



Second Edition of Eat Right Mela

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Why in News

Recently, Union Minister of Health & Family Welfare inaugurated the **2nd edition of Eat Right Mela** in New Delhi.

Key Points

- **Eat Right Mela** is organised by **Food Safety and Standards Authority of India (FSSAI)**.
 - It is an outreach activity for citizens to nudge them towards eating right. It is organised to make citizens aware of the health and nutrition benefits of different types of food.
- **The PURPLE Book**, a handbook on diets for diseases was also launched.
 - It provides general guidelines for hospitals on suitable diets for common medical conditions such as diabetes, hypertension, cancer, gut disorders etc. in a simple format and has been developed and vetted by experts in the field of food and nutrition.
- **Network for Scientific Co-operation for Food Safety and Applied Nutrition (NetSCoFAN)** was also launched.
 - It is a network of research & academic institutions working in the area of food & nutrition along with the NetSCoFAN directory, covering detailed information of various heads/Directors and lead scientists of lead and associated partnering institutions.
 - It would comprise of **eight groups of institutions** working in different areas viz. **biological, chemical, nutrition & labelling, food of animal origin, food of plant origin, water & beverages, food testing, and safer & sustainable packaging.**
 - It would **identify research gaps** in respective areas and collect, collate and develop database on food safety issues for risk assessment activities.

- The importance of **'Save Food Share Food'** was emphasised.

In this context, **Indian Food Sharing Alliance (IFSA)** seeks to reduce food waste and hunger and to feed the needy and hungry with surplus food through structured systems.

Source: PIB