

Safe and Nutritious Food

A Shared Responsibility



Launch of the **Safe and Nutritious Food at Home (SNF@Home)** Initiative

Building a **Healthy and Happy** India

New Moti Bagh Club, Chanakyapuri, New Delhi

Saturday, 11th March 2017

The Food Safety and Standards Authority of India celebrated the launch of their Safe and Nutritious Food at Home (SNF@Home) initiative on 11th March 2017 organised jointly by the Central Government Employees Resident's Welfare Association (RWA) at New Moti Bagh Club, Chanakyapuri, New Delhi. The event also brought together the amicable support from Divisional Commissioner, Delhi along with industry associations and other RWAs.

BACKGROUND

The SNF@Home initiative is about promoting food safety, hygiene and good nutrition in every Indian household. As a part of this initiative, FSSAI organised a training program for domestic workers in association with the NGO Prayas and RWA New Moti Bagh, under the aegis of the PM Kaushal Vikas Yojana, Skill India. The key elements of the training program included basic knowledge around better housekeeping, cooking skills and techniques, food safety and hygiene, emergency and security conditions in the kitchen along with general courtesies/etiquette to be followed at the Indian households.

Further, the FSSAI has published the "**Pink Book**", a guide to safe and nutritious food at home. This is a comprehensive and easy-to-follow handbook on food safety, hygiene and nutrition while buying, storing, preparing, serving, eating and packing food as well as maintaining hygiene and sanitation in the kitchen. It contains valuable tips, information and best practices for every Indian household. In addition, the FSSAI has also published a manual on tests for common food adulterants at home-the DART (Detect Adulterants by Rapid Tests) Book. Both books were distributed to the residents of New Moti Bagh Club.

PARTICIPANTS

Distinguished guests such as the Chairperson of Prayas, an NGO that helped conduct the domestic worker's training programme, Chairperson of New Delhi Municipal Corporation (NDMC), past and present Presidents General Secretary and Convenor, Health and Amenities of the RWA, New Moti Bagh graced this occasion. Over a hundred residents of New Moti Bagh also attended this event.

HIGHLIGHTS

- ❖ The event began with the Welcome Address delivered by the CEO, FSSAI followed by a brief presentation on the SNF@Home initiative.
- ❖ The RWA members shared their feedback and experience of the training programme
- ❖ Star domestic workers of this training programme were honoured with prizes sponsored by ITC Life Sciences and Technology Centre, Bangalore.
- ❖ The 'Pink Book', a guide to safe and nutritious food at home, was launched by distinguished guest Smt. Mishra. This was followed by an introduction of the handbook by eminent nutrition experts Dr. Kumud Khanna and Dr. Eram Rao who worked on the book, among other experts.
- ❖ The 'DART Book'-Detect Adulterants by Rapid Tests, a guide on common tests for food adulterants that can be performed at home, was also launched.
- ❖ Copies of the Pink Book and the DART book were distributed to all the participants.
- ❖ Nutrition experts, Dr. Eram Rao and Ms. Aditi Mehrotra hosted 'Food Tambola' for the participants. Attractive gift hampers sponsored by Amway were awarded to the winners.
- ❖ This was followed by a question answer session between the audience and the experts to educate the residents about good nutrition and food safety practices.
- ❖ A live demonstration to test common adulterants at home was organised by the ITC Life Sciences and Technology Centre, Bangalore for the audience.
- ❖ A demonstration on nutritious cooking habits by professionally trained Chefs organised by Amway India.



PARTNERS

- ❖ Prayas
- ❖ Amway India
- ❖ ITC Life Sciences and Technology Centre, Bangalore
- ❖ Domestic Workers Skill Council, Skill India
- ❖ RWA, New Moti Bagh
- ❖ New Delhi Municipal Corporation