



V. M. SALGAOCAR INSTITUTE
of
INTERNATIONAL HOSPITALITY EDUCATION

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7.2: Best Practices

Best Practice No.2

Title of the Practice: "Promoting Healthy Eating Habit Initiatives"

Objectives of the Practice:

Our institute aims to promote a healthy and safe food culture among students and staff. We encourage well-balanced diet and local food products, creating awareness about the importance of healthy eating habits and minimizing the use of salt, sugar and oil. The oil and other products that is purchased for use in the kitchen is fortified as per food grade prescribed by FSSAI guidelines. Through this best practice we as an institute ensure that our students and staff eat hygienically prepared food while maintaining all safety regulations. We also promote a right eating culture "Take what you want, Eat what you take" to avoid food wastage.

The Context:

As a hospitality institute, we recognize the importance of fostering good eating habits, avoiding food waste, reducing plastic use, and promoting awareness in the community at large. With the rise in street food consumption and the potential risks associated with unhygienic food, it is crucial to create an enabling environment among students and staff for a healthy lifestyle. The institute decided to undertake 'Eat Right Campus' certification through FSSAI (Food Safety and Standards Authority of India) to support these objectives, thereby building awareness to create an enabling environment for a healthy lifestyle, from eating right to eating the right things.

The institute involves itself in various community service initiatives. It also encourages students to engage with the community and understand the issues faced by them. This encourages the students to develop a deeper understanding of social issues and the role they can play in creating positive change.



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The Practice:

The 'Eat Right Campus' initiative aims to promote safe, healthy and sustainable food habit in college campuses. The objective is to improve the healthy ecosystem of students and staff and promote social and economic development of the community.

Our institute has registered for the 'Eat Right Campus' initiative under FSSAI, which follows a rigorous process comprising Enrolment, Self-Assessment, Training, Final Audit, and Certification.

To maintain the standards, we conduct monthly internal audits and bi-annual external audits conducted by Indianeers Food Safety and Management, Indore, M.P., and records are maintained. FSSAI Auditors also visit our campus every two years to check the safety and hygiene standards of the institute.

The checklist for accreditation includes various categories, such as upkeep of the pantry and food receiving area, healthy and sustainable food provided to staff and students. This creates an awareness among the students.

Storage of food - The institute prioritizes basic hygiene in the pantry and food areas where raw food and/or cooked food is stored at hygienic permissible levels. Temperature checks are done for items which are to be stored in the fridge.

Daily checks are performed on perishable and non-perishable food items that enter into the campus which is served to all. Packed items which do not carry FSSAI labels, date of packing, expiry dates are not accepted.

High standards of cleanliness are continuously maintained in the kitchen and other connected areas. Water filters are cleaned periodically.

Personal hygiene of food handlers is an essential condition. Sanitary cards to carry out health checks for food handlers is done every 6 months at the local Health Centre.

We use local, seasonal, and traditional food produce that provides healthy food options and limit the use of food that IS high in salt, fat, oil and sugar.



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Sustainable food practices such as Repurpose of Used Cooking Oil (RUCO), no food waste, and environmental-friendly initiatives are undertaken by the Institute.

Environmental-friendly initiatives like no food wastage are encouraged by the institute. Posters are displayed in the Cafeteria to remind students to avoid food wastage.

Quantity of daily food waste for all meals is recorded and displayed prominently in order to foster a sense of individual responsibility.

Pest control Services are carried out as and when necessary.

Evidence of Success:

The institute received a 5-star ranking with an Exemplary/Excellent rating on the scoring matrix during the external audit conducted by 'Eat Right Campus' Certification.

Paying attention to aspects of hygiene and sanitation has paid off good results. Students are also aware about its importance and significance and they ensure that they follow these guidelines.

The award for Cleanest Campus for three consecutive years is an evidence of our efforts.

Insistence of FSSAI labelling has increased the quality of food items which lead to healthy eating habits.

The produce from our vegetable garden is used in the kitchen which is organically grown.

With the training provided to food handlers, they are able to develop a culture of safe and hygienic handling of food operations.

Food wastage for the day is displayed to create an awareness. Students and staff are able to see for themselves the quantity of wastage and the wastage has declined over a period of time.



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Problems Encountered:

We face challenges in purchasing from local vendors and suppliers who do not have e-forms, as this is a requirement for maintaining the certification. This issue has been brought to the notice of FSSAI.

Many of the vendors do not have proper packaging details on their products which makes it difficult for such items to be purchased.

Additionally, purchasing from local vendors who only accept cash and do not issue bills is a challenge for auditing purpose.

Training staff to keep accurate records of checklist items can pose a problem, especially for underqualified staff.

External training for staff on FSSAI awareness, hygiene, and sanitary procedures can be a challenge, but we conduct internal training to address this issue.

Organising meetings with the community regarding hygiene and sanitation is a little difficult because of the constraints of timings and availability of the community who are busy carrying on their street food business.