FSSAI to hold event on healthy eating habits

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It would allow citizens to engage in dialogues and conversations with food visionaries and experts including celebrity chef Sanjeev Kapoor.

FSSAI CEO Pawan Agarwal said the mela would become an annual event and it would be replicated in at least 40 major cities.
FSSAI event to make people eat right

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Coming Friday, the 10th National Street Food Festival, a unique advocacy effort by the National Association of Street Vendors of India (NASVI), will be presented by the Food Safety and Standards Authority of India (FSSAI) at the Eat Right Mela.

Street food forms the core of our country’s gastronomic heritage. (Photo: Facebook page of Delhi Street Food Festival)

The philosophy driving the change of name is the belief that street food forms the core of our country’s gastronomic heritage — and as chefs and restaurants (from Badmaash in Los Angeles to Dishoom in London and The Bombay Canteen in Mumbai) around the world recognise the power of these culinary jewels, the FSSAI’s stamp of ‘eat right’ debunks the ‘Delhi belly’ myth that street food is intrinsically unsafe.

Having known so many international travellers happily surviving ‘street food walks’, I wholeheartedly stand by the FSSAI’s argument that by regulating street food and projecting a safe image of it, the authority is rescuing this precious part of our gastronomic heritage from the dead weight of misinformed publicity, protecting the means of livelihood of millions as well as a legacy that we are proud to call our own.

These thoughts were swirling in my mind as I entered Comorin, the brightly-lit new brainchild of Rohit Khattar and Manish Mehrotra, creators of Indian Accent, which has consistently been voted by multiple agencies as India’s No.1 restaurant.

Located in the richest part of Gurgaon — that Golf Course Road stretch, where apartment blocks named Aralias, Magnolias, and Camellias loom over the bustle of life around them like the colossi guarding an island of elitism.

Delhi Belly is a myth. (Photo: Facebook page of Delhi Street Food Festival)
Across the road from this triumvirate are the gleaming steel-and-glass superstructures named One Horizon Centre and Two Horizon Centre.

It’s in the latter that Comorin has just opened, unveiling a new side of super chef Manish Mehrotra’s creative genius. Mehrotra may be travelling around the world, feeding the Ambanis and collecting awards, but over the many years I have known him, I have found him rooted in the culture and ethos of his hometown Patna, and the meritocratic values of middleclass Delhi, where he was plunged in the days when his parents sent him to complete his plus 2 education at New Era Public School.

That may explain his aversion to the razzmatazz of molecular gastronomy, his no foam, no sphere, no liquid nitrogen, yet modern Indian culinary philosophy.

Many years ago, in the days when the law did not forbid him from serving his signature mutton galawati foie gras kebabs, served with a dollop of strawberry chilli chutney, at Indian Accent, I had said that his style could be called ‘Inventive Indian’, because he broke the boundaries of regional cuisines, and dipped into the multiplicity of spices and ingredients at the command of the kitchens of India, and came up with dishes that tasted Indian but looked nouvelle.

At Comorin, Mehrotra lets himself be inspired by creative cooks of the less fashionable streets across the country, so it’s street food reinvented to appeal to the eyes and palate of the global Indian.

The menu, as a result, is a melange of items that you may have just seen being sold at mean street restaurants — from champaran meat to seekh kebabs sitting on a pool of molten butter, a style popularised by one of the many Qureshi restaurants across Delhi, and smoked chicken curry, inspired by a dish served at the Dadar Catering College hostel; and then, from the famous Bengali wedding-party dish, ‘plastic’ chutney (made with raw papaya), to the malai cheeni toast.

This is the kind of food that evokes nostalgia and excites conversations. And it is complemented by a new generation of bottled sous vide cocktails (the ingredients are cooked in temperature-controlled hot water baths), created by the bar manager, Varun Sharma. The high-octane energy Sharma exudes typifies the spirit of the cuisine — forever in search of the new and unexpected.
FSSAI to hold event on healthy eating habits

10 DECEMBER 2018

New Delhi, Dec 10 The Food Safety and Standards Authority of India (FSSAI) will organise the first 'National Eat Right Mela' here from December 14-16, aimed at making people aware of safe and healthy eating habits, the food regulator said on Monday.

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FSSAI CEO Pawan Agarwal said the mela would become an annual event and it would be replicated in at least 40 major cities.
NEW DELHI: When you finally give into the temptation of having your favourite golgappa from that roadside vendor, how difficult do you find to swat aside concerns related to health and hygiene? Ever wished that you didn’t have to worry about this tradeoff? To change your perception of the mess associated with India’s wide variety of street-food items, the organisers of the 10th National Street Food Festival — integrated with the ‘Eat Right Mela’ — are here to tell you a different story.

The three-day event that kicks off on December 14 is being organised by the Food Safety and Standards Authority of India, in collaboration with the National Association of Street Vendors of India. It aims to bring vendors from 25 states to Delhi in an event where they can display their popular local street-food items and even learn entrepreneurship and hope for a regular customer base.
Mass mobilisation was needed to ensure that people ate safe and healthy food, said Pawan Agarwal, CEO of FSSAI. “We’re working on an outreach programme to engage people and inform them about safe food and healthy diet,” he added. The event will celebrate the 150th birth anniversary year of Mahatma Gandhi with a pavilion on his food choices. There will also be an organic food bazaar, food quiz, cultural shows, food film screening and books, food testing, live demos and even a gastronomic tourism workshop.

Moving on to street food, there will be a huge variety of cuisines with multiple vendors from 25 states serving dishes like dabeli, khakra and khausa from Assam; chila, farah and khurmi from Chhattisgarh; chena poda from Odisha and Jharkhand’s mushroom parantha, chicken pitha and golgappa. Also, look out for tandoori naan and chhole kulche from Rajasthan, or Punjab’s chicken fry and a wide variety of tikkas.

Around 50% of the vendors will be newcomers to the event. “We want to bring in new people for variety and also because they get an opportunity to share their local food items on this platform,” said Sangeeta Singh, head of NASVI street-food programme.

“While this is just the beginning of an initiative, we plan to expand and help street vendors across India serve hygienic food, the lack of which is usually not under their control if they don’t have access to facilities like clean water, and we aim to provide that,” said Agarwal.

Arbind Singh, national coordinator of NASVI, said, “This event that we started 10 years ago as an initiative for the street vendors has become a sustainable venture and a lot of them are coming to Delhi for the first time. Our aim is to help them earn profit so they can go back to their states and gain the confidence of selling their products in a hygienic environment.”
FSSAI to host National Eat Right Mela to sensitise people about safety

Tuesday, 11 December, 2018, 08 : 00 AM [IST]

Ashwani Maindola, New Delhi

With a view to sensitise people about the food safety ecosystem in the country, the Food Safety and Standards Authority of India (FSSAI) is planning to host the first National Eat Right Mela from December 14-16, 2018, at IGNCA, India Gate, New Delhi. This was revealed at a press meet on Monday.

Giving details on the event, Pawan Agarwal, CEO, FSSAI, stated that it aimed at making a template for states’ FDAs to host such events and take the subject of food safety to masses.

The highlight of the event will be that street food vendors from various parts of the country will be in attendance.

Recognising that street food vending is an important part of the country’s food system, Agarwal pointed out that while the mela is the first of its kind, it is expected to become an annual event and get bigger and better each year. It is also expected to be replicated in at least 40 major cities including state capitals across the country through state governments.

Agarwal stated, “Eventually, this mela would become a one-stop-shop for people to know about safe, healthy and local foods, and enjoy the rich culinary heritage of our country. We hope that this public outreach through celebration and entertainment would nudge citizens to become aware of and adopt safe and healthy eating habits.”

“Further, it is expected that states would start organising these Eat Right Melas in other cities and towns at the district level taking the message of ‘Eat Right India’ to each and every citizen of the country,” he added.

Speaking at the meet, national coordinator of NASVI Arbind Singh emphasised that in its new avatar, the street food festival is now integrated with the ‘Eat Right Mela’ and not only celebrated the Indian food culture but also promoted safe and healthy eating through various engaging activities through convergent efforts.

The mela would provide a complete food experience and be an opportunity to know everything one needs to know about safe food and healthy diets, including quick tests for adulterants, health and nutrition benefits of different types of food, dietary advice by experts and more.
It would also allow citizens to engage in conversations with experts such as chef Sanjeev Kapoor, Dr Shikha Sharma, Prof Pushpesh Pant on various subjects related to food. It would give an opportunity to the people to sample diverse flavours of the country, watch live ‘healthy cooking’ demonstrations by celebrity chefs such as chef Manjit Gill and chef Rakesh Sethi, and enjoy live music, dance and theatre performances.

Also, as a part of the celebrations of 150 years of Mahatma Gandhi’s birth, the theme pavilion this year will be on ‘Gandhiji, his habits of food and his thoughts on food and nutrition.’

An Indo-Nordic Food Policy workshop focussed on learning from Nordic countries on the reduction of trans fats and salt in the diet, menu labelling, healthy and sustainable diets, is also a part of the mela.

The mela is being held in partnership with the National Association of Street Vendors of India (NASVI), Delhi State Food Safety Department, NDMC, IGNCA (Ministry of Culture) and Tasting India Symposium.

Meanwhile, the mela is inspired by huge response to Swasth Bharat Yatra, a nationwide relay cyclothon that was flagged off from six remote locations on October 16, 2018.

In the first 50 days, the Yatra covered 10,000 km with 225,000 people directly participating and touching lives of another 10 million people. It would converge in Delhi on Republic Day next year.

According to Agarwal, the Yatra is perhaps the world’s largest and longest public outreach programme of its kind that is engaging and exciting people in the remotest parts of the country on safe food and healthy diets. He expressed gratitude to states, NCC, NSS, Scouts and Guides, food businesses, professional associations and consumer organisations for their active participation.
National Street Food Festival: A winter delight for Delhiites

For the third year in a row, Food Safety and Standards Authority of India (FSSAI) has partnered with NASVI for the festival and set up stalls and discussion sessions on safe food and hygiene.

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They set up stalls to teach how to identify toxins in food and the possible ways to prevent them. (Image: Twitter/@NasviIndia)

The 10th edition of the National Street Food Festival began on Saturday at the Indira Gandhi National Centre for Arts in New Delhi. The festival will continue over the weekend till December 16.

Organised by National Association of Street Vendors of India (NASVI), the festival has over a hundred food stalls set up by native street food vendors from different parts of the country, serving authentic street food and an array of sweet dishes.

For the third year in a row, Food Safety and Standards Authority of India (FSSAI) has partnered with NASVI for the festival and set up stalls and discussion sessions on safe food and hygiene. They set up stalls to teach how to identify toxins in food and the possible ways to prevent them.

Arbind Singh, National Coordinator of NASVI, says that this festival encourages innovation and entrepreneurship among these vendors. They try to create new tastes in food while maintaining authenticity.

“The idea is to create secure and hygienic marketplaces like this for street food. These food hubs not only give a different experience to the people but are extremely affordable as well,” adds Singh.

The festival with 500 regional cuisines from 25 different states will be open from 12 noon to 10 in the night.
Street food festival aims to change perceptions

STAFF REPORTER
NEW DELHI, DECEMBER 15, 2018 23:32 IST

Visitors try out street food from across the country at the NASVI’s street food festival in the Capital. | Photo Credit: Sushil Kumar Verma

**Tenth edition promotes idea that street food is not only tasty but hygienic as well: event coordinator**

With the motto to change the perception about street food, the 10th edition of the annual street food festival organised by the National Association of Street Vendors of India (NASVI) kick-started in the Capital on Friday.

The event, which is being held at the Indira Gandhi National Centre of Arts from December 14 to December 16, promotes the idea that street food is not only tasty but hygienic as well.

National coordinator of the event, Arbind Singh said, “We began with the idea to promote entrepreneurship amongst these vendors, and change the perception about street food regarding hygiene. Today, when these vendors display their food at this scale, they get recognition.”
“Malls are getting repetitive and street food not only promotes regional flavour, but refreshing and affordable as well,” he added.

The event was held at a greater scale this year with the Food and Safety Standards Authority of India (FSSAI) and the Ministry of Tourism co-organising it. Started with a mere two-three States, it has grown over 26 States and 500 regional cuisines. The food festival had visitors from all age groups, especially youngsters. There were several vendors who made their debut, while some had participated earlier as well.

The *tandoor chai* from the capital city of Rajasthan was one of the main attractions. The stall had around 500 guests within few hours of the event. Apart from the tandoor chai, people gorged on sweets from West Bengal, Litti Chokha from Bihar, chicken from Telangana, and various other stalls.

“The *masala* is the main ingredient that makes our tea so special, but it’s a secret so we cannot tell you the recipe,” said Sonu Bhargav on the overwhelming response they received for their tandoor chai.

“We have been participating in this festival since 2015, and the response each year is really good. We have learnt the importance of hygiene and how to present our dishes in a more attractive manner,” said Jaikishan, a vendor from Rajasthan.

Keeping up with hygiene aspect, the FSSAI integrated their Eat Right Mela with event. The Eat Right Mela is a part of ‘Swasth Bharat Yatra’ to encourage people to eat healthy, eat safe, and eat fortified. It also promoted companies that are coming up with healthier alternatives. Several officials of FSSAI were present at the event.

“The festival, and the venue are much bigger this year, there are more number of stalls and cuisines,” remarked Tanya, a student who attended the festival last year as well.

The organisers are expecting more visitors on the second and third day.
The third edition of Tasting India symposium commenced on Friday with much buzz and aplomb. The theme for this year is 'Eat Right'. The four-day symposium, aims to bring international chefs, food entrepreneurs, scholars, connoisseurs and change makers to discuss sustainable innovations in Indian gastronomy and give the culinary tourism of India a global reckoning. Noted dignitaries from several Ministries of India have also come on board for the symposium this time around, making it one of the most talked about culinary event of the year. Tasting India Symposium is a brainchild of food entrepreneurs Sanjoo Malhotra and Sourish Bhattacharyya, who set out to conceive a forum to promote Indian food in 2015. In its third edition, Tasting India Symposium has brought together the who's who of the food world to meditate on Indian gastronomy in its varied ramifications. The symposium would conduct multiple seminars and workshops on issues like transparent labelling, safe and nutritious school meals, food innovations aimed at achieving the UN Sustainable Development Goal of 'zero hunger' by 2030,Indian food history and potential prospects of gastronomic tourism in India.
The event is being organised from 14th to 16th December 2018 at different locations of Delhi, the line of speakers who would be gathering for dialogues and panel discussions include Amitabh Kant CEO, NITI Aayog, Pawan Agarwal Secretary, Government of India; CEO, FSSAI, Dr Sunita Narain Director General, Centre for Science & Environment, Claus Meyer Co-Founder, Noma and The Standard; Author of the New Nordic Kitchen Manifesto, Fitness guru Dr Harald Stossier, Vineet Bhatia First Indian chef-restaurateur to get a Michelin star, Food Historian Colleen Taylor Sen, celebrity chef Romy Gill, Chef and TV personality Asma Khan, Celebrated Chef-Restaurateur Sujan Sarkar, and Lon based chef Justin Horne famous for his zero-waste vegetarian restaurant.

In addition to the panel discussions, the event also hosted the launch of the Young Chefs Association for Sustainable India. On 15th December, Tasting India Symposium would be presenting the Citizens White Paper on Gastronomic Tourism in India for the Ministry of Tourism, post the national workshop on Eat Right in India. This would be followed by launch of SWAAD: The International Day For Indian Gastronomy. Ms. Sushma Swaraj, Hon’ble External Affairs Minister, Government of India would be gracing the launch as the guest of honour. On 16th The Roseate House, Aerocity would be hosting the global launch of the book titled 'Nutrition: What Really Counts' by Dr. Harald Stossier, famous Bollywood wellness guru.

The symposium is an excellent medium for food enthusiasts to interact and build connections. The Eat Right Mela would be showcasing many delectable and innovative savouries and desserts made with keeping the theme in mind.
India is in the midst of an epidemiological transition, whereby infectious, maternal, and nutritional diseases exist in conjunction with noncommunicable chronic illnesses. India ranks at 130 out of 183 countries in the United Nation’s Human Development Index, which is worrying in light of the growing threat of NCDs to health in India.

The recently published Global Burden of Diseases report indicates ischemic heart disease, chronic obstructive pulmonary disease, stroke, asthma, diabetes, and chronic kidney disease have seen a 49.8 percent, 39.4 percent, 37.1 percent, 6.2 percent, 53.8 percent, 35.9 percent increase, respectively, since 2007 to 2017. The report also notes these are among the top 10 causes of death in India in 2017.

The projected cumulative loss of national income for India due to NCD mortality from 2006 to 2015 is expected to be USD 237 billion. By 2030, this productivity loss is expected to equate to 17.9 million years of lost human life. By 2020, projections indicate that NCDs will account for 75 percent of all deaths.

Healthy eating should be about positive choices made with the understanding that what you put on your plate has a direct correlation to your health. In a recent interaction with Shri Pawan Kumar Agarwal, CEO, Food Safety and Standards Authority of India (FSSAI), he said, "Alarmed by the increase in lifestyle diseases, we at FSSAI launched the Eat Right India campaign with an aim to empower citizens by improving their health and well-being. It is built in two broad pillars of Eat Healthy and Eat Right; it is a collective effort to make both the demand supply-side interventions through the engagement of key stakeholders. We welcome this forward-looking participation from chambers like Forum of Indian Food importers (FIFI) and their willingness to be a part of this nationwide public awareness campaign."

Mr. Amit Lohani, Founder Director, Forum of Indian Food Importers (FIFI), stated that FSSAI, through its Eat Right India movement, has undertaken a herculean task of engaging with the Indian consumers to eat safe, healthy, and fortified food; in addition to reducing food waste. Having a healthy plate is one of the most important decisions for all of us. It is also
quintessential that FIFI as a forum support FSSAI in this cause and will request Government to ensure that all the required nutrient-rich components of a balanced diet - form healthful nuts to fresh fruits - should be made available to Indian citizens at an affordable price during the counter-season to the Indian production cycle.

The Way Forward

Nutritious food is essential to expanding human capital and freedom. Unfortunately, food has become the primary reason behind many NCDs in India. Junk food, though not the singular cause, is a prominent reason for the growing NCD health menace. We should aim for a food plate that illustrates the five food groups that are building blocks for inclusive development not only to children but to all age brackets in the social-economic strata.

Make half your plate fruits and vegetables! Vegetables are the major source of many nutrients, which the human body requires, like fiber, folic acid, potassium, vitamins A, E, and C, and several others. Vegetables not only help us maintain healthy blood pressure, but the dietary fiber in vegetables also helps lower the risk of heart ailments. Apart from green, you can add a perfect shade of orange with citrus fruits; add shares of red with apples, cranberries, and pomegranates; and blue with blueberries. A number of these fruits have been recognized as great sources of vitamins and minerals and for their role as antioxidants in the body. Growing issues related to women’s health and increased urinary tract infection (UTI) cases are also becoming a cause of concern.

Based on the results from various studies, supporting the daily consumption of cranberry products can reduce the likelihood of developing UTIs. Cranberries contain polyphenol compounds that protect the body from E. coli, the most common bacteria causing UTIs. Fruits like apples are not only good for weight loss; medical practitioners have also attributed apples to lowering the risk of heart disease, diabetes, and asthma. Citrus fruits are a known source of vitamin C and also contain a rich list of essential nutrients. The average energy value of fresh citrus, like a medium orange, is 60 to 80 kilocalories, which can be highly beneficial for curbing obesity.

The healthy proteins in meat, beans, and nuts function as building blocks for bones, muscles, skin, and blood; these proteins are also building blocks for enzymes and hormones. Nuts, like walnuts, almonds, pecans, and pistachios are excellent sources of essential fatty acids and vitamin E. Dried beans and peas are also good sources of protein. Meat and poultry, too, are nutritive and cost-effective sources of protein and other important nutrients.

Milk and dairy food items serve as a rich source of calcium, vitamin D, protein, and other essential nutrients like phosphorus, potassium, magnesium, and vitamins A, B12, and riboflavin. A diet rich in protein and vitamin D contributes to bone health and has a range of
other health benefits. Fiber-rich foods, like whole grains, when included as part of a daily diet reduce the risk of heart disease and help manage weight, as fiber-rich foods have a low glycemic index (GI). The smaller the GI number in food, the less negative impact that food has on your blood sugar. Oils contain the required essential fatty acids; thus, oils, such as those derived from olive, canola, and soybeans are recommended to be consumed in moderation.

Eating healthy cannot be done in isolation and beverages are known to complement your routine diet. Some beverages are considered as functional as foods and are a source of vital nutrients and antioxidants.