



# **NCPCR's initiatives on Limiting Junk/HFSS food in Schools**

Presentation by

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# Definition of HFSS Foods

in the context of School children

HFSS foods may be defined as foods “which contain low amounts of proteins, vitamins, psychochemical, minerals and dietary fibre but are rich in fat (saturated fatty acids), salt and sugar and high in energy (calories) that are known to have negative impact on health if consumed regularly or in high amounts”.

# Laws and Guidelines relating to the Junk Food

- ❑ Prevention of Food Adulteration Act, 1954
- ❑ Fruit Products Order, 1955
- ❑ Meat Food Products Order, 1973
- ❑ Vegetable Oil Products (Control) Order, 1947
- ❑ Edible Oils Packaging (Regulation) Order 1988
- ❑ Milk and Milk Products Order, 1992 etc are repealed after commencement of FSS Act, 2006.
- ❑ Food Safety and Standards (“**FSS**”) Act, 2006
- ❑ The Food Safety and Standards (Packaging and Labelling) Regulations, 2011,

Guidelines for making available wholesome, nutritious, safe and hygienic food to schoolchildren in the country have been framed by the Central Advisory Committee formed under the FSS Act.

# Guidelines on HFSS

- ❑ An **Expert Group** on Salt Sugar & Fat in Food Products in India was constituted by MWCD in 2015. Provided recommendations to FSSAI on healthy dietary intake.
- ❑ **FSSAI-** Draft Guidelines on making available wholesome, nutritious, safe and hygiene food in schools in India.

# **NCPCR's role in Monitoring Prohibition of HFSS food in schools**

## **NCPCR wrote to-**

- ❑ State Governments for ensuring compliance of (draft) FSSAI guidelines.
- ❑ State Commissions for Protection of Child Rights (SCPCRs) to undertake inspections/surprise visits within their respective States/UTs.
- ❑ School Education Departments/State Education Boards to take undertakings from all private schools declaring that junk food/HFSS are not provided in their schools.



## **NCPCR's role in Monitoring Prohibition of HFSS food in schools**

- ❑ Inclusion of key components of FSSAI and CBSE guidelines on HFSS in NCPCR's Comprehensive Manual of Safety and Security of children in schools.
- ❑ To M/O Information and Broadcasting to laid down strict regulatory provisions for advertisement promoting pre package foods with HFSS targeted at children on television channels.
- ❑ To M/O Consumer Affairs to issue directions for issuance of statutory warning on pre packaged food with HFSS targeted at children.

# Responses from SCPCR's

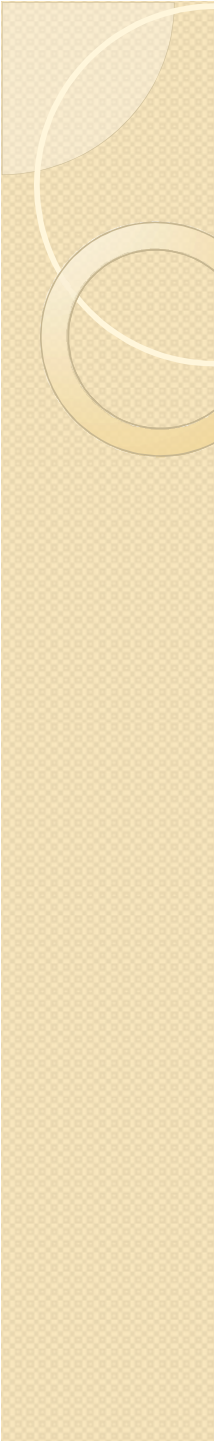
- State Commission for Protection of Child Rights (SCPCR's) had conducted periodic inspections of school canteens in their respective States/UTs to ensure compliance of (draft) FSSAI guidelines and to promote healthy food in schools.

# Responses from SCPCR's

S.No	State	Action Taken
1.	<b>Odisha</b>	Issued letters to the Director Elementary Education and District Education Officers to obtain undertaking from Private Schools (CBSE affiliated and State Board affiliated) declaring that Junk food are not provided in their Schools.
2.	<b>Manipur</b>	<ul style="list-style-type: none"><li>▪ Issued Office Memorandum for effective monitoring of the FSSAI guidelines in schools of Manipur.</li><li>▪ Undertaken inspections/surprise visits of the schools and took required action.</li></ul>
3.	<b>Punjab</b>	Punjab State Mid Day Meal Society issued instructions regarding restrictions on Junk Food within and outside school premises to District Education Officers.
4.	<b>Tripura</b>	<ul style="list-style-type: none"><li>• Elementary Education Government of Tripura informed that Nutritious, and Hygienic food is being provided under MDMs.</li><li>• Privately Managed Schools have been asked to abide by the recommendations of the Commission.</li><li>• The Tripura Directorate of Elementary Education has also provided the weekly menu being served to children in Government Schools.</li></ul>



5	<b>Himachal Pradesh</b>	<input type="checkbox"/> Govt. of Himachal Pradesh has issued notification on the said matter. <input type="checkbox"/> Dy. Director of Higher Education have been directed to circulate the FSSAI guidelines to all the Principals of Private Schools, seeking undertaking that Junk Food/HFSS are not served in their schools.
6	<b>Arunachal Pradesh</b>	<input type="checkbox"/> Commissioner, (Health and Family Welfare) cum Commissioner Food Safety, Government of Arunachal Pradesh has issued directions to all Deputy Commissioners, to ensure compliance of FSSAI Guidelines of HSS (Junk Food) in all the Schools.
7	<b>Tamil Nadu</b>	<input type="checkbox"/> Instructed all the District Collectors to ensure that the junk food (HFSS) are not being provided in schools and in addition the Commissioner of Food Safety to conduct inspection/surprise visits of schools. <input type="checkbox"/> Undertook surprise inspection in 9 schools in southern District of Tamil Nadu. <input type="checkbox"/> Children were sensitised and made aware of junk food (HFSS) and it's impact on youth and adult life.



8	<b>Chandigarh</b>	Has sent an advisory to the schools through the Education Department to ban junk food in the schools.
9	<b>Nagaland</b>	<ul style="list-style-type: none"><li>•Secretary, Department of School Education has issued notification to State Education Board for adherence of the FSSAI guidelines.</li><li>• Education Boards has notified all registered institutions to prohibit junk food and around the educational premises.</li></ul>
10	<b>Delhi</b>	<ul style="list-style-type: none"><li>•10 School canteens were inspected &amp; it was found that some schools canteens are serving HFSS food.</li><li>•School principals were sensitized about FSSAI (draft) guidelines.</li><li>•A letter was sent to FSSAI, seeking notification on the subject.</li></ul>
11	<b>Kerala</b>	Directions given to all the Departments concerned to take necessary steps to ensure effective monitoring of FSSAI guidelines in schools to promote healthy lifestyle, physical fitness and reduce risk of disease.



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**Lakshadweep**

- UT Mid Day Meal supplied to all the school children and are being regularly inspected and monitored by the teachers, School Management Committees, Health authorities and higher authorities of Education Department.
- District Level and Island level MDM committee constituted and these committees are also visiting schools and inspecting Mid Day Meals supplied in schools. Each island is having a maximum of 5-6 schools and inspection can be carried out.

**THANK YOU**

