

## Awareness Program on Food Safety and Nutrition

6<sup>th</sup> October 2018, 8:30 a.m.- 1:00 p.m.  
Gyan Mandir Public School, Naraina Vihar

Safe and Nutritious Food @ School organised “Food Funda”, a community awareness program at the Gyan Mandir Public School, Naraina Vihar on 6<sup>th</sup> October, 2018. The objective of this program was to create awareness among parents, teachers and students regarding Food Safety and Nutrition.

Over 2000 parents, 70 teachers and 1400 students attended this program.

### Activities conducted in the awareness program

1. **Mascot Activation:** Master and Miss Sehat, Rohan, Ria performed the skit on the benefits of fortified foods. The students and teachers of the school clicked pictures with the mascots.



2. **Talk on Food Safety and Nutrition:** Ms. Shivani Moghe, Consultant, FFRC spoke to the audience, the importance of a balanced diet, healthy lunch box and the safety of food consumed.

The parents were encouraged to register themselves as Health and Wellness Coordinators.

3. **Display of fortified foods:** The samples of double fortified salt, fortified wheat flour, rice, oil and milk available in the open market were displayed to create awareness around +F logo, fortified foods and their benefits. The majority of the people were not aware about food fortification and had questions regarding price and quality. They were pleased about learning about the concept of fortification and expressed interest in consuming the same.



4. **Distribution of Pink books, Eat Right Movement leaflets:** Simple tips on buying, storing and cooking food products were shared with the parents and teachers while distributing the Pink Books. “Aaj Se Tel, cheeni and Namak kam” and its need was also shared with the parents.

### Way Forward

1. SNF@ School to provide new scripts on healthy eating, the concept of healthy lunch box etc. for mascot activation.
2. FFRC to distribute free samples of fortified products in such awareness programs and create a simple leaflet (hindi) on the need and importance of fortified foods and their availability.

