**Safe and Nutritious Food: Way to a Healthy Life**

Food is an essential part of health and wellbeing, and poor diet is one of the risk factors for disease and death. Diet-related illnesses are more serious than TB, Malaria and HIV/AIDS taken together and yet, most of us are not mindful of what we eat, when we eat and how we eat. As per ICMR, we are eating less healthy than what we ate 15 years ago.

**Eat Right India**

*Healthy. Safe. Fortified.*

It is an opportune time to change the way India eats. For which, ‘Eat Right India’ Movement, a mass–movement or ‘Jan Andolan’ was launched by FSSAI to coincide with celebrations of 150 years of Mahatma Gandhi. The Movement is an effort to bring together other flagship programmes of the government, like Ayushman Bharat, Swachh Bharat Mission, POISHAN Abhiyaan and Anemia Mukt Bharat.

**Four Key Elements**

1. ‘Swasth Bharat Yatra’, a nationwide cycle relay;
2. ‘Eat Right Creativity Challenge’ for posters, wall art and digital creatives;
3. ‘Eat Right Awards’ and ‘Eat Right Start-up Awards’ for industry, individuals and food start-ups; and
4. ‘Eat Right Mela’ to engage, excite and enable citizens and food businesses towards safe and healthy foods.

**National Street Food Festival**

Recognizing the significance of street food culture in the country, ‘Eat Right Mela’ is being organized in partnership with the National Street Food Festival by National Association of Street Vendors of India (NASVI).

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**Eat Right Mela**

*In Association with NASVI*

The 3-day mela will provide a complete food experience to you and your family.

It is an opportunity to learn everything you need to know about safe food and healthy diets, including simple tests for common adulterants, dietary advice by experts, showcase of Government programmes and initiatives, and much more.

It will be your chance to engage and converse with food visionaries and experts, relish delicious street food & diverse flavors from across the country, enjoy live cooking demonstrations, and have lots of fun!

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**Pavilions**

**Theme: Gandhiji, Food and Nutrition**

**FSSAI: Changing the Way India Eats**

**Test Your Food**

**Flavours of India**

(Thalis of India, temple food and more)

**Organic Food Bazaar**

Indira Gandhi National Centre for Arts (IGNCA)

**Entry from Gate No. 1**

**Car Parking at Gate No. 3 & 5**

11 am-11 pm | 14-16 December 2018

IGNCA, India Gate, New Delhi

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**Let’s Connect**

www.fssai.gov.in/EatRightMela

@fssai  @fssaindia  @fssai_safefood  @FoodSafetyIndia

www.nasvinet.org  @streetfoodfest  @nasviindia
EAT RIGHT MELA
Janpath Lawns (Entry gate 1)
Yoga Session with Ministry of AYUSH and Delhi Food Safety Department - 7.00 - 8.00 am
Stories & On-the-spot poster competition - 10.00 - 12.00 pm & 2.00 - 4.00 pm

12:00 - 12:45 pm
Cultural Show
Zonal Cultural Centre-J&K
1:00 - 1:30 pm
Govt. Showcase
Ayushman Bharat Yojana
2:00 - 2:45 pm
Master Class
Eat Right Toolkit for AHM and ASHA workers
3:00 - 6:00 pm
In Conversation
Ms Shikha Sharma, Mr Shyam Bagri and Mr Ryan Fernandes on ‘Are Gandhi’s habits of food and his thoughts on food and nutrition relevant today?’
4:15 - 4:45 pm
Industry Showcase
Begpuri, Danore, Mother Dairy
5:00 - 5:30 pm
FSSAI Showcase
Food Fortification
5:45 - 6:45 pm
Food Dialogue
The Magic Words: Micronutrients
Keynote: Dr. R. Sankar
Chairperson: Dr Prerna Ramachandran,
Dr C S Pandav, Maj, Gen, (Retd), Dr K R Marwaha, Dr Vire, moderated by Sanchita Sharma
6:45 - 7:15 pm
FSSAI Showcase
No Food Waste
7:15 - 10:00 pm
Music Band
DJ Namit, Khiijhi Verma, Vrunda Dutta, Forgotten Cure band, Nishan Joseph Jam

14th Dec Friday
Main Stage
Auditorium Media Centre
Conference Hall
Amphitheatre

10:30 - 11:00 pm
Orientation Session
Habit of eat right starts young for Teachers/Parents
11:00 - 12:00 pm
Food Funds
Team Sehat Performance
12:15 - 1:00 pm
Food Funds
With Dr. Shilpa Thakur, Indian Dietetic Association (IDA)
1:30 - 2:15 pm
Live Demo
Cooking with less oil by Chef Marjit G
2:30 - 3:30 pm
Orientation Session
Habit of eat right starts young for Teachers/Parents
3:30 - 4:15 pm
Live Demo
Chef Puneet Khanna, SOS CHILD
4:15 - 4:45 pm
Street Theatre
National Catech Corps*
4:45 - 5:15 pm
Cultural Show
Zonal Cultural Centre-J&K
5:30 - 6:15 pm
Food Fund
With Dr. Shilpa Thakur, Indian Dietetic Association (IDA)
5:45 - 6:45 pm
Food Dialogue
Exciting Opportunities for Street Food Vending
Keynote: Dr (Capt) Sarika Verma
Panel: Dr Osman Sirkeci, Sanjay Kumar, Arshad Singh, Soukri Chatterjee, Aviksh Kalkar
6:45 - 7:15 pm
Industry Showcase
Hershefi, PepsiCo, Nestle*
7:00 - 7:10 pm
Music Band
Spectrum band, Reck dance troop, The Project Raag, RochiEwaz, Smayn

15th Dec Saturday
Main Stage
Auditorium Media Centre
Conference Hall
Amphitheatre

12:00 - 12:45 pm
Cultural Show
Zonal Cultural Centre-Punjab
1:00 - 1:30 pm
Govt. Showcase
POSHAN Alphabets & Asena Must Bharat
1:30 - 2:00 pm
Food Lit Fest
Launch of Books
2:00 - 5:00 pm
Central Advisory Council (CAC) Meeting*
Entry restricted
5:30 - 7:00 pm
Food Workshop
Food Packaging: Recycled, Sustainable Future
3:30 - 4:30 pm
Food Dialogue
Cause for Concern: Growing Lifestyle Diseases
Keynote: Dr Nihal Tandon
Panel: Dr Arjan on Wagt, Dr. Raveer Kumar*, Dr. Ritha Samadari* moderated by Dr. Shweta Kharede
4:45 - 5:15 pm
In Conversation
Sanjay Dixit with Asim Sanjay on ‘Consumer Connect’
5:15 - 5:45 pm
FSSAI Showcase
Clean Street Food Hub
5:45 - 6:45 pm
Food Dialogue
Exciting Opportunities for Street Food Vending
Keynote: Dr (Capt) Sarika Verma
Panel: Dr Osman Sirkeci, Sanjay Kumar, Arshad Singh, Soukri Chatterjee, Aviksh Kalkar
6:45 - 7:15 pm
Industry Showcase
Hershefi, PepsiCo, Nestle*
7:00 - 7:10 pm
Music Band
Spectrum band, Reck dance troop, The Project Raag, RochiEwaz, Smayn

16th Dec Sunday
Main Stage
Auditorium Media Centre
Conference Hall
Amphitheatre

12:00 - 12:30 pm
Cultural Show
Zonal Cultural Centre - Rajasthhan
12:30 - 1:00 pm
Government Showcase
Swasth Bharat Mission
1:00 - 1:45 pm
Master Class
On Eat Right Toolkit for Nodal Officers of MDM, Delhi
2:00 - 3:30 pm
In Conversation
With Dietician Shikha Sharma
3:30 - 4:00 pm
Food Quiz
With Dr Sarika Verma and Dr Swethul Kumar, Indian Medical Association (IMA)
4:15 - 5:00 pm
Street Theatre
Lady Wrin Collage
5:00 - 5:30 pm
Food Dialogue
Our Legacy: Diverse and unique Indian Flavours
Keynote: Prof Parti
Panel: Ms. Colleen Taylor Sen, (Dr) R.K. Marwaha, Ms Sonal Saxena, Ms Kunveet Sahni*, Ms Ichhira Haustel* moderated by Ms NVB Kamal
5:30 - 6:30 pm
Food Quiz
With Dr Sarika Verma and Dr Swethul Kumar, Indian Medical Association (IMA)

*TBC For Print I Schedule subject to messages by visiting distinguished guests and visionaries