

World Food Day-2020

October 17, 2020

In news

Union Minister for Health and Family Welfare chairs event on 'World Food Day' organized by FSSAI

A brief note on World Food Day

- 16th October is observed as world food day to tackle global hunger and strive to eradicate hunger across the world.
- **Theme: "Grow, nourish, sustain. Together. Our actions are our future".**
- It is an annual celebration in the honour of the founding date of the Food and Agriculture Organization launched by the United Nations in 1945.
- World Food Day 2020 is also marked the 75th anniversary of FAO
- A key focus this year is the elimination of **Trans Fats** from the food supply chain.
- A food toxin present in Partially Hydrogenated Vegetable Oils (PHVOs) (e.g. vanaspati, shortening, margarine, etc.), baked and fried foods
- Trans Fat is a major contributor to the rise in non-communicable diseases in India. (Government aims to make India Trans Fat free by 2022)
- During this event, the Minister launched the Eat Right Creativity Challenge for schools which is a poster and photography competition and aims to promote healthy dietary habits.
- He also launched the 'Eat Smart City' (challenge) by FSSAI in partnership with Smart City Mission and The Food Foundation, UK

Minister launched a number of books/guidelines on the occasion:

- **The 'Do you Eat Right?' book:**

- It will help in translating the technical concepts on food and nutrition and Eat Right initiatives into simple conventional style for the general public.

- **The 'Orange Book' for Eat Right Campus:**

- It will serve as a resource guide to implement the mandatory food safety and hygiene requirements in campus canteens, ensure the provision of healthy and environmentally sustainable food and build awareness among the individuals in workplaces, colleges, universities, institutions, hospitals etc. across the country.

- **Daily Recommendations and Food Fortification:**

- A handbook for States launched by FSSAI that will provide answers to the prime concerns around food fortification to State government officials.
- It will further elaborate the difference in the average consumption of micronutrients such as Vitamin A, Vitamin D, iron, folic acid and Vitamin B12 in a regular diet when compared with the inclusion of fortified staples in everyday meals.