



**Safe & Nutritious Food**  
*A Shared Responsibility*

[www.snfportal.in](http://www.snfportal.in)

# Safe and Nutritious Food at Home



**SNF@Home**

**F**  **D**  
**FUNDA**



# BUILDING A NEW, HEALTHY & HAPPY INDIA

In India, the majority of people still eat food prepared at home. Yet, with a growing number of nuclear families and our fast-paced lifestyles, we neglect our health and have forgotten our age old wisdom of eating safe and wholesome food.

*Eating safe and nutritious food is our shared responsibility and it begins at home.*

## WHAT WE'RE DOING

1

**Creating Resources on Safe and Nutritious Food**

2

**Disseminating Knowledge on Safe and Nutritious Food through Community Outreach**

3

**Providing Training on Food Safety and Nutrition**

1

**Creating Resources on Safe and Nutritious Food**

### The PINK BOOK

The Pink Book is a simple yet comprehensive guide for every Indian household. It contains valuable information, methods, practices, tips, dos and don'ts to be followed to ensure food safety and good nutrition at home.



## The Safe and Nutritious Food Portal

This portal is a digital resource center with interactive guides to learn about safe and nutritious food practices, healthy food choices, improving overall well-being in depth. It is also a platform for connecting with experts and sharing experiences with others online.



## 2

### Disseminating Knowledge on Safe and Nutritious Food through Community Outreach



- ✳ Connecting with Resident Welfare Associations (RWAs), Municipal Corporations and Civil Society Organisations to mobilize people.
- ✳ Appointing Health and Wellness Coordinators in residential areas through RWAs or Societies to promote safe and nutritious food in the community.
- ✳ Distributing the Pink Book and publicizing the SNF Portal through our partners to reach households across India.
- ✳ Connecting people to experts on nutrition and food safety through our network of partners through email or a helpline to answer their queries about food.

## 3

### Providing Training on Food Safety and Nutrition

- ✳ Providing training and certification to Health and Wellness Coordinators through an online platform (FOSTAC) and workshops on food safety and nutrition.
- ✳ Providing training modules for domestic workers on food safety practices and cooking healthy food, to be implemented by Health and Wellness Coordinators.



## OUR PARTNERS

- ✦ Resident Welfare Associations
- ✦ Indian Dietetics Association
- ✦ Nutrition Society of India
- ✦ Home Science Colleges
- ✦ Academic and Research Institutions
- ✦ Consumer Organisations
- ✦ Civil Society Organisations
- ✦ Municipal Corporations
- ✦ Food Businesses
- ✦ Association of Food Scientists and Technologists (India)
- ✦ Central and State Government Departments



## WORK WITH US

Our dream is to ensure that each and every Indian consumes safe and nutritious food, enjoys good health and overall well-being.

**To make this a reality, partner with us.**

### VISIT OUR WEBSITE

[www.snfportal.in](http://www.snfportal.in)

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FOOD SAFETY AND STANDARDS  
AUTHORITY OF INDIA

*Inspiring Trust, Assuring Safe & Nutritious Food*