



FROM THE DESK OF EDITOR

Tuesday, 31st January 2023

Dr.S.S.Ghonkrokta

According to Indian Philosophy, Food is considered as an important means of developing good qualities in an individual. This the reason that in Taittiriya Brahmana (तैत्तिरीयब्राह्मण) food has been equated with truth and right-order. By reciting Bhojan Mantra (भोजन मंत्र) before taking food, we show our respect and offer thanks for the food and wish that there is no hunger in this world. Ayurveda has extensively studied ingredients, its reactions in combinations, tastes, temperatures, impact of season, climate, changes in the resultant benefits under different circumstances and growing conditions, over centuries before arriving at certain recipes of traditional foods. The various aspects of traditional food system have been recorded in ancient scriptures, literature and in oral narratives. Our changed lifestyles have resulted in alterations in food systems, food intakes and food habits. However, the desire to reverse decreased dietary diversity, food insecurity, nutritional deficiencies and poor health status has brought traditional food systems, our forgotten heritage to centre stage. This shift is very welcome.



Source- Pexels.com

SPOTLIGHT



Padma Shri Sanjeev Kapoor

“The diversity of Indian food is the source of my motivation for stamping my personal identity on each dish. The canvas is so wide that creativity is not limited.” These words of Master Chef Sanjeev Kapoor are also source of motivation to every Indian. He is living his dream of making Indian cuisine the number one in the world. Huge fan following across all age groups, genders and countries, his own channel – FoodFood, ‘Best Chef of India’ award by the Government of India, Chef extraordinaire, hero of TV show Khana Khazana cookery show for more than 17 years, author of 150+ best-selling cookbooks, restaurateur, winner of several culinary awards and above all, a compassionate and proud Indian makes him exceptional human being. CPRTTF was fortunate enough to be blessed by his gracious presence and encouragement as Chief Patron during our First Global Traditional Foods Summit, 2017 at IGNC, New Delhi.

EDITORIAL SECTION

Dr. Surender S Ghonkrokta,
IAS (Retd.)

Former Chairman, State Food
Commission, HP

Dr. Priyanka Bhardwaj
Additional Secretary General
Director, IEST Federation

Rakesh Banga
Director, FIFI
Vice President, CPRTTF

Kritika Sharma
Research Executive

Shiza Fatima
Research Executive

Khushboo
Research Coordinator



STATE POLICY AND FARMING

SAFETY IN FOOD BUSINESS

HUNGER AND FOOD SECURITY

NUTRITION AND SUSTAINABLE
FOOD SYSTEMS

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COUNCIL FOR PROMOTION, RESEARCH & TRADE IN TRADITIONAL FOOD

Website Address - cprttf.org

State Policy and Farming

2023: International Year of Millets



Article by :Dr. Subrata Dutta

Executive Director -FARMER ,Ex Adviser Tata trust,India country head -(FFI) US-CDC

The Food and Agriculture Organization (FAO) organized an opening ceremony for the International Year of Millets – 2023 at Rome, Italy, on 6th December 2022, which marked the beginning of global recognition of super nutri-cereals called millets.

After successful global millet launch in Rome, India organized series of events in the country to promote millets among domestic populations. The Department of Agriculture & Farmers Welfare also hosted a special ‘Millet Luncheon’ for the Members of the Parliament at the Parliament house.

Government of India and State Governments have planned series of activities to celebrate International year of millet – 2023.

The Department of Agriculture & Farmers Welfare has taken a multi-stakeholder engagement approach to achieve the aim of IYM 2023 and taking Indian millets globally. Ministries, states and Indian Embassies have been allocated focused months in 2023 to carry out various activities for promotion of IYM and increase awareness about benefits of millets for the consumer, cultivator and climate.

Ministry of Food Processing Industries proposed to organize Millet Fair-cum-exhibitions in Andhra Pradesh, Bihar and Madhya Pradesh and whereas FSSAI will organize Eat Right Melas in Punjab, Kerala and Tamil Nadu. Similarly, Chhattisgarh, Mizoram and Rajasthan have been allocated the month of January for carrying out specific activities for sensitization and promotion of IYM.

The states will be conducting millet centric activities including mahotsavs/ melas and food festivals, awareness campaigns, workshops/ seminarsetc. Other states are organizing similar activities in the month of January include Maharashtra, Uttarakhand and Punjab.

During January Agricultural and Processed Food Products Export Development Authority (APEDA) and DA&FW have participated in the Trade Show in Belgium wherein a multi-stakeholder delegation with representatives from DA&FW, APEDA, start-ups, exporters and Farmer Producer Organizations (FPOs) showcased the diversity of Indian millets through RTE and RTC millet-based products marketed by Indian companies, B2B, B2G interactions etc.

Moreover, Embassies of India across more than 140 countries will be participating in celebration of IYM during 2023 by conducting side events on IYM involving the Indian Diaspora through exhibition, seminars, talks, panel discussions, etc.

PANORAMA

CURRENT SCENARIO OF MILLETS IN INDUSTRY

India is drawing up a roadmap to figure among the top three exporters of millets by 2025, improving upon its fifth rank at present.

The commerce and industry ministry is working to promote about 200 startups in millet products, standardise and improve the shelf life of millets such as bajra, ragi and jowar, and their products, and facilitate tie-ups of exporters with global supermarkets and retail chains such as LULU and Carrefour.

Production of millets .



India Millet trade : In 2019- 20, India exported millets worth USD 28.5 millions and USD 26.97 million in the year 2020-21, showing a rise in export, India exported millet products worth of USD 34.32 million during 2021- 22

India's major millet exporting countries are UAE, Nepal, Egypt, UK and US. The major Millet-importing countries are Indonesia, Belgium, Japan, Germany, Brazil and Netherlands.

SOURCE : <https://economictimes.indiatimes.com/news/economy/foreign-trade/plan-in-works-to-be-among-top-3-milletsexporters/articleshow/94667963.cms>

IN FOCUS

Pallavi Upadhyaya

Co-Founder of Millets for Health



Millets for health started in 2016 but the journey was much older than that in the recent interview with the co-founder of millets for health Pallavi Upadhyaya stated that the company was founded as a means of promoting the product of the farmers as professional marketing was required so that the demand is sustain and regular. Pallavi Upadhyaya stated that the major problem they face with the production of millet products is that in North India there is not much special machinery for Dehulling the Millet, to get the right quality of the raw material, thus to solve this they take their raw material from south india.

Pallavi Upadhyaya stated that as it's been years for people to forget consuming millets so to get the people back into the habit of eating millets again it's important to teach people the importance of millets. so the main marketing strategy is to educate the consumer.

As the people who understand the product will surely buy the product and that gives them sustain consumer and in order to reach out to people in different ways such as, Pallavi Upadhyaya conducts workshops to teach people how to cook millet as well the nutritional benefits of millets.

Pallavi Upadhyaya believes that in coming years there is a huge opportunity in the millet and the traditional food market as, she observe that from 2016 it's been growing as the people are becoming more conscious about the food they consume and their eating habits and millets plays a important in food security and nutrition.

Safety in Food Business



A Guide to Food Safety Training and Certification for Food Business Operators

Article by- Vijay Saini
Food Technologist (Consultant & Trainer)

Yes, Food Safety. It is an important issue that overrides quality parameters for any food. For such a populated country like India, it is a very necessary requirement that each food business shall serve, manufacture, store, distribute or transport safe food to its customers.

Now, the matter was how to break through this, and the only way was to train the food handlers working in different sectors of the food business such as catering, retail, manufacturing, storage & transport on good hygiene and manufacturing practices. To achieve this goal our regulation body FSSAI initiated the largest Food Safety Training & Certification (FoSTaC) program in July 2017. The program aims to help FBOs understand the hygiene & sanitary requirements by creating a pool of food safety supervisors. There are a total of 25 certification courses divided into basic, advanced, and awareness which are developed by a panel of domain experts impaneled by FSSAI covering the entire food value chain.

Food safety Supervisor, as we hear this title at any of the food business premises, it clicks to us that there are trained, knowledgeable persons who will provide us with safe food. This title itself is not ordinary to think about, whereas it tells the whole about the awareness & responsibility of a food handler in terms of food safety.

FoSTaC training helped many small caterers & retailers in understanding the required hygiene & good manufacturing criteria. If we see there are numerous small/big restaurants, Dhabas, eateries, and catering services but they are mostly not complying with the hygiene standards that are required by law.

A small eatery or Dhaba which has 3-4 people working is mostly uneducated and not even aware of food safety. Providing them with training on how to prepare safe & hygienic food has helped them to understand the importance of food safety. This training helped many Dhaba & eatery in reducing customer complaints, food wastage & hygienic storage.

Certainly, the key outcome for any trained person is to get a food safety supervisor certificate which has helped them in improving their confidence and achievement during their work tenure.

Finally, I will only say that this FSSAI initiative of food safety training & certification has helped many small retailers & catering businesses in understanding food safety issues & provide their customers with healthy, hygienic, and safe food.

PANORAMA

Food Safety and Food Safety Index

An estimated 600 million – almost 1 in 10 people in the world – fall ill after eating contaminated food and 420,000 die every year, resulting in the loss of 33 million healthy life years (DALYs). Children under 5 years of age carry 40% of the foodborne disease burden, with 125,000 deaths every year. Looking at this current scenario FSSAI made it mandatory for every food business with a central or state license to have at least one trained and certified food safety supervisor for every 25 food handlers. As per the major findings of the State Food Safety Index 2021-2022, among the Large States, Tamil Nadu is the top-ranking state, followed by Gujarat and Maharashtra. Among the Small States: Goa is the top-ranking state followed by Manipur and Sikkim. Among UTs: Jammu & Kashmir is the top-ranking UT, followed by Delhi and Chandigarh in food safety.



Source: World Health Organisation

IN FOCUS

Sharad Sharma

Unit Assistant General Manager,
Rajdhani Restaurant



“Quality over quantity”, owning to what he believes, Unit Assistant General Manager of Rajdhani restaurant, Mr. Sharad Sharma educates us about the Food safety training initiative by FSSAI to provide safe and quality products to consumers. With a food business situated in New Delhi and a total of employees working at the FBO 25, he understands the need for at least one trained food safety supervisor per 25 food handlers. The food business rather in total comprises 3 food safety supervisors along with a proper monthly basis internal training program and regular awareness sessions from food safety supervisors to the other food handlers. He imparts his learnings from the training regarding personal hygiene and cleanliness to the his fellow employees. He has even recommended the food safety training to other food businesses and appreciates the FSSAI for such initiatives, being an aware owner he looks forward to such initiatives in the future.

Hunger and Food Security

How Food Wastage affects Hunger?



Article by- Praha Kumathe

Food Technologist with project planning and implementation in India and Uganda

Recently, a survey was conducted and a serious concern was seen regarding Undernourishment, Child Stunting, Child Wasting, and Child Mortality. Food wastage at 40% impacts the GDP and weighs on the resources. Food availability and distribution have improved over the years in India. Yet, the wastage is significant. Looking at how serious this issue is, even a 1% reduction in food waste would help feed a million individuals.

Grain and Pulse production has improved from dismal to enough. The post-harvest loss is 8 % for Grain and Pulse. The government has resolved to modernize farm-level storage and grain handling. Food grain storage is now declared as infrastructure. Hidden Hunger hurts the general health of the population. I have seen during my tenure, how the lack of nutrients and a healthy diet caused diseases amongst the vulnerable population. These diseases were almost impossible to cure and led to the people suffering the hardest.

Hidden Hunger refers to the condition where a person is getting enough food to eat but not the required nutrients to fulfill all the needs of the body. Apart from the macronutrients, the micronutrients such as calcium, magnesium, and potassium are also required by the body. How to address this? Increasing Fruit and Vegetables and other foods consumed. Surveys state Fresh produce waste is highest across the supply chain. Availability addresses hunger better than any other intervention.

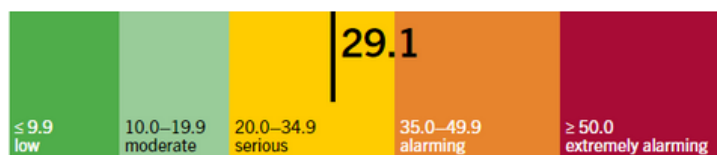
There is a need for new technologies for extending shelf life. Lyophilization is one which shows great potential. Bharatiya Poshan Krishi Kosh (2019) intends to harness the traditional knowledge of the communities. In my opinion, Poshan Abhiyan, PMMVY, Eat Right India movement are initiatives to address malnutrition.

App-based Public Distribution systems will enable better distribution. Nutritional audit at the local government level is the need of the day. These schemes should be implemented on the ground level such as to ensure a healthy lifestyle for everyone and eradicate hunger and diseases.

PANORAMA

Global Hunger Index and Food Wastage

In the 2022 Global Hunger Index, India ranks 107th out of 121 countries. With a score of 29.1, India has a level of hunger that is serious. Food loss and waste also undermine the sustainability of our food systems. When food is wasted or lost all the resources used to produce food like land, water energy, labor and capital go to waste. Food wastage carbon footprint is estimated to be 3.3 billion tonnes of CO2 equivalent to GHG released into the atmosphere per year. In India, 40 percent of the food is wasted which is equivalent to Rs 92,000 crore per year. Around 1% of the GDP is depleted from food wastage. According to the ministry of agriculture, INR 50,000 crore of food products gets wasted every year.



Source- <https://www.globalhungerindex.org/india.html>

IN FOCUS



Shri Bharatarshabha Dasa

National President and Trustee,
The Akshaya Patra Foundation

In a recent interview with Bharatarshabha Dasa, the national president and trustee of the Akshaya Patra Foundation, the journey of the foundation from how it started with only 5 schools in Bangalore to now 19,039 schools feeding over 20 lakh children with 65 kitchens across 14 states and 2 UTs was highlighted. He strongly believes that Hunger is a nasty and slow killer and that malnourishment deprives people especially children of the basic right to education. With a country having a serious issue of hunger, high food wastage is quite unacceptable. He emphasized the wastage of food that happens during production, procurement, cooking, storage, and logistics and the strengthening of good manufacturing practices and initiatives by the government could minimize such losses. The foundation worked in times of difficulty to provide food relief during the pandemic. The foundation has a large and strong team of food technologists, nutritionists, and volunteers working for mid-day meal programs, disaster relief programs, Anganwadi feedings, etc. With a vision to feed 3 million children every day by 2025, the foundation is also aware of the challenges that might come along the way but is determined to work through the obstacle.

Nutrition and Sustainable Food System

Traditional Foods as a Sustainable Source of Good Health



Article by- Deepshikha Kataria

Assistant professor Institute of home economics
Delhi University

India has a rich heritage of traditional foods that have been traditionally established, culturally evolved and trusted for their health benefits for many generations. Different cultures and regions in India have developed their own traditional cuisine and recipes combining various ingredients in proportions that confers good health. The ingredients used in traditional foods offer a wide range of "functional benefits" because they are made with whole grains (e.g. Pelapindi, a traditional dish of Andhra Pradesh) and vegetables (Poi Shaag er torkari, a dish from West Bengal made with Basella leaves) that are high in fibre, vitamins; fruits and spices (Putharekulu, a sweet dish from Andhra Pradesh) that contain antioxidants and naturally fermented foods (Ambali, Kanji, Panta Bhat) that have probiotic benefits. Most of these cuisines and dishes are prepared using fresh and locally grown ingredients and are a source of livelihood for the local farmers.

According to me, the farming and cultivation of the traditional ingredients, which is exclusive to a particular region of India, brings a lot of potential of sustainable development of that region as well as that ingredient. The ingredient being locally grown will be known and consumed by generations after generations.

Despite our rich heritage of healthy and nutritious traditional foods, the popularity of western foods is growing among people. Though western fast foods offer convenience and taste, their high fat, salt and sugar (HFSS) content may cause many health problems such as obesity, hypertension, and cardio-vascular diseases (CVDs). In this scenario, traditional foods can offer hope and inspiration as they are sustainable, nutritious and healthy.

Therefore, a shift in our food choices is the need of the hour. The long forgotten traditional foods need to be recognized and should be part of our daily diet. These foods can be produced in home kitchens, small scale industries and large scale food processing units. Additionally, research and development around traditional foods may help in recognizing their health benefits as well as standardizing recipes for large scale production. Hence, organizations such as Council for Promotion, Research & Trade in Traditional Foods (CPRTTF) is a necessity in today's times for preserving Indian tradition, culture and heritage. In an attempt to spread awareness, CPRTTF organized a traditional recipe competition that witnessed more than 200 participations from various parts of India and presented the benefits of variety of traditional, lesser-known cultural and regional food recipes.

PANORAMA



Putharekulu, a traditional south indian dish

Putharekulu is a traditional South Indian dessert which is popular in telegu regions. Putharekulu were created in Atreyapuram, a village and Mandal headquarters in the East Godavari district of Andhra Pradesh

The sweet is packed with sugar, dry fruits, and nuts and wrapped in a wafer-thin rice starch layer that resembles paper.

The making of edible films and the sweet is a cottage industry confined to a few village in East Godavari district, says P.V.K, Principal scientist, All India Coordinated Research Project on post Harvest Engineering and Technology (AICRP-PHET of ICAR)

The Annual turnover of the cottage industry is estimated to be Rs.3 crore in 2016

Nutritional value and health benefits

Raw rice contains calcium and zinc. It is 100% gluten-free.

Jaggery is rich in iron and helpful for Anemia prevention.

Ghee improves immunity as it contains Antioxidants

Nutritional INFORMATION	PER SERVE
ENERGY	352.5 Kcal
Carbohydrates	94 g
Fiber	3 g
Protein	10 g
Iron	5 mg
Potassium	241 mg

IN FOCUS

R.V.S Avinash

(Btech in dairy technology from Sri Venkateswara veterinary university)



In the interview Avinash, the winner of Poshan maah contest 2022, said that he liked how poshan maah ignited the traditional food importance in the world influenced with Western culture.

From being south Indian, he believed choosing a regional product with so much nutritional value, will help in creating awareness of traditional foods in youth.

Putharekulu is from Ananthavaram a village in east godavari in Andhra Pradesh,

And it's a very difficult dish to be prepared, Avinash used internet and took advice from native people in order to get the desirable output.

Putharekulu is difficult to prepare because the heat of the pot should be correctly maintained so that the starch layer comes out efficiently. The starch layer is not only used in putharekulu but is of multiple use and was a the most difficult part for Avinash.

He believes that Traditional food not only depicts our culture but also reflects upon our history, thus competitions like poshanmaah 2022 should be conducted in order to create awareness among people.

Glimpse of 2022

EVENTS

1. World Food Safety Day-2022 & Price Distribution of National level "Young India Nutrition Contest, 16.10.2023 at India International Centre New Delhi- Chief Guest: Dr. Chindi Vasudevappa, Vice Chancellor, NIFTEM Organised by- CPRTTF
2. Ek Bharat Shreshtha Bharat -Start Date:28th October 2020, End Date:31st March 2023.
An Initiative by-Ministry of Education, Government of India
3. 14th edition of the World Spice Congress (WSC), is to be held in Mumbai from 16-18 February 2023. The theme of the WSC 2023 is VISION 2030: S-P-I-C-E-S (Sustainability, Productivity, Innovation, Collaboration, Excellence and Safety).
Developed and Promoted by- Spices Board (Ministry of Commerce and Industry, Government of India)
4. Global Traditional Food Summit वसंत ऋतु खाद्य महोत्सव 2023 will be organised by Council for Promotion Research & Trade in Traditional Foods (CPRTTF) in association with IEST Federation, from 7th to 16th April, 2023.
5. CPRTTF has been invited for collaborating with G 20 for showcasing traditional food to foreign guests. Traditional food stalls will be put up near CP, Delhi on 11-12 Feb, 2023.

INTERNATIONAL AND NATIONAL NEWS

National News:

1. FSSAI- Manufacturers [including Packer and Relabellers] to upload or link mandatory Lab Testing Report [Six-monthly] on FoSCos
2. FSSAI notifies comprehensive regulatory standards for Basmati Rice- Food Safety and Standards (Food Products Standards and Food Additives) First Amendment Regulations, 2023- Will be enforced from 1st August, 2023
3. Gujarat-based Seven Spring introduces India's first 100% compostable tea sachets- This new packaging is environment-friendly and focuses to cut back on waste, zero plastic consumption, and carbon emissions.
4. IIT Roorkee and Afflatus Gravure at Noida have developed Water-based printing ink for rotogravure flexible packaging printing operations - The technology is useful in the area of flexible packaging and also serving as a sustainable solution.

International News:

1. NGS commences pilot clinical trial with a sports supplement for children, Friday, January 13, 2023, Tel Aviv, Nutritional Growth Solutions, Ltd, a leading provider of clinically backed nutritional products designed for children, announces the launch of its clinical study to evaluate the effect of its innovative sports supplement on the physical activity performance of young soccer players.
2. FAO- 12 JANUARY 2023-Urgent action needed as acute malnutrition threatens the lives of millions of vulnerable children - United Nations agencies are calling for urgent action to protect the most vulnerable children in the 15 countries hardest hit by an unprecedented food and nutrition crisis.

SPECIAL MENTION

Mr. Anand Chordia

Director – Technical
Pravin Masalewale

(Suhana, Tastemakers of India since 1962)



A visionary with deep knowledge in product creation, technology and management, Anand Chordia, is known for his expertise in business dynamics and strategic thinking. A true optimist, he believes in motivating the young generation for building a better nation.

As Director Technical of Suhana Spices, he introduced strategies to revamp the 53-year-old family business of spices and pickles which now has become a legacy by streamlining the process of product development and design in manufacturing and business process.

He initiated the approach of sustainability like waste to wealth, empowering farmers, green buildings, industrial revolution 4.0 in agri industry and social upliftment around Sustainable Development Goals (SDG) at multiple locations.

Taking a step towards Cleaner, Greener, Healthier, Sustainable and Prosperous India, Anand started a non-profit organisation - The Eco Factory Foundation (TEFF) with a vision to provide sustainable lifestyle solutions to rural and urban communities.

CPRTTF has been fortunate enough to have him as a sponsor at the event "Young India Nutrition Contest", which was held on 16th October, 2022, at India International Centre, Lodhi Road, New Delhi.

REGULATIONS

NATIONAL

[Food Safety and Standards for Foods for Infant Nutrition Regulations, 2020](#)

[Food Safety and Standards for Labelling and Display Regulations, 2020](#)

[Food Safety and Standards for Ayurveda Aahara Regulations, 2022](#)

[Food Safety and Standards for Vegan Foods Regulations, 2022](#)

INTERNATIONAL

[Agriculture Ministers underline critical role of science-based standard-setting organizations](#)

[Codex never stops / at the food hygiene committee physical is imitating virtual](#)

[CCLAC22 / Quito meeting an opportunity to address pressing food safety topics](#)

[RUTF / New Codex guideline will protect vulnerable children](#)