

Launch cum Training of Trainers on Safe Food Practices

Chittorgarh and Bhilwara On 6th & 7th July, CUTS Centre for Human Development organised a Launch cum ToT program for kickstarting a three month campaign to promote healthy and safe food practices among the common consumer.



The program began with a welcome speech by Assistant Director, CUTS Gauhar Mehmood. Thereafter the George Cheriyan, Director, CUTS International gave his programme introduction and opening remarks on eat right, healthy and safe food practices which is launch by FSSAI in 2018, the campaign is implementing with collaboration with HUL, CII, CHIFSS, He insist on *SahiBhojan and Behtar Jeevan*, He explained about Food-borne and Waterborne communicable and non-communicable diseases and its statistics, in his addition he spoke that use of high quality fat, salt and sugar is harmful and we should avoid junk food which is harmful for our health, he explained about three month campaign which will be implemented in three gram panchayats in each block, two block will be covered in Chittorgarh and Bhilwara district each



Mr Madhu Sudan Sharma, Senior Programme Officer explained about Eat Right, Healthy and Safe Food practices among common consumer through a presentation, spoke about children below 5 years are the section of our society that is the most affected by eating unhealthy/unsafe food and so the attendees who generally come in contact with these kids can solve this problem by teaching them about this. Dr CP Goswami, Additional CMHO spoke on the government initiatives on eat right, healthy and safe food, he explained about nutrition, balanced diet, children and mother care in the aspect of safe food, in addition he advised the attendees to wash their hands before and after eating and cooking food.



Dr Rajat Bhatnagar, Shalini Sharma, Samta Bhatnagar Health experts given a detailed information about what is safe and unsafe food, what is food-borne and water borne disease, how can we prevented from communicable and non-communicable disease, they also done a practical example on washing hands, this was very messaging for the participants.

The program ended with a vote of thanks from Mr Madan Giri Goswami, the Senior Program Officer and Gourav Chaturvedi, Programme Assistant and shared the way forward that the programme will be implemented with support from school, health, angawandi, workers. Total about 30 participants attended each event