

SNF@SCHOOL (Safe and Nutritious Food at School)

Children are powerful change agents. Messages delivered to, and through children, have the potential to usher in behavior change and a culture of safe and wholesome food. This is the underlying philosophy behind the SNF@SCHOOL initiative of FSSAI.

Project SNF@SCHOOL is based on a three-pronged approach, at the school, state and national level, as under:

1. Create Health and Wellness Coordinators and teams in each school.
 2. Deliver and reinforce the message of safe and nutritious food through both curricular and co-curricular activities.
 3. Ensure an enabling legislative and regulatory framework to promote safe and wholesome food in schools.
- 1. Create Health and Wellness coordinators:** - They would be the driving force for promoting a culture of safe and nutritious food in schools. The Health and Wellness Coordinators /Health and Wellness teams would carry the message of safe and nutritious food to their school and drive various safe food initiatives. FSSAI would encourage and facilitate the creation of a *Health and Wellness Coordinator* and a Health and Wellness team in each school. Some of the features are:
- Training to teachers and/or senior students as Health and Wellness Coordinators.
 - Training and capacity building content developed by domain experts.
 - Content sharing through classroom programs and an online portal FOSTAC (Food Safety Training and Certification).
 - Master Trainers empaneled by FSSAI to deliver the training to trainers/Health and Wellness coordinators.
- 2. Curricular and co-curricular activities:** -
- Curriculum review:
 - FSSAI is reviewing the curriculum for classes 1 to 12 to identify gaps/new areas. The aim is to embed a more holistic approach to food safety and nutrition in the curriculum, by interacting with the concerned school board.
 - Co-Curricular activities:
 - *Yellow Book*- An attractive manual with age appropriate content with simple messages and activities to be carried out within school and at home to reinforce the importance of food safety and nutrition.
 - Nation-wide IVRS quiz in 8 languages, covering all States.
 - Mascots- 'Miss Sehat' and 'Master Sehat', which children can relate to and for instant visual recall. The mascots have been used extensively in the training content and a mascot activation program in malls, schools and other public places is on the anvil.
- 3. Enabling Legislative and Regulatory Framework:** -
- Mandatory registration of school canteens/ hostel mess.

- Training modules for school canteen and mess staff.
- Discouraging sale of HFSS foods in school premises.
- Encouraging voluntary labeling of foods in school canteens through green, yellow and red labels to nudge consumption of healthier foods.
- Mid-day meal

Partnerships

With lakhs of schools in the country, the success of this initiative vests in its wide dissemination through the participation of all stakeholders. FSSAI has put together

- The regulatory framework.
- Resource Persons.
- The Yellow book.
- Detailed training content and modules
- Mascots
- Website resources on SNF@SCHOOL.
- E-learning content through FOSTAC.

These resources are available to:

- State governments- Education departments, State Food Safety Commissioners, Health department etc.
- National and State Education Boards
- Associations/Chains of schools
- Other aggregators dealing with schools-including Industry Associations, school promoters, large NGOs etc.
- Corporates under CSR and other voluntary initiatives
- Any other interested stakeholder

To convert the SNF@SCHOOL vision into reality, we invite every stakeholder to participate in this effort, since fostering a culture and mindset of food safety and nutrition has to be a shared passion and responsibility.

Implementation in schools

In order to facilitate the implementation in schools, a suggested roll out plan is outlined below.

The responsibility of providing all resource material & persons will lie with FSSAI with the ultimate beneficiaries to be the school students. To this effect, each school is to create minimum of 2 School Health & Wellness Coordinators (SHWC) who will play a vital role. These could comprise teachers &/or students. These coordinators will be trained by Master Trainers empaneled by FSSAI. Alternatively, SHWC could also use the e-learning portal (FOSTAC: <http://fssai.gov.in/fostac>). A comprehensive guidance kit will be provided to the schools which will include, Training Content, Yellow Book & Evaluation Framework. These would be translated into major Indian languages. The details of the guidance kit are listed below.

School Guidance Kit

For School Health & Wellness Coordinators

Content	Mode	Target Audience
1.Master Training content	Power point presentation, Recorded lectures,	SHWC/Teachers
2.Training Manual	Soft copy	SHWC/Teachers
3.Yellow Book	Soft & Hard copy	SHWC/Teachers/Parents/Students
4.Activity Kit/Booklet	Soft & Hard copy	SHWC/Teachers/Parents/students
5.Basic Food Supervisor Course - Catering	http://fssai.gov.in/fostac	SHWC/Food handlers
6.Pink Book	Soft & Hard copy	SHWC/Teachers/Parents
7.DART – Detection of Adulteration through Rapid Test	Soft & Hard copy	SHWC/Teachers/Parents/Students

The above can also be found on the FSSAI website. Post training, the school is encouraged to adopt the principles & incorporate the elements into the school curriculum as they deem fit. Some activities that the school can undertake are suggested below. The list is indicative & schools are free to add activities as they deem fit. Schools are encouraged to upload efforts & evidence on website

Suggested Activities for the school

Health & Wellness Coordinators /Teachers

- Training
 - Train teachers
 - Train food handlers/canteen staff
 - Incorporate the training material in the school curriculum in an appropriate manner
 - Add food safety training into teacher training curriculum
- Monitoring
 - Create a 'Sehat Club' comprising senior students & administration staff
 - Timely inspection of canteen or other areas where food is prepared or handled
 - Ensure compliance with food safety norms
- Awareness activities
 - Create activity calendar around food safety & nutrition
 - Organise 'Health Fair' – where students & parents showcase the healthy food cooked in a safe & nutritious manner
 - Organise 'Healthy recipe day'
 - Include food safety & nutrition as a part of SUPW activities

- Organise sessions with mothers for healthy & tasty snacks
- Distribution of 'Yellow Book' on PTM
- Identify 'Master & Miss Sehat' from each class on a weekly/monthly basis
- Create a school kitchen garden by the students
- Paint a wall with SNF theme
- Create a collage with posters created by the students
- Create SNF jingles
- Participate in theatre, puppet activities based on food safety & nutrition
- Photography sessions based on SNF
- Share your lunch – Create healthy tiffin boxes from specific regions & share the meal