vendors of India. It aims to bring vendors from 25 states to Delhi in an event where they can display their popular local street food items and even learn entrepreneurship and hope for a regular customer base.
Mass mobilisation was needed to ensure that people ate safe and healthy food, said Pawan Agarwal, CEO of FSSAI. “We’re working on an outreach programme to engage people and inform them about safe food and healthy diet,” he added. The event will celebrate the 150th birth anniversary year of Mahatma Gandhi with a pavilion on his food choices. There will also be an organic food bazaar, food quiz, cultural shows, food film screening and books, food testing, live demos and even a gastronomic tourism workshop.

Moving on to street food, there will be a huge variety of cuisines with multiple vendors from 25 states serving dishes like dabeli, khakra and khausa from Assam; chila, farah and khurmi from Chhattisgarh; chena poda from Odisha and Jharkhand’s mushroom parantha, chicken pitha and golgappa. Also, look out for tandoori naan and chhole kulche from Rajasthan, or Punjab’s chicken fry and a wide variety of tikkas.

Around 50% of the vendors will be newcomers to the event. “We want to bring in new people for variety and also because they get an opportunity to share their local food items on this platform,” said Sangeeta Singh, head of NASVI street-food programme.

“While this is just the beginning of an initiative, we plan to expand and help street vendors across India serve hygienic food, the lack of which is usually not under their control if they don’t have access to facilities like clean water, and we aim to provide that,” said Agarwal.

Arbind Singh, national coordinator of NASVI, said, “This event that we started 10 years ago as an initiative for the street vendors has become a sustainable venture and a lot of them are coming to Delhi for the first time. Our aim is to help them earn profit so they can go back to their states and gain the confidence of selling their products in a hygienic environment.”
FSSAI to host National Eat Right Mela to sensitise people about safety

Tuesday, 11 December, 2018, 08 : 00 AM [IST]

Ashwani Maindola, New Delhi

With a view to sensitise people about the food safety ecosystem in the country, the Food Safety and Standards Authority of India (FSSAI) is planning to host the first National Eat Right Mela from December 14-16, 2018, at IGNCA, India Gate, New Delhi. This was revealed at a press meet on Monday.

Giving details on the event, Pawan Agarwal, CEO, FSSAI, stated that it aimed at making a template for states’ FDAs to host such events and take the subject of food safety to masses.

The highlight of the event will be that street food vendors from various parts of the country will be in attendance.

Recognising that street food vending is an important part of the country’s food system, Agarwal pointed out that while the mela is the first of its kind, it is expected to become an annual event and get bigger and better each year. It is also expected to be replicated in at least 40 major cities including state capitals across the country through state governments.

Agarwal stated, “Eventually, this mela would become a one-stop-shop for people to know about safe, healthy and local foods, and enjoy the rich culinary heritage of our country. We hope that this public outreach through celebration and entertainment would nudge citizens to become aware of and adopt safe and healthy eating habits.”

“Further, it is expected that states would start organising these Eat Right Melas in other cities and towns at the district level taking the message of ‘Eat Right India’ to each and every citizen of the country,” he added.

Speaking at the meet, national coordinator of NASVI Arbind Singh emphasised that in its new avatar, the street food festival is now integrated with the ‘Eat Right Mela’ and not only celebrated the Indian food culture but also promoted safe and healthy eating through various engaging activities through convergent efforts.

The mela would provide a complete food experience and be an opportunity to know everything one needs to know about safe food and healthy diets, including quick tests for adulterants, health and nutrition benefits of different types of food, dietary advice by experts and more.
It would also allow citizens to engage in conversations with experts such as chef Sanjeev Kapoor, Dr Shikha Sharma, Prof Pushpesh Pant on various subjects related to food. It would give an opportunity to the people to sample diverse flavours of the country, watch live ‘healthy cooking’ demonstrations by celebrity chefs such as chef Manjit Gill and chef Rakesh Sethi, and enjoy live music, dance and theatre performances.

Also, as a part of the celebrations of 150 years of Mahatma Gandhi’s birth, the theme pavilion this year will be on ‘Gandhiji, his habits of food and his thoughts on food and nutrition.’

An Indo-Nordic Food Policy workshop focussed on learning from Nordic countries on the reduction of trans fats and salt in the diet, menu labelling, healthy and sustainable diets, is also a part of the mela.

The mela is being held in partnership with the National Association of Street Vendors of India (NASVI), Delhi State Food Safety Department, NDMC, IGNCA (Ministry of Culture) and Tasting India Symposium.

Meanwhile, the mela is inspired by huge response to Swasth Bharat Yatra, a nationwide relay cyclothon that was flagged off from six remote locations on October 16, 2018.

In the first 50 days, the Yatra covered 10,000 km with 225,000 people directly participating and touching lives of another 10 million people. It would converge in Delhi on Republic Day next year.

According to Agarwal, the Yatra is perhaps the world’s largest and longest public outreach programme of its kind that is engaging and exciting people in the remotest parts of the country on safe food and healthy diets. He expressed gratitude to states, NCC, NSS, Scouts and Guides, food businesses, professional associations and consumer organisations for their active participation.
National Street Food Festival: A winter delight for Delhites

For the third year in a row, Food Safety and Standards Authority of India (FSSAI) has partnered with NASVI for the festival and set up stalls and discussion sessions on safe food and hygiene.

Statesman News Service | New Delhi | December 15, 2018

They set up stalls to teach how to identify toxins in food and the possible ways to prevent them. (Image: Twitter/@NasviIndia)

The 10th edition of the National Street Food Festival began on Saturday at the Indira Gandhi National Centre for Arts in New Delhi. The festival will continue over the weekend till December 16.

Organised by National Association of Street Vendors of India (NASVI), the festival has over a hundred food stalls set up by native street food vendors from different parts of the country, serving authentic street food and an array of sweet dishes.

For the third year in a row, Food Safety and Standards Authority of India (FSSAI) has partnered with NASVI for the festival and set up stalls and discussion sessions on safe food and hygiene. They set up stalls to teach how to identify toxins in food and the possible ways to prevent them.

Arbind Singh, National Coordinator of NASVI, says that this festival encourages innovation and entrepreneurship among these vendors. They try to create new tastes in food while maintaining authenticity.

“The idea is to create secure and hygienic marketplaces like this for street food. These food hubs not only give a different experience to the people but are extremely affordable as well,” adds Singh.

The festival with 500 regional cuisines from 25 different states will be open from 12 noon to 10 in the night.
Street food festival aims to change perceptions

STAFF REPORTER
NEW DELHI, DECEMBER 15, 2018 23:32 IST

Tenth edition promotes idea that street food is not only tasty but hygienic as well: event coordinator

With the motto to change the perception about street food, the 10th edition of the annual street food festival organised by the National Association of Street Vendors of India (NASVI) kick-started in the Capital on Friday.

The event, which is being held at the Indira Gandhi National Centre of Arts from December 14 to December 16, promotes the idea that street food is not only tasty but hygienic as well.

National coordinator of the event, Arbind Singh said, “We began with the idea to promote entrepreneurship amongst these vendors, and change the perception about street food regarding hygiene. Today, when these vendors display their food at this scale, they get recognition.”
“Malls are getting repetitive and street food not only promotes regional flavour, but refreshing and affordable as well,” he added.

The event was held at a greater scale this year with the Food and Safety Standards Authority of India (FSSAI) and the Ministry of Tourism co-organising it. Started with a mere two-three States, it has grown over 26 States and 500 regional cuisines.

The food festival had visitors from all age groups, especially youngsters. There were several vendors who made their debut, while some had participated earlier as well.

The *tandoor chai* from the capital city of Rajasthan was one of the main attractions. The stall had around 500 guests within few hours of the event.

Apart from the tandoor chai, people gorged on sweets from West Bengal, Litti Chokha from Bihar, chicken from Telangana, and various other stalls.

“The *masala* is the main ingredient that makes our tea so special, but it’s a secret so we cannot tell you the recipe,” said Sonu Bhargav on the overwhelming response they received for their tandoor chai.

“We have been participating in this festival since 2015, and the response each year is really good. We have learnt the importance of hygiene and how to present our dishes in a more attractive manner,” said Jaikishan, a vendor from Rajasthan.

Keeping up with hygiene aspect, the FSSAI integrated their Eat Right Mela with event. The Eat Right Mela is a part of ‘Swasth Bharat Yatra’ to encourage people to eat healthy, eat safe, and eat fortified. It also promoted companies that are coming up with healthier alternatives. Several officials of FSSAI were present at the event. “The festival, and the venue are much bigger this year, there are more number of stalls and cuisines,” remarked Tanya, a student who attended the festival last year as well.

The organisers are expecting more visitors on the second and third day.
The third edition of Tasting India symposium commenced on Friday with much buzz and aplomb. The theme for this year is ‘Eat Right'. The four-day symposium, aims to bring international chefs, food entrepreneurs, scholars, connoisseurs and change makers to discuss sustainable innovations in Indian gastronomy and give the culinary tourism of India a global reckoning. Noted dignitaries from several Ministries of India have also come on board for the symposium this time around, making it one of the most talked about culinary event of the year. Tasting India Symposium is a brainchild of food entrepreneurs Sanjoo Malhotra and Sourish Bhattacharyya, who set out to conceive a forum to promote Indian food in 2015. In its third edition, Tasting India Symposium has brought together the who's who of the food world to meditate on Indian gastronomy in its varied ramifications. The symposium would conduct multiple seminars and workshops on issues like transparent labelling, safe and nutritious school meals, food innovations aimed at achieving the UN Sustainable Development Goal of ‘zero hunger' by 2030, Indian food history and potential prospects of gastronomic tourism in India.
The event is being organised from 14th to 16th December 2018 at different locations of Delhi, the line of speakers who would be gathering for dialogues and panel discussions include Amitabh Kant CEO, NITI Aayog, Pawan Agarwal Secretary, Government of India; CEO, FSSAI, Dr Sunita Narain Director General, Centre for Science & Environment, Claus Meyer Co-Founder, Noma and The Standard; Author of the New Nordic Kitchen Manifesto, Fitness guru Dr Harald Stossier, Vineet Bhatia First Indian chef-restaurateur to get a Michelin star, Food Historian Colleen Taylor Sen, celebrity chef Romy Gill, Chef and TV personality Asma Khan, Celebrated Chef-Restaurateur Sujan Sarkar, and Lon based chef Justin Horne famous for his zero-waste vegetarian restaurant.

In addition to the panel discussions, the event also hosted the launch of the Young Chefs Association for Sustainable India. On 15th December, Tasting India Symposium would be presenting the Citizens White Paper on Gastronomic Tourism in India for the Ministry of Tourism, post the national workshop on Eat Right in India. This would be followed by launch of SWAAD: The International Day For Indian Gastronomy. Ms. Sushma Swaraj, Hon'ble External Affairs Minister, Government of India would be gracing the launch as the guest of honour. On 16th The Roseate House, Aerocity would be hosting the global launch of the book titled 'Nutrition: What Really Counts' by Dr. Harald Stossier, famous Bollywood wellness guru.

The symposium is an excellent medium for food enthusiasts to interact and build connections. The Eat Right Mela would be showcasing many delectable and innovative savouries and desserts made with keeping the theme in mind.
India is in the midst of an epidemiological transition, whereby infectious, maternal, and nutritional diseases exist in conjunction with noncommunicable chronic illnesses. India ranks at 130 out of 183 countries in the United Nation's Human Development Index, which is worrying in light of the growing threat of NCDs to health in India.

The recently published Global Burden of Diseases report indicates ischemic heart disease, chronic obstructive pulmonary disease, stroke, asthma, diabetes, and chronic kidney disease have seen a 49.8 percent, 39.4 percent, 37.1 percent, 6.2 percent, 53.8 percent, 39.9 percent increase, respectively, since 2007 to 2017. The report also notes these are among the top 10 causes of death in India in 2017.

The projected cumulative loss of national income for India due to NCD mortality from 2006 to 2015 is expected to be USD 237 billion. By 2030, this productivity loss is expected to equate to 17.9 million years of lost human life. By 2020, projections indicate that NCDs will account for 75 percent of all deaths.

Healthy eating should be about positive choices made with the understanding that what you put on your plate has a direct correlation to your health. In a recent interaction with Shri Pawan Kumar Agarwal, CEO, Food Safety and Standards Authority of India (FSSAI), he said, "Alarmed by the increase in lifestyle diseases, we at FSSAI launched the Eat Right India campaign with an aim to empower citizens by improving their health and well-being. It is built in two broad pillars of Eat Healthy and Eat Right; it is a collective effort to make both the demand supply-side interventions through the engagement of key stakeholders. We welcome this forward-looking participation from chambers like Forum of Indian Food importers (FIFI) and their willingness to be a part of this nationwide public awareness campaign."

Mr. Amit Lohani, Founder Director, Forum of Indian Food Importers (FIFI), stated that FSSAI, through its Eat Right India movement, has undertaken a herculean task of engaging with the Indian consumers to eat safe, healthy, and fortified food; in addition to reducing food waste. Having a healthy plate is one of the most important decisions for all of us. It is also
quintessential that FIFI as a forum support FSSAI in this cause and will request Government to ensure that all the required nutrient-rich components of a balanced diet - form healthful nuts to fresh fruits - should be made available to Indian citizens at an affordable price during the counter-season to the Indian production cycle.

The Way Forward

Nutritious food is essential to expanding human capital and freedom. Unfortunately, food has become the primary reason behind many NCDs in India. Junk food, though not the singular cause, is a prominent reason for the growing NCD health menace. We should aim for a food plate that illustrates the five food groups that are building blocks for inclusive development not only to children but to all age brackets in the social-economic strata.

Make half your plate fruits and vegetables! Vegetables are the major source of many nutrients, which the human body requires, like fiber, folic acid, potassium, vitamins A, E, and C, and several others. Vegetables not only help us maintain healthy blood pressure, but the dietary fiber in vegetables also helps lower the risk of heart ailments. Apart from green, you can add a perfect shade of orange with citrus fruits; add shares of red with apples, cranberries, and pomegranates; and blue with blueberries. A number of these fruits have been recognized as great sources of vitamins and minerals and for their role as antioxidants in the body. Growing issues related to women's health and increased urinary tract infection (UTI) cases are also becoming a cause of concern.

Based on the results from various studies, supporting the daily consumption of cranberry products can reduce the likelihood of developing UTIs. Cranberries contain polyphenol compounds that protect the body from E. coli, the most common bacteria causing UTIs. Fruits like apples are not only good for weight loss; medical practitioners have also attributed apples to lowering the risk of heart disease, diabetes, and asthma. Citrus fruits are a known source of vitamin C and also contain a rich list of essential nutrients. The average energy value of fresh citrus, like a medium orange, is 60 to 80 kilocalories, which can be highly beneficial for curbing obesity.

The healthy proteins in meat, beans, and nuts function as building blocks for bones, muscles, skin, and blood; these proteins are also building blocks for enzymes and hormones. Nuts, like walnuts, almonds, pecans, and pistachios are excellent sources of essential fatty acids and vitamin E. Dried beans and peas are also good sources of protein. Meat and poultry, too, are nutritive and cost-effective sources of protein and other important nutrients.

Milk and dairy food items serve as a rich source of calcium, vitamin D, protein, and other essential nutrients like phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin. A diet rich in protein and vitamin D contributes to bone health and has a range of
other health benefits. Fiber-rich foods, like whole grains, when included as part of a daily diet reduce the risk of heart disease and help manage weight, as fiber-rich foods have a low glycemic index (GI). The smaller the GI number in food, the less negative impact that food has on your blood sugar. Oils contain the required essential fatty acids; thus, oils, such as those derived from olive, canola, and soybeans are recommended to be consumed in moderation.

Eating healthy cannot be done in isolation and beverages are known to complement your routine diet. Some beverages are considered as functional as foods and are a source of vital nutrients and antioxidants.