

Launch-cum-Training of Trainers

SAFE FOOD PRACTICES in Rajasthan

Event Report

July 07, 2021, Bhilwara, Rajasthan



Background

Access to sufficient amounts of safe and nutritious food is key to sustaining life and promoting good health. Unsafe food containing harmful bacteria, viruses, parasites, or chemical substances causes more than 200 diseases – ranging from diarrhea to cancers.

An estimated 600 million – almost 1 in 10 people in the world – fall ill after eating contaminated food and 420 000 die every year, resulting in the loss of 33 million healthy life years. Children under five years of age carry 40 percent of the food-borne disease burden, with 125,000 deaths every year. Diarrheal diseases are the most common illnesses resulting from consuming contaminated food, causing 550 million people to fall ill and 230,000 deaths every year.

In India, the burden of food-borne diseases is unknown as most of them go unreported. The media report only a few, usually those with high morbidity and occurring in urban areas. However, for food-borne illnesses, passive surveillance systems only represent the tip of the iceberg. Urbanisation and consumer habits, including travel, have increased people buying and eating food prepared in public places.



Globalisation has triggered growing consumer demand for a wider variety of foods, resulting in an increasingly complex and longer global food chain. If we see the current situation of COVID 19 and its spread, which is directly linked with unsafe food practices among food handlers by which the entire country is facing a severe challenge of complete nationwide lockdown.

This lockdown has come with a high cost and economic loss to the nation on one side, which is much bigger than investments in the health sector, in general, and food safety, in particular. Hence, the current situation poses serious questions of how to survive in these unhygienic and unsafe food habits in urban and rural areas in the state of Rajasthan in general.

About the Project

As we all know, food safety, hygiene are essential aspects of healthy living. Unhygienic food practices result in food-borne illness, including diarrhea and an increase in the burden of diseases. Therefore, good hygienic practices, safe drinking water, washing hands regularly, and safe food handling need to practice and promoted as preventive steps.

The Food Safety and Standards Authority of India (FSSAI) is running a national campaign named 'Eat Right India'. Massive consumer reach is one of its key objectives, but this campaign has not reached up to rural consumers effectively. 'Eat Healthy' component includes reducing High Fat, Sugar and Salt (HFSS), the importance of a balanced diet and physical activity, whereas 'Eat Safe' includes safe food practices and food adulteration issues. Thus, this project will work on these components with common consumption to strengthen the impact upon them.



The campaign will focus on the entire chain of food business operators, viz. retail food establishments, food service/delivery/takeaways, food handlers like women who cook food at home, small street food in selected districts. It will also promote food safety awareness building, protection from contamination, prevention from COVID 19 and healthy food practices among the community.



The initiative will aim to create a model of behaviour change communication regarding good food hygiene, preventing food-borne illness, diarrhea and promoting a healthy lifestyle among communities in select gram panchayats in the targeted districts. Usage of state-of-the-art Information, Communication and Technology (ICT) tools will be a crucial factor of the initiative. Strict monitoring, community management and ownership of the campaign will be inbuilt in the execution plan.

Objective

The main objective of the meeting was to provide information to all front-line workers (Asha workers, ANM, Anganwari workers) about food safety.

The campaign will be implemented in rural areas at the Gram Panchayat (GP) level in convergence with the ongoing FSSAI's 'Eat Right Campaign' and other similar government programmes. The other key stakeholders would be the village level committee's health and sanitation committee members, village development and education committees. The impact of the 'Eat Healthy, eat Safe' and 'Eat Right Campaign' is deepened.

Proceedings

Inaugural Session

Gauhar Mehmood, Assistant Director CUTS CHD, Chittorgarh, welcomed all participants and briefly introduced the objectives of the meeting. He spoke about the three-month project where the organisation will be working in two districts of Rajasthan – Bhilwara and Chittorgarh. He welcomed all panelists and provided a give introduction to each panellist. He welcomed all participants (ANM, Asha workers, and others) from three-gram panchayats, two-block of Bhilwara District.



George Cheriyan, Director, CUTS International, said the Safe Food Practices (SFP) campaign is implemented in partnership with CHIFSS (CII-HUL Initiative on Food Safety Sciences). The focus of the campaign is Eat Right, Eat Healthy and Eat Safe. In July 2018, the Food Safety and Standards Authority of India (FSSAI) launched Eat Right India campaign to transform the country's food system to ensure safe, healthy and sustainable food for all Indians with the tagline '*Sahi Bhojan and Behtar Jeevan.*'



He said this SFP campaign is also borrowing this tagline and also in line with Eat Right India campaign. The three-month pilot campaign, which includes Nukkad Nataks, awareness sessions with women and children, etc., will be implemented in three *gram panchayats* in two selected blocks of Chittorgarh and Bhilwara districts.

He said the world is amid the pandemic. Though the vaccine is available now for partial protection from COVID-19, the only way to fight against it is to enhance immunity by consuming quality food free from chemicals, pesticides and insecticides and rich in protein, fibre and vitamins. The pandemic situation also enhanced consciousness among the people about the food they consume and the safety and quality of the food. There is a substantial increase in consumption and production of organic food during the pandemic, which a survey conducted by CUTS also reveals.

Unsafe food and water are the biggest causes of preventable infections in India, which comes to over one-third of all infections. 21 percentage of infectious diseases in India, like malaria, typhoid, cholera, diarrhea, etc., are due to unsafe water. Diarrhea being the biggest killer, children are the primary victims. Around 1,58,206 children died in India, in the age group 0-6 years, due to diarrhea in 2015-16. In 2020, 233,240 children below five years in India died due to pneumonia and diarrhea.

In Rajasthan, diarrhea deaths' average is much higher than the national average. 9 percentage of world's population are children under age below five. However, they suffer from 40 percent of food-borne diseases and 30 percent of deaths. 61 percent of deaths in India are attributed to non-communicable diseases (NCDs); out of this 23 percent are premature. Food high in fat, sugar and salt is the leading cause of NCDs. Hence, there is a need to reduce their consumption.

He also briefly mentioned CUTS' successful engagement with FSSAI and Ministry of Health & Family Welfare, Government of India, to eliminate trans fats from India by 2022 and ongoing advocacy for consumer-friendly FoPL (Front of Pack Labeling).

Cheriyen concluded his address by acknowledging the District Administration, Department of Health, Frontline health workers and people in the campaign.

Madhu Sudan Sharma, Senior Programme Officer, CUTS, briefly introduced the event's objectives, i.e., to discuss mainly the methodologies and ways to maintain hygienic, clean and safe food campaign activities. He highlighted that the government is implementing various flagship programmes at the national and state level to eliminate malnutrition and spend a considerable amount of public money. He said 48-50 percent of children are not getting good food.



He emphasised that unsafe food and water is a major problem and CUTS designed this campaign to support and contribute to the 'Eat Right India campaign' initiated by FSSAI. He mentioned the types of nutritious food, food elements, nutrition elements in the food and hygienic food practices to be adopted, and underline that food should benefit everyone's health.

He said that a balanced food should have the right mix of all five components: carbohydrates, protein, micronutrients, vitamins, and minerals. He said that children below five years are most vulnerable and affected by eating unhealthy/unsafe food. Hence, they should be made aware of healthy practices related to right and hygienic food to save their precious lives. He also spoke in brief about the project activities.

Dr. CP Goswami, Additional Chief Medical Health Officer, spoke about the government initiatives on eat right, healthy and safe food. He explained about nutrition, balanced diet, children and maternity care in the aspect of safe food. Goswami advised attendees to wash their hands before and after eating and cooking food. He raised concern about children's diet because they are mainly affected by diarrhea, malaria and many other diseases due to consuming unhealthy food. Goswami advised not to give junk food to children. Hence, all mothers and women should know whatever they are using in food and products, such as a bay leaf, garam masala, etc.



Shalini Sharma, Technical Person (Care India) spoke about the 'Eat Right Movement' launched by FSSAI in 2018. She shed light on the importance and need for the movement. It is essential to check the packaging and expiry date before purchasing any packaged food. She resolved all queries of the participants suitably. She spoke about the difference between growth and development, pyramid of balance diet, and the food comprising minerals, proteins and vitamins.



She explained the importance of good food and one could get it through a hygienic kitchen, clean vegetables before cutting, wash hands before starting cooking, etc. While speaking about the COVID pandemic, she opined that the government guidelines need to be followed and eat healthy, right, and safe.

Dr. Rajesh Chhapparwal, Retd. Senior Pediatric Expert, MG Hospital, Bhilwara, said that children should eat a healthy diet. He explained why safe food is so essential. He spoke about anti natal and prenatal care and provided helpful information for pregnant women. He emphasised that pregnant women, especially children, should go for a healthy diet not to be affected by diarrhea, malaria, and many other diseases. He urged to follow a diet chart in this regard.



Vote of Thanks

The programme ended with a vote of thanks from Gourav Chaturvedi, Programme Assistant. He expressed gratitude towards the participants for actively participating in the training.

सही, स्वास्थ्यवर्धक और सुरक्षित भोजन पर टीओटी प्रशिक्षण का शुभारंभ

भीलवाड़ा। कट्स भीलवाड़ा द्वारा उल्हवकर के सहयोग से सही, स्वस्थ एवं सुरक्षित भोजन पर प्रशिक्षकों के आयोजित प्रशिक्षण कार्यक्रम के तहत कट्स मानव विकास केंद्र के सहायक निदेशक गौहर महमूद ने कट्स इंटरनेशनल के कार्यों पर प्रकाश डाला। कट्स इंटरनेशनल डायरेक्टर जॉर्ज चेरियन ने बताया कि कट्स द्वारा सही, स्वस्थ एवं सुरक्षित भोजन पर राजस्थान के भीलवाड़ा एवं चित्तौड़गढ़ में परियोजना का आरंभ किया जा रहा है और अगले 3 माह तक इस परियोजना के तहत ग्राम स्तर पर समुदाय के साथ सही, स्वस्थ एवं सुरक्षित भोजन पर प्रशिक्षण कार्यक्रम



भीलवाड़ा में आयोजित प्रशिक्षण शिविर को सम्बोधित करते हुए।-नवज्योति

अतिथि एसीएमएचओ डॉ. सीपी गोस्वामी ने जिले का प्रस्तुतिकरण दिया, व मेडिकल विभाग द्वारा चलाए जा रहे अभियानों के साथ ही स्वस्थ जीवन यापन कर सकें।

एवं पौष्टिक भोजन पर अपना प्रस्तुतिकरण दिया व प्रशिक्षकों को संतुलित, सुरक्षित व स्वास्थ्यवर्धक भोजन को अपनी दिनचर्या में शामिल करने पर जोर दिया। वरिष्ठ शिशु रोग विशेषज्ञ डॉ. राजेश छपरवाल ने गर्भवती महिलाओं में डायबिटीज, फोलेट एसिड के महत्व, कुपोषित बच्चों के उपचार व बचाव व कोविड 19 से बच्चों के बचाव पर प्रकाश डाला। कार्यक्रम में मांडलगढ़ व सुवना तहसील की चयनित पंचायतों की एएनएम, आंगनवाड़ी कार्यकर्ता, आशा सहयोगिनी, फूड प्रोसेसर, जैविक किसान व सामाजिक कार्यकर्ता मौजूद थे। संचालन कट्स समन्वयक गौरव

स्वास्थ्यवर्धक और सुरक्षित भोजन पर टीओटी प्रशिक्षण संपन्न



भीलवाड़ा। कट्स भीलवाड़ा द्वारा सीएचआईएफएसएस के सहयोग से सही, स्वस्थ एवं सुरक्षित भोजन पर प्रशिक्षकों का प्रशिक्षण कार्यक्रम रखा गया। इस प्रशिक्षण कार्यक्रम के तहत कट्स मानव विकास केंद्र के सहायक निदेशक गौहर महमूद ने कट्स इंटरनेशनल के कार्यों के बारे में बताया कि कट्स संस्था के कार्यों के लिए कार्य करती है, कट्स इंटरनेशनल के डायरेक्टर जॉर्ज चेरियन, ने बताया कि कट्स द्वारा सही, स्वस्थ एवं सुरक्षित भोजन पर परियोजना का आरंभ किया जा रहा है और भीलवाड़ा एवं चित्तौड़गढ़ में परियोजना का आरंभ किया जा रहा है और 3 माह तक इस परियोजना के तहत ग्राम स्तर पर समुदाय के साथ सही, स्वस्थ एवं सुरक्षित भोजन पर जागरूकता कार्यक्रम किए जाएंगे। कार्यक्रम एवं सुरक्षित भोजन पर जागरूकता कार्यक्रम किए जाएंगे। कार्यक्रम अतिथि अति. सीएमएचओ डॉ सी पी गोस्वामी ने जिले का प्रस्तुतिकरण व मेडिकल विभाग द्वारा चलाए जा रहे अभियानों के बारे में बताया कि खराब भोजन, व पानी के कारण होने वाली बीमारियों व इनकी रोक व में जानकारी साझा की उन्होंने आयरन, कैल्शियम की कमी को व संतुलित भोजन, न्यूट्री गार्डन के बारे में भी जानकारी दी। मधुर वरिष्ठ कार्यक्रम अधिकारी, कट्स कार्ट ने सही, स्वस्थ एवं सुरक्षित भोजन पर बताया कि हमें थोड़ा खाने में नमक, शक्कर एवं कम प्रयोग करना चाहिए ताकि हम स्वस्थ जीवन यापन कर सकें। इस दौरान केयर इंडिया की शालिनी शर्मा, डॉ राजेश छपरवाल ने भी विचार व्यक्त किया। संचालन समन्वयक गौरव चतुर्वेदी ने किया।

स्वास्थ्यवर्धक और सुरक्षित भोजन पर कट्स करेगा जागरूकता कार्यक्रम



भीलवाड़ा। कट्स की ओर से सीएचआईएफएसएस के सहयोग से सही, स्वस्थ एवं सुरक्षित भोजन पर प्रशिक्षकों को प्रशिक्षण दिया गया। इसके तहत कट्स मानव विकास केंद्र के सहायक निदेशक गौहर महमूद ने संस्था के कार्यों की जानकारी दी। डायरेक्टर जॉर्ज चेरियन ने बताया कि स्वस्थ एवं सुरक्षित भोजन पर भीलवाड़ा एवं चित्तौड़गढ़ में परियोजना शुरू की है। अगले 3 महीने इसके तहत जागरूकता कार्यक्रम होंगे। मुख्य अधिकारी मधुसूदन शर्मा, केयर इंडिया की शालिनी शर्मा, वरिष्ठ कार्यक्रम विशेषज्ञ डॉ. राजेश छपरवाल ने विचार व्यक्त किए। संचालन भीलवाड़ा समन्वयक गौरव चतुर्वेदी ने किया।