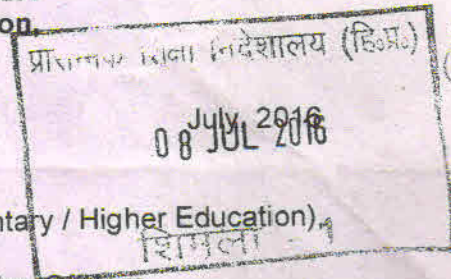


No.EDN-H (EE) (4)4-16/2016-17-FSSAI  
Directorate of Elementary Education,  
Himachal Pradesh



Dated- Shimla-171001 the

To,

- 1) All the Deputy Directors (Elementary / Higher Education),  
Himachal Pradesh.
- 2) All the Block Elementary Education Officers  
Himachal Pradesh.

**Subject: - Food Security and Standards Authority of India (FSSAI) guidelines regarding consumption of HFSS/Junk Food.**

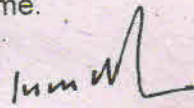
Sir/Madam,

The National Commission for Protection of Child Rights (NCPCR) has emphasized upon that the consumption of food high in fat, salt and sugar (HFSS) or "junk food" is often referred to has been found to be rampant amongst school children leading to many health hazards and diseases viz. Type 2 Diabetes, hypertension, dyslipidemia, chronic inflammation and hyperinsulinemia with a risk of cardiovascular diseases in later life. These diseases and childhood obesity have been reportedly found to affect cognitive and physical development of children adversely, causing an irreparable loss to the society.

In this regard, 'Food Safety and Standards Authority of India', (FSSAI) 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 for diseases. The details of these guidelines are available at the web link mentioned below;

[http://www.fssai.gov.in/portals/0/pdf/Order Draft Guidelines School Children.pdf](http://www.fssai.gov.in/portals/0/pdf/Order_Draft_Guidelines_School_Children.pdf)

In this context, the National Commission for Protection of Child Rights (NCPCR) has taken cognizance of this matter under Section 13 (1) (f) and (k) of the NCPCR Act, 2005. Since this is a serious issue of concern with regards to health of children consuming such food, it is directed that appropriate instructions may be issued to all the school authorities (all Government as well as all Private) and all other quarters concerned to ensure the compliance of afore mentioned guidelines framed by FSSAI. The action taken reports containing the strategy adopted by the schools to counter the issue of consumption of food high in fat, salt and sugar (HFSS) / Junk Food by school children in this matter may be shared with the State Government as well as with the NCPCR from time to time.

  
DIRECTOR

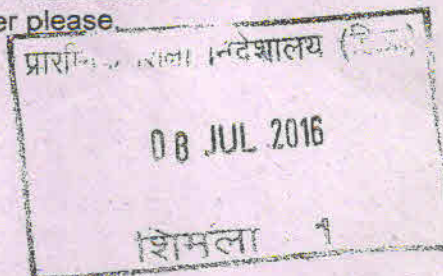
Endst.No. even dated

Shimla-17100

July, 2016

Copy to:-

1. The Additional Chief Secretary (Edu.) to the Government of Himachal Pradesh Shimla-171002 w.r.t his letter No. EDN-C-A(4)3/2007 dated: 29/6/2016 for information please.
2. All Deputy Commissioners Himachal Pradesh for information and similar necessary action in the matter please.
3. Guard file.



DIRECTOR

2649  
18/7/16  
18/7/16  
18/7/16

15280-15674  
Endst.No.EDN-U(G-II)Elem/Gen/-  
Office of the  
Dy. Director Elementary Education  
Una, Distt. Una (HP)  
E-mail ID----- [ddce-una.hp@nic.in](mailto:ddce-una.hp@nic.in)

Dated:-

21.7.16

Copy is forwarded to (1) All the Principals/Headmasters/Incharges of GSSS/GHS/GMS in Distt. Una (HP), (2) all the BEEO's in Distt. Una (HP), (3) All the Principals of privately managed schools in Distt. Una (HP) for compliance and further **Action Taken Report** in this regard may be sent to this office accordingly so that the same could be submitted to the Directorate.

  
Dy. Director Elementary Education  
Una, District Una (HP)