

GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SCHOOL BRANCH
OLD SECRETARIAT: DELHI-110054

No. F. DE.23 (536)/Sch.Br./2013/ 1428

Dated: 31/8/16

CIRCULAR

Subject: - FSSAI Draft Guidelines on Making Available Wholesome, Nutritious, Safe and Hygienic Food to School Children in India.

Please find enclosed herewith a copy of letter No. F.61(890)/GOI Communication/DD(CPU)/DWCD/2015/13474-76 dated 29.07.2016 received from the Dy. Director (CPU), Department of Women and Child Development, Government of NCT of Delhi, 1A-Canning Lane, K.G. Marg, New Delhi on the subject cited above.

As it, being a serious issue, all the Head of Schools must ensure compliance of the guidelines framed by FSSAI for ensuring a healthy life for children. The same is available at (http://www.fssai.govt.in/Portals/0/pdf/Order_Draft_Guidelines_School_Children.pdf).

The H.O.S. are also directed to ensure that the guidelines issued vide circular No.DE.23(606)/Sch.Br./2015/399 dated 29.02.2016 (copy attached) are also followed in their respective schools.

Encls: as above

Tapeswar
31/8/16
**(TAPESHWAR)
DDE (SCHOOL)**

All Heads of Govt./Govt. Aided/Unaided Recognised Schools through DEL-E

No. F. DE.23 (536)/Sch.Br./2013/ 1428

Dated: 31/8/16

Copy to :-

1. Ps to Secretary (Education), Govt. of NCT of Delhi.
2. PS to Director (Education), Govt. of NCT of Delhi.
3. Dy. Director (CPU), Department of Women and Child Development, Govt. of NCT of Delhi, 1A-Canning Lane, K.G. Marg, New Delhi-110001.
4. All RDEs/DDEs (District/Zone)/DEOs.
5. OS (IT) to please paste it on the website.
6. Guard file.

Manjula
31/8/16
**(MANJULA KHANNA)
OSD (SCHOOL)**

**DEPARTMENT OF WOMEN AND CHILD DEVELOPMENT
GOVERNMENT OF NCT OF DELHI
1A-CANNING LANE, K.G.MARG, NEW DELHI
(CHILD PROTECTION UNIT)**

219/c
Director of Education
Dy. No. 7242
3 AUG 2016
Act-1 E-IV, V.K.S. RD (CPW)

F.61 (890)/GOI Communication/DD(CPU)/DWCD/2015 13474-76.

Dated:

To

The Director
Directorate of Education
GNCTD, Old Secretariat
Civil Lines
New Delhi-110054

Directorate of Education
Diary No. 635
Date 11/8/16
Branch

29 JUL 2016
4/8/16
Addre (MDD)
Addre (School)

Subject: FSSAI Draft Guidelines on Making Available Wholesome, Nutritious, Safe and Hygienic Food to School Children in India.

Madam/Sir

The Department is in receipt of a letter from the Ld. Chairperson, National Commission Protection of Child Rights to create awareness in children for reduced consumption of foods high in fat, salt and sugar (HFSS) or junk foods which leads to many health hazards and diseases viz. Diabetes, Hypertension, Dyslipidemia, Chronic inflammation and Cardiovascular diseases in later life.

These diseases and Obesity have been reportedly found to affect cognitive and physical development of children which causes irreparable loss to society.

In this regard, Food Safety and Standards Authority of India has framed guidelines on making available Wholesome, Nutritious, Safe and Hygienic food to School Children in India to promote healthy lifestyles, good health, physical fitness and reduce risk of diseases. The details of the guidelines is available at the web link mentioned below:

(http://www.fssai.gov.in/Portals/0/pdf/Order_Draft_Guidelines_School_Children.pdf)

It being a serious concern, I am directed to request you to issue appropriate directions to all concerned authorities to ensure compliance of aforementioned guidelines framed by FSSAI for ensuring a healthy life for children.

DDE (MDD)
3/8

Restrain to school by
4/8/16

[Signature]
Dy. Director (CPU)

F.61 (890)/GOI Communication/DD(CPU)/DWCD/2015 13474-76

Dated:

29 JUL 2016

Copy to:

1. PS to Chairperson, National Commission for Protection of Child Rights, 5th Floor, Chanderlok Building, 36, Janpath, New Delhi-110001
2. PA to Director, Department of Women & Child Development, GNCTD, 1-A, Canning Lane, K.G. Marg, New Delhi

DDG
CS School
by
Mr. Rohitash R.
4/8/16

1668/2025
4/8/16

Mid Day Meal Branch
Dir. of Education
Old Sect., Delhi
Date 5/11
4/8/16

[Signature]
Dy. Director (CPU)

Mr. Rohitash R. spl
4/8/16

**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: SCHOOL BRANCH
OLD SECRETARIAT: DELHI-110054.**

No. DE.23 (64)/Sch.Br./2015/ 399

Dated: 29/2/16

Circular


Sub: Creating Awareness Among Students About ill Effects of Foods High in Fat, Sugar & Salt (HFSS).

In compliance of directions issued by the Hon'ble High Court of Delhi in W.P.(C) No. 8568/2010 and in accordance with notification No. DE/Act/27/PB/Delegation/2001/4863 dated 04.09.2001, all the Heads of Government/Government Aided/Recognised Unaided Schools are hereby directed to sensitize the students and parents about ill effects of Food High in Fat, Sugar & Salt (HFSS) through Morning Assembly/Teacher Interactive Period (TIP)/School Activities/Parent Teacher Meetings etc.

- As per World Health Organization (WHO), the adverse effects of each of the constituents on HFSS are briefly as under:
 - **Fats:** When consumed in excess, they are known to clog arteries and increase risk of heart attack and stroke, increase insulin resistance and promote obesity. Fats can be further classified in:
 - **Saturated Fatty Acids (SFAs)** which are widely used in packaged foods including cookies, crackers and snack chips. When consumed in excess of the recommended limit (less than 10% of total calorie intake), SFAs are known to clog arteries and increase risk of heart attack and stroke.
 - **Trans Fatty Acids (TFA)** which are formed during the process of Hydrogenation of Vegetable Oil (PHVOs) to make it semi-solid for longer shelf life, better form and texture. TFAs are well known to have an adverse impact on blood lipid levels as they reduce the amount of good cholesterol (High Density Lipids of HDL) and increase bad cholesterol (Low Density Lipids of LDL). Their consumption increases insulin resistance and promotes obesity. WHO recommends less than 1% of calories from TFAs.
 - **Sugar:** Sugar contains empty calories with no beneficial effect and there is no safe level of its intake. High use of sugar is harmful. Studies have established direct relationship of sugar with obesity, diabetes and metabolic syndrome.
 - **Salt:** High salt content in diet is strongly associated with high blood pressure and related cardiovascular diseases.
- Besides this, **caffeine used in carbonated beverages and energy drinks is an addictive stimulant, which, if consumed in excess, can lead to impaired muscle and nerve functions, dehydration and a host of other disorders.**
- Heads of Schools may take the following measures to create awareness among students:
 - Consider banning the sale of foods which are high in Fat, Sugar and Salt from school Canteen.
 - Ensure that the school canteen sells fresh and healthy foods which are low in Fat, Sugar and Salt contents.
 - Regular instructions from the morning assembly. Morning assembly may be dedicated for this purpose once in a month.
 - Maintaining a Notice Board for creating awareness.
 - Organizing Drawing, Painting, Slogan Writing Activities and Debates in a class wise manner with special emphasis on lower classes. Selected entries may be given space on the School Notice Board.

- Spread the word for healthy food options like Vegetable, Sandwiches, Fruit/Vegetable Salad, Fruits, Paneer/Vegetable Cutlets, Khandvi, Poha, Utthapam, Upma, Idlis, Kathi Rolls Etc. and low fat Milk Shakes with seasonal Fruits, no added Sugar, fresh Fruit Juice and Smoothies with Fruits, fresh Lime Soda, Badam Milk, Lassi, Jaljeera etc.

All the Heads of Schools in the NCT of Delhi are also directed to read and implement the Guidelines issued by authorities like Food Safety and Security Authority of India (FSSAI), CBSE and the earlier Circular No. DE.23(455)/Sch.Br./NGO M/44/1874 dated 14.11.14 issued by Directorate of Education in this regard.


(PADMINI SINGLA)
DIRECTOR (EDUCATION)
29/2/2016

All Heads of Schools in the NCT of Delhi through DEL-E

No. DE.23 (606)/Sch.Br./2015/ 399

Dated: 29/2/16

Copy to:

1. PS to Secretary (Education)
2. Addl. DE (Act)
3. Addl. DE (School)
4. All RDEs/DDEs