Book on safe and nutritious food launched

The Yellow Book – Your guide to Safe and Nutritious Food @School” that provides age-appropriate content which can be adopted across schools through state education machineries as part of their curricular and co-curricular activities.

The Yellow Book covers topics such as good food safety practices, personal hygiene and cleanliness habits, eating a balanced diet, packing a wholesome lunchbox, preventing nutritional deficiencies and making healthy choices. It includes useful tips and interesting activities for school children.

Dr Vinod K. Paul, Member (Health), NITI Ayog, launched The Yellow Book along with FSSAI chairperson, Ashish Bahuguna. The event witnessed participation of senior officials from the Central ministries of Health and Family Welfare and state officials from various key organizations.

Dr Paul remarked, “Health should be a part of our responsibility as a society and as individuals. Schools are our natural partners for promoting health. The value and nobility behind this initiative is profound.”

Bahuguna commented, “This holistic effort towards co-creating the culture of safe and wholesome food amongst schools with support of education machinery would go a long way in preparing our children as real change agents.”

Over 100 representatives from Central and state governments, the academia, school boards, voluntary organisations and corporates have joined hands towards a cohesive effort to build capacities of schools across the country for adopting SNF (safe and nutritious food) habits.