

## **Notice calling for suggestions, views, comments etc from stakeholders on the draft Food Safety and Standards (Safe and Wholesome Food for School Children) Regulations, 2018.**

F. No. 15 (1) 2016/School Children Regulation/Enf/FSSAI.-

**1. Short Title and Commencement.-** (1)These regulations may be called the Food Safety and Standards (Safe and Wholesome Food for School Children) Regulations, 2018.

**2. Definitions, -(1)** In these regulations, unless the context otherwise requires:

**(a) “Balanced diet”** means a diet which provides all nutrients in required amounts and proper proportions. It should provide around 50-60% of total calories from carbohydrates, preferably from complex carbohydrates, about 10-15% from proteins and 20-30% from both visible and invisible fat. In addition, it should provide other non-nutrients such as dietary fiber, antioxidants, which bestow positive health benefits;

**(b) “Department of School Education”** means a nodal department of concerned Central/ State/ U.T that looks after the school education irrespective of nomenclature;

**(c) “Food Business”** means any undertaking, whether for profit or not and whether public or private, carrying out any of the activities related to any stage of manufacture, processing, packaging, storage, transportation, distribution of food, import and includes food services, catering services, sale of food or food ingredients;

**(d) “Food Business Operator”** in relation to food business means a person by whom the business is carried on or owned and is responsible for ensuring the compliance of this Act, rules and regulations made thereunder;

**(e) “Schools”** means all types of schools whether pre-primary, primary, elementary, secondary, day care or boarding run by private entities, local bodies, government or aided by government;

**(f) “School campus”** means, for the purpose of these regulations, all areas of the property under the jurisdiction of the school that is accessible to students;

**(g) School meals:** means all foods sold or supplied on the school campus through canteens/school mess/hostel kitchens/vending machines or any other method and include all meals served through mid-day meal kitchens and catered for students by the school;

**(h) “School Authority”** means Head of the Institution such as Principal, Headmaster etc. Governing Body, Trust or any other entity set up to govern and manage the school.

(2) All other words and expression used herein and not defined, but defined in the Act, rules or regulations made thereunder, shall have the meanings assigned to them in the Act, rules or regulations, respectively.

### **3. Licensing, Registration and Compliance**

- 1) School Authority selling or catering school meals shall take license or registration as a food business operator from the concerned licensing authority under the provisions of the Food Safety and Standards Act, 2006, Rules and Regulations made thereunder.
- 2) Any School Authority entering into a contract or transaction with a Food Business Operators selling or catering school meals shall ensure that such Food Business Operators are registered or licensed under the provisions of the Food Safety and Standards Act, 2006, Rules and Regulations made thereunder.
- 3) The concerned School Education Department shall ensure that all centralized kitchens run by Food Business Operators under the Mid-Day Meal Scheme are licensed or registered under the provisions of the Food Safety and Standards Act, 2006, Rules and Regulations made thereunder.
- 4) School authority shall have a system of regular inspection of premises where food is prepared including tasting and periodical testing of school meals as per guidelines issued by the concerned school education department and/ or school board.
- 5) The School Authority shall ensure that the FSSAI License/Registration number is prominently displayed at the school canteen/mess premises or at any place within the school campus where such food is served or sold to students, along with any

other information and in the format as prescribed by the Food Authority from time to time.

- 6) The State food authorities shall conduct surveillance and periodic inspection of Food Business Operators so as to ensure that requirements of licensing and registration are complied with.
- 7) If a School Authority, without reasonable grounds, fails to comply with the provisions under these Regulations, the State Food Authority shall take up the matter with the concerned Education Department and/or Affiliation Body to take appropriate action.
- 8) The Department of School Education of concerned State/UT shall ensure that the school authority or Food Business Operator selling or catering school meals has adequate arrangements for meeting the requirements for food safety and hygiene for school meals as per **Schedule I** of these regulations.
- 9) The requirements in Schedule I of this regulation shall be read in conjunction with Schedule IV of Food Safety and Standards (Licensing and Registration) Regulation, 2011.

#### **4. Promotion of Healthy Foods in School**

- 1) The school authority shall encourage and promote balanced diet as defined by National Institute of Nutrition per NIN in the school canteen/mess/ kitchen.
- 2) The School Authority or FBOs selling or catering school meals shall comply with specific labeling requirements for HFSS foods, as prescribed by the Food Authority from time to time.
- 3) School Authority shall try to ensure that the food business operators supplying school meals in the school premise is identifying and selecting foods to be served / sold on the basis of the guideline given in Table 1 of Schedule II.
- 4) The School Authority shall ensure that no person shall offer or expose for sale of HFSS foods to school children in school canteens/ mess premises/hostel kitchens.
- 5) State Food Authorities shall ensure that no person shall offer or expose for sale of HFSS foods to school children within 50 meters of school premises.

- 6) Food Business Operators manufacturing HFSS food products shall not advertise such foods to children in school premises.
- 7) The School Authority may create a 'School Health and Wellness Team' and nominate a senior teacher as Health and Wellness Coordinator to coordinate, and monitor availability of safe, healthy and nutritious food.
- 8) The Food Authority or state food authority, to motivate schools to adopt a comprehensive health-promoting program, may adopt a rating system, so as to recognize schools with higher standards and encourage other schools to improve.

## **6. Institutional Structure and Framework**

To formulate, coordinate, implement and monitor the policy related to ensuring safe and wholesome food for school children, suitable committees at the National, State and school level may be constituted to steer the efforts and to ensure availability of safe and wholesome food for school children.

## **SCHEDULE 1**

### **Safety, Sanitary & Hygienic requirements for School meals**

#### **I. Premises related Information/observations:**

1. The premises shall be located in sanitary place and free from contaminated surroundings.
2. The external area of the premises shall be clean.
3. The premises shall be separate from place of residence.
4. The spatulas/spoons etc. shall be kept clean. They should be washed, dried and kept in clean place.
5. There shall be adequate and sufficient space for cooking and storing of raw materials. The premises shall be fly-proof/insect free.
6. The kitchen shall have appropriate drainage to ensure exit of all waste water.
7. Kitchen surfaces shall be tiled to facilitate easy and proper cleaning.
8. The kitchen flooring shall be smooth and washable.
9. The windows in the kitchen shall be provided with nylon wire mesh/net screen to prevent access of flies, insects, rodents etc.
10. The ceiling in the kitchen shall be maintained clean, smooth and free from cobwebs/flaking of plaster.
11. The kitchen walls shall be dry and free from monsoon water leakage and free from fungus on the walls.
12. There shall be separate space for dishwashing of soiled utensils with continuous running water.
13. There shall be separate area for drying of washed utensils and place for stocking them up.
14. Utensils used shall be free from metallic contamination and should not be broken/cracked utensils.
15. Broken/cracked utensils should not be used to avoid any metallic contamination.
16. The cooking shall not take in open premises to avoid contamination caused from dust.

## **II. Food Handlers Information:**

1. The food handlers or cook shall wear clean aprons/uniform/clothes/head gears and hand gloves.
2. The food handler shall be subjected to periodic medical examination to rule out any infectious disease.
3. The food handler shall refrain from eating, chewing, smoking, spitting and nose blowing while handling the food.

## **III. Food & Raw Material Storage & Transportation Information:**

1. There shall be sufficient space for storage of raw materials.
2. The storage space shall be maintained in clean and hygienic manner.
3. The materials stored on the floor shall be away from walls
4. The raw material shall be adequately and properly labeled to avoid mix-up.
5. The raw material shall be stored in closed containers.
6. The materials that require storage under control temperature shall be appropriately stored.
7. The vehicles used for transportation of food shall be clean and in good repair condition.
8. The temperature shall be maintained while transportation of food to the schools.
9. The food shall be transported in clean, good and tightly closed containers.
10. The serving spoons shall be kept clean while supplying the food to the school premises.

## **IV. Potable Water Availability Information:**

1. The source of water available in the premises shall be potable in nature.
2. Potable shall be used for the preparation of food.
3. There shall be arrangements for the supply of filtered water through water filter equipments
4. The water shall be stored in clean and closed containers.

## Schedule-II

**Table 1: General guidance for selection of Foods**

Color Code	Availability	Examples
<b>Green</b>	Always on the menu - at least 80% of the food available should be from this category)	Fresh Vegetables and fruits, cooked / prepared meals with cereals, legumes, lean meat, egg or fish, freshly made soup, cereals preferably wholegrain and/or high in fibre, porridge, low fat milk, curd, paneer, salad, etc. 100% fruit and vegetable juices, fruit or vegetable juices or other beverages with added water/spices etc but with no added sugar, nuts and seeds and mixes thereof without added salt or sugar, Roasted or stir fried vegetables, snacks - boiled, baked or steamed, cereal or pulses based savoury products such as idli, upma, poha, khandvi, dhokla etc.
<b>Yellow</b>	Select carefully - To be eaten occasionally – in small portion size and reduced frequency	Ice-creams, milk-based ices and dairy based sweetmeats/desserts - not fried, cheeses, canned and preserved vegetable, breads, biscuits, wraps, sandwiches, packaged soups & juices other than those mentioned in Green category, packaged meat or fish products, fruits/vegetables/cereal/pulses based snacks other than those mentioned in green category, nuts and seeds, cereal or malt based beverages, soya milk, etc
<b>Red</b>	Discourage availability in Schools	HFSS products such as deep fried foods including French fries, fried chips, samosa, chola bhatura, gulab jamun etc.; Sugar sweetened carbonated or non-carbonated beverages, ready to eat noodles, pizzas, burgers, Confectionery items, sugar and sugar based products etc.

The foods and beverages categorized as green or yellow above may be included on the school menu and reviewed by School Health and Wellness Team on periodic basis with a focus to continuously improve the safety and nutritious quality of foods served in schools.