

MESSAGE

on the occasion of WORLD FOOD SAFETY DAY

The first-ever 'World Food Safety Day', adopted by the United Nations General Assembly in December 2018, will be celebrated on 7th June 2019. The theme chosen is "Food Safety, Everyone's Business". In continuation of FSSAI's ongoing efforts to spread safe food habits, in which your contribution has been invaluable, FSSAI would like to use this occasion to raise awareness about food safety through various engagement activities across the country.

Posters, banners and a pledge specially designed in accordance with the theme are attached. The posters and banners may be printed and displayed at all prominent locations in your offices, be hosted on your website and social media handles and disseminated to all your members. The attached Pledge maybe translated into regional language as required and your officers/members should congregate at common locations on 7th June at 11 AM to take the pledge collectively at the same time across the country. The first fortnight of June may be observed as 'The Food Safety Fortnight' every year. Some suggested activities for the week and resources are enclosed in Annexure 1.

It is requested to please share your efforts to mark this fortnight through pictures and stories on fssaidigitalmedia@gmail.com, which would be hosted on our website and social media channels. FSSAI looks forward to celebrating the World Food Safety Day and fortnight with you every year henceforth.



(Pawan Agarwal)
CEO, FSSAI

Enclosed:

1. Backdrop and Banner
2. Pledge
3. Poster



Annexure 1

Suggested list of activities

1. Posts on social media on key steps to ensure food safety (refer Poster)
2. Demonstrations on tests of common food adulterants that can be performed at home using the DART Book developed by FSSAI ([www.....](#))
3. Videos from FSSAI's Video Library to be shared on whatsapp extensively ([available at](#))
4. Competitions on poster-making, essay writing, skits etc. to be conducted
5. Food Safety Walks with the World Food Safety Day banner in public places.

Resources

1. FSSAI website: <https://archive.fssai.gov.in/home/capacity-building/FSSAI-Books.html>
2. FSSAI video library:
3. WHO and FAO website.....



PLEDGE WORLD FOOD SAFETY DAY

7 June 2019



This day, on the 7th June, the World Food Safety Day,

I pledge to work for the cause of safe food, for every citizen of the country. I vow to work towards ensuring that all people, especially the poor and most vulnerable, have access to safe and nutritious food, which is fundamental to sustaining life, with human dignity.

I resolve to be mindful in my own eating habits, to ensure personal and surrounding hygiene, and take steps to combat the menace of food adulteration. I promise, to uphold the right of every citizen, to safe and nutritious food, the key to promoting good health.

I recognize that food if it is not safe is not food at all, therefore safe food is critical for all human beings to realize their full potential, for societies and nations to achieve Sustainable Development Goals, and it is shared responsibility for the governments and businesses.

Today, on World Food Safety Day, I solemnly pledge to do everything in my power, to promote safe food, and to prevent, detect, and manage foodborne risks.

.....
Date : 7th June 2019

Place :

Food safety, everyone's business.

The Five pillars of food safety



Keep cooking and surrounding area clean

1



Maintain personal hygiene while handling food

2



Follow keys to safer food

3



Check food for adulteration & spoilage before consuming

4



Read food labels to know what you are eating

5

Food safety, everyone's business.

The Five pillars of food safety



Maintain personal hygiene while handling food

Why?

- ✓ Wash hands with clean soap and water
- ✓ Keep your hair tied while cooking
- ✓ Keep nails short and clean

Personal hygiene is important to prevent contaminating food with germs from yourself, which can lead to food poisoning

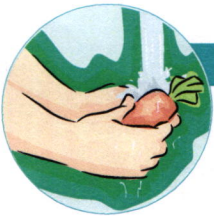


Keep cooking and surrounding area clean

Why?

- ✓ Clean kitchen area, counters and sink regularly
- ✓ Keep dustbin covered and clean
- ✓ Do not throw food in kitchen sink/drains

Unclean kitchen areas, counters, sink etc. breed germs. Keeping these clean prevents food contamination & hence food poisoning.



Follow keys to safer food

Why?

- ✓ Wash fruits and vegetables with clean water
- ✓ Separate raw and cooked food
- ✓ Refrigerate food within two hours of preparation

Cleaning raw food before consuming, separating it from cooked food before consuming & refrigerating cooked food helps prevent food contamination from germs.



Check food for adulteration & spoilage before consuming

Why?

- ✓ Do not buy food that appears spoiled or with damaged packaging.
- ✓ Test common food adulterants using the DART book at www.fssai.gov.in.
- ✓ Report adulteration online at www.fssai.gov.in or via the Food Safety Connect App.

Adulterated and spoiled food can cause a range of health hazards. Checking food adulteration & spoilage before consuming food helps to guard your health.



Read food labels to know what you are eating

Why?

- ✓ Look for FSSAI logo
- ✓ Check the 'Best before' date
- ✓ Check for food allergens

Look for safety marks, logos and the best before date to identify if the food is safe to eat. Check for food allergens to protect yourself from adverse health reactions.



प्रतिज्ञा विश्व खाद्य सुरक्षा दिवस 7 जून 2019



आज 7 जून विश्व खाद्य सुरक्षा दिवस पर

मैं प्रतिज्ञा करता हूँ की मैं देश के प्रत्येक नागरिक को सुरक्षित खाद्य सुनिश्चित करने के लिए कार्य करूंगा। मैं यह निश्चय करता हूँ कि मैं इस बात के लिए प्रयासरत रहूंगा कि सभी लोगों, विशेषकर गरीब और सबसे कमजोर वर्गों को सुरक्षित एवं पौष्टिक खाद्य मिले, जोकि जीवन को मानव गरिमा के साथ जीने की मौलिक आवश्यकता है।

मैं संकल्प करता हूँ कि मैं अपनी खान पान की आदतों पर ध्यान दूंगा, वैयक्तिक और आस पास की सफाई का ध्यान रखूंगा और खाद्य मिलावट कि बुराई को रोकने के लिए कदम उठाऊंगा। मैं प्रत्येक नागरिक के सुरक्षित और पौष्टिक खाद्य के अधिकार, जो अच्छे स्वास्थ्य की कुंजी है, के समर्थन का वादा करता हूँ।

मैं यह मानता हूँ कि असुरक्षित खाद्य को खाद्य नहीं माना जा सकता और इसलिए सुरक्षित खाद्य मनुष्यों को उनकी पूरी क्षमता को प्राप्त करने और समाजों और देशों को सतत विकास लक्ष्य प्राप्त करने के लिए महत्वपूर्ण है तथा यह सरकारों और व्यापारियों की साझा जिम्मेदारी है।

आज, विश्व खाद्य सुरक्षा दिवस पर मैं सत्यनिष्ठा से प्रण करता हूँ कि मैं खाद्य सुरक्षा को बढ़ाने और खाद्यजनित बीमारियों को रोकने, पता लगाने और उनकी रोकथाम के लिए अपनी शक्तिनुसार पूरा प्रयास करूंगा।

दिनांक : 7th जून 2019

जगह :