



Need for Eat Right Stations

Food ecosystem at railway stations is often large and varied. It comprises of Catering cum retail outlets, Retail Outlets, Food Plaza, Mobile Food Vendors on the railway platforms and Base Kitchens, Food Warehouses.

In order to ensure safe food and healthy diets are available to passengers and visitors at railway stations complex a holistic approach is required should include different kind of food businesses.

Eat Right Station

The “Eat Right Station” initiative of FSSAI is designed to enable the railway, to ensure that safe and wholesome food is served to the passengers, visitors and railway officials. Railway stations that fulfil benchmark criteria will be recognized as “Eat Right Stations” through plaques and/or certificate of excellence.

Steps for certification

- 1 Identification of the railway station and submission of the enrolment Proforma.
- 2 Pre audit as per the KOB specific checklists to identify gaps.
- 3 Food safety training and certification of food handlers through FSSAI empanelled Training Partners to be conducted with a focus on the gaps identified during pre-audit.
- 4 Final audit will be conducted by FSSAI empanelled third party auditing agency. Based on final audit score & recommendation by auditor, station complex will be declared as “Eat Right Station Complex” with ratings from two star (least score) till five star (max score) by FSSAI with a validity up to 1 year.
- 5 Half-yearly assessment of performance as per given checklist will be conducted by the Eat Right Fellow nominated by FSSAI. The score will be considered in renewal of the certificate after one year. Certificate will be issued annually.

#food service establishment in the railway stations may adopt Hygeine Rating

Role of stakeholders

- State/UT’s FDA: Overall implementation and identification of railway stations; verification of self-assessment report and final audit report and recommendation for declaring ‘Eat Right Station’.
- Indian Railways& IRCTC: Conduct Self-Assessment as per the checklist; Overall support in identification, implementation and sustenance, mobilizing resources to become a certified ‘Eat Right Station’.
- Training Partners (www.fostac.fssai.gov.in): Mobilizing participants and conducting FoSTaC Food
- Safety Supervisor (FSS) trainings, translation of training material in local languages. Auditing agencies (www.fssai.gov.in): mobilizing participation, ensure timely audits, leveraging for further improvements.
- Corporates/Funding Partners: Adopting railway stations for Eat Right Station certification, promote awareness, use CSR funds for training, printing and translation of training material etc.

Audit parameters

To promote a systematic approach to ensure that safe and wholesome food is served/provided, audit will be based on 5 parameters with pre-defined checklists as follows: -

1

Compliance with food safety and hygiene

Systematic processes for food safety and hygiene in catering and retail outlets in the railway station complex includes design & Facilities of the food establishments, Control of operations Maintenance and sanitation, Personal Hygiene of Food Handlers, Training and Record keeping, identification and traceability of incoming raw materials.

2

Healthy Diets

The checklists are designed to identify the availability of healthy diets on railway station complex (fruits/vegetables/salads, healthy methods of cooking including roasting/steaming etc., rotation of oils, use of variety of local staples), use of fortified staples (to address micronutrient deficiencies), Repurpose Used Cooking Oil (RUCO) and discouraging HFSS foods (High Fat, Sugar and Salt).

3

Food Waste Management

A critical area that is frequently neglected is food waste management. Apart from traditional ways of food waste management, innovative practices to tackle food waste can be done e.g. measuring waste in kg and setting reduction targets, smaller portion size and packaging, timely donation, repurposing surplus food through food banks to distribute to the needy etc. (www.sharefood.fssai.gov.in)

4

Promotion of local and seasonal food

Local and seasonal foods are both healthy (minimal preservatives, short robust supply chains and suitable for current season) and cost effective. Promotion of local/indigenous foods using jowar, bajra, local millets, vegetables can be undertaken.

5

Promotion and awareness on food safety and healthy diets

FSSAI's rich repository of resources to spread awareness on "mindful eating" can be used in the form of handouts. Short Films on food safety can be displayed on screens in the railway premises. Railway can display their own experience of becoming an Eat Right Station to create a ripple effect in the local community and promote Eat Right India movement.

Audit Checklist & Scoring System

3 Audit checklist with different weightages for cooking establishment, Retail units & for overall Station. On the basis of the audit scores, following ratings will be awarded:

01	Five Star(85% and above)	Exemplary
02	Four Star(75% and above)	Full Compliance
03	Three Star(65% and above)	Satisfactory Compliance
04	Two Star(55% and above)	Partial Compliance
05	Below 55%	Non Compliance