

Most Urgent
Personal Attention

No.EDN-U(G-II)Ele-MDM- 2994-3392
Office of the Dy Director Elementary Education
Una,Distt.Una(HP) 23-2-16
Email-ID--- dcmdm-una.hp@nic.in , ddlee-una.hp@nic.in

To

All the Pr/HM/Incharges of
GSSS/GHS/GMS in Distt.Una(HP)
All the BEEO's
in Distt.Una(HP)
All the Managers of privately managed schools
in Distt.Una(HP)

Subject:- Addressing Consumption of Foods High in Fat, Salt and Sugar (HFSS) and promotion of Healthy Snacks in Schools in India.

Memo,

This is with reference to the Director Elementary Education HP Shimla letter No. EDN-H(4)(Ele)4-15/2011 Health dated 9th Feb, 2016, vide which they have informed that the Ministry of Woman & Child Development Government of India, New Delhi had constituted a working group to examine the issue of obesity and matter related to Junk Food under the Chairmanship of Director, National Institute of Nutrition Hyderabad. The report of the committee entitled "Addressing Consumption of Foods High in Fat Dalt and Sugar(HFSS) and promotion of Healthy Snacks in Schools in Inida" has already been shared with the of Health and Family Welfare and the Ministry of Human Resource Development for taking necessary steps . The same is also available at Ministry's website at www.wcd.nic.in.

Therefore, there is a need to take a firm step towards discouragement of the use/promotion of Junk food(high calorie, high fat food) especially among school children and other adolescent age group. Recent studies indicate that the incidence of overweight and obesity among school going children in Inida is on the rise.


In view of above , you are therefore directed/requested to take definitive steps to promote healthy and nutritious food choices in the diets of our children by making nutritious food available especially in schools under Mid Day Meal Scheme.For this an indicative list of recommended foods in the school(Annexure-I) and the list of foods to be prohibited (Annexure-II) attached herewith for reference.

You are further directed to discontinue the availability and sale of unhealthy high Fat, Salt and Sugar Foods in the school Canteens and replace them with the healthier options and mandating the school to implement the same.Further the availability of such foods should be banned /restricted in the vicinity of the school campus so that the children do not have easy access to them .

All the BEEO's are directed to further circulate these instructions and copy of Annexure-I and Annexure-II in all the GPS which falls under your block.

Action Taken Report in this regard be submitted to this office immediately.


This may be treated as most urgent and be given personal attention to strictly adhere the above said instructions in the schools.


Deputy Director Elementary Education
Una,Distt.Una(HP)

Endst.No.Dated:- Even

Copy to :-

The Directorate Elem.Education HP Shimla w.r.t. their letter under reference for information please.


Deputy Director Elementary Education
Una,Distt.Una(HP)

15/2/16

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Annexure-I

Indicative List of Recommended Foods in schools*

- 1) Whole Wheat Roti//Paratha stuffed with Seasonal Vegetable
- 2) Multi Whole Grain Roti/Paratha stuffed with Seasonal Vegetable
- 3) Rice, vegetable pulao and Dal
- 4) Vegetable Pulao
- 5) Rice & Black Chana
- 6) Wheat Halwa with Black Chana
- 7) Sweet Dalia & Namkeen vegetable Dalia
- 8) Rice & White Chana
- 9) Rice and Rajmah
- 10) Karhi Chawal
- 11) Bulgar wheat uppuma or Khichri/Greens and dhal kootu, Payasam, Papaya/Tomato/, egg
- 12) Tamarind rice/Greens kootu with dhal /BalaharPayasam, Papaya/Tomato/, green gram
- 13) Dhal rice, Greens and dhal kootu, BalaharPayasam, Papaya/Tomato, Bengal Gram
- 14) Rice; sambar
- 15) Idli, Vada, Sambar
- 16) Sambar and rice
- 17) Kheer, Phirni, Milk and milk products like Curd, Butter milk, lassi(with low sugar content
- 18) Vegetable upma
- 19) Vegetable sandwich
- 20) Vegetable khichri
- 21) Coconut water, Shikanji, Jaljeera etc.

*Depending upon the geography, seasonality, food habits, school may choose from this list or replace with similar food options.

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Annexure-II

Foods to be prohibited In school canteens	
1	Chips, fried foods like Potato fries
2	Chips made by local manufacturers , Sherbets, Ice golas
3	Soft beverages including Sugar sweetened carbonated beverages and Sugar sweetened non-carbonated beverages
4	Sweets like Rasagulla, Gulab jamun, Peda, Kalakand
5	Ready to eat noodles , pizzas, burgers, tikka, golgappas
6	All types of chewing gum and candies
7	Sweets composed of more than 30 percent of sugar like Jalebi, Imarti, Boondi etc.
8	Plain chocolates including dark chocolate
9	All Confectionary items
10	Cakes and Biscuits
11	Buns and Pastries
12	Jams and Jellies