

## **EFFECTIVENESS OF FOOD SAFETY AND STANDARDS IN INDIA: STRATEGIES FOR BETTERMENT**

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### **Abstract**

The FSSAI is in charge of establishing food standards. FSSAI examines the chemical, nutritional properties, food colour, aroma, size, and other ingredients used in any food to determine its quality. It is only sold in the market by sellers after it has been proven correct through investigation. The FSSAI works to control food adulteration and ensure food safety under the Food Safety and Standards Act of 2006. The FSSAI's primary function is to regulate food marketing, sales, storage, supply, and manufacturing. Before selling his food, any producer must apply to the FSSAI. Following that, FSSAI officials issue certificates based on laboratory testing of food products. The Food Safety and Standards Act of 2006 also includes a provision for harsh legal action. FSSAI officials have the authority to file a criminal case against anyone who publicly sells contaminated food. Since the dawn of time, food security has been a major issue. Many countries around the world are still experiencing food insecurity. With an increasing population and the global threat of climate change, ensuring food security in large countries like India has become even more difficult. On the strength of the Green Revolution, India managed to overcome self-sufficiency in food production from chronic famine and the terrible tragedies of starvation in the second half of the twentieth century, but providing a nutritionally nutritious diet to a large portion of the population remains a major challenge. The current paper is an attempt to understand the level of food safety regulations in Indian food businesses in order to assess the prospects of food businesses under India's new Food Safety and Standards Act, 2006.

**Keywords:** FSSAI, Marketing, Sales, Green Revolution, Food Security, Storage.

### **Introduction**

Food safety and standards are a tool for achieving public health, and their failure can result in foodborne disease, health issues, a low life expectancy, and an increased mortality rate. According to the Food and Agriculture Organization (FAO) of the United Nations, "Food security refers to the situation when all people have physical, social and economic access to adequate, safe and nutritious food at all times and which enable them to live in an active and healthy life. In fact, the international community became concerned about food security in the 1990s. The World Food Summit in 1996 decided to cut the number of malnourished people in half by 2015, with the goal of eradicating hunger in all countries. When the United Nations established the Millennium Development Goals (MDGs) in the year 2000, it also aimed to cut the number of hungry people in half by 2015. Perry, D. (2006).

Under the auspices of the United Nations, all countries launched a massive anti-starvation campaign. In the last two decades, many countries have made rapid progress in this direction. However, efforts in this direction remain sluggish in large-population countries such as India. This is why the international community has now called for the abolition of the starvation problem. On September 25, 2015, the United Nations established a new agenda for sustainable development, including 'Zero Hunger' as one of 17 targets for sustainable development by pledging to end the hunger crisis by 2030. Petersen, P. E. (2009).

Food safety has long been a major concern in India. Food safety risks have frequently occurred. As a result, it rose to a point of great concern in the nation over the past ten years. Clearly, it is now essential to provide safe food; it is no longer a matter of choice. This is mostly because of heightened knowledge of safety issues, new hazards and problems in the domain of food safety, and the globalization of the food trade as a result of the liberalized trade policies promoted in WTO agreements. Mukherji, S. (2016).

The Joint Food and Agricultural Organization (FAO)/WHO Food Standards Programme, which included Food Codes, was formed by the 16th World Health Assembly in May 1963 because it was recognized how important it was to produce safe food. The Codex Alimentarius Commission was asked to carry it out. The 53rd World Health Assembly (May 2000) recommended that WHO create a global strategy to lessen the burden of food-borne illnesses in light of the grave concerns about food safety. Shukla, S., Shankar, R., & Singh, S. P. (2014)

Most commodities, including agricultural goods, are traded internationally in accordance with the regulations set forth in the World Trade Organization (WTO) accords. The Agreement on Agriculture (AoA), the Sanitary and Phyto-sanitary (SPS) Agreement, and the Agreement on Technological Barriers to Trade are the three agreements that are most relevant for agricultural products, particularly dairy products (TBT). The SPS and TBT Agreements state that Codex standards, guidelines, and code of practices for producing safe food would be used in international trade as reference points; national standards should be harmonized with international ones; and quantitative restrictions on imports should be eliminated. These are some noteworthy aspects of these agreements. Kotsanopoulos, K. V., & Arvanitoyannis, I. S. (2017).

### **Significance of the study**

The unexpected influx of ethnic food culture, transportation offices, and new examinations upgrades both food maker and customer desires. The Maggie debate demonstrated the general public's level of awareness of medical issues. Each issue involving polluted food, tainted food, or dangerous food captures the media's attention. In light of the general public's growing concern, this investigation would be extremely significant, given that research on sanitation and measures is uncommon in India, even from a legal standpoint.

### **Scope of the Study**

This research article will assist not only in conceptualising concepts such as sanitation and norms in an Indian setting, but it will also assist in comprehending the legal response to this field. There is no session that there is extraordinary change in demeanour or approach of law towards food industry since the passage of the Food Safety and Standards Act, 2006, and there is a shift away from the fundamental idea of contaminated food as embraced in the old administrative piece the Food Adulteration Act, 1954, notwithstanding, after 2006 it is clear that the change is exceptionally moderate, and law is falling behind to address the issues rising in the food industry. In the near future, this type of research will be useful for academics, researchers, legal thinkers, and policymakers to address the problem that exists in this area and find a proper solution.

### **Food Safety in India**

Food safety has been defined as the process of storing, preparing, and controlling food in a specific way to prevent foodborne illnesses (WHO, 2015). Pal provided this information (2013) Food safety, according to the expanded definition, is the assurance that if food or food is made or consumed in accordance with its intended use, it will not cause harm or disease to the consumer. In general, food security entails limiting the presence of acute or chronic hazards that can make food unsafe for consumption. Food safety refers to the proper methods of producing, handling, storing, and cooking food in order to prevent contamination and contamination in the food production chain and to ensure that food quality and wellness are promoted in order to promote good health. Gordon, A. (2017).

### **How does FSSAI WORK?**

The Government of India established the Food Safety and Standards Authority of India in 2006 under the Food Safety and Standards Act. Which was announced on August 1, 2011 under the Central Government's Food Safety and Standards Exchange (packaging and labelling). The FSSAI's job is to provide nutritious food to the people while upholding its standards. The FSSAI was established by the Government of India to carry out the following functions. FSSAI regulates the following functions: -

**Setting Guidelines** - The most important function of the FSSAI is to develop food-related guidelines and to ensure that these guidelines are followed throughout the country.

**Certification** - The FSSAI's next most important job is to inspect food prepared by food professionals and ensure that it is safe to eat. The food is certified if the test results show that it is correct.

**Network establishment** - Create an information network in your country so that common consumers, panchayats, and others can easily obtain information about food safety and related issues.

**Training-** Organizing training programmes on a regular basis for those involved in the food industry or those interested in joining. They are given important information about the food industry through this channel.

### **The objective of FSSAI**

The FSSAI is run by the Government of India's Ministry of Health and Family Welfare. Its headquarters are in Delhi, and it serves to implement various provisions of the states' Food Safety Act. Aside from that, it aids in maintaining the country's set standards for food production and sale at the state, district, and gram panchayat levels. It also inspects the quality of retail and wholesale food items on a regular basis. So that the quality of food available to the general public in the country's markets and the standard of nutrients found in it can be maintained.

### **Function of FSSI**

- Encircling of Regulations to set out the Standards and rules according to food articles and indicating appropriate arrangement of implementing different principles as a result.
- Establishing components and rules for accreditation of confirmation bodies tasked with sanitation confirmation in the executive framework for food organisations.
- Establishing a technique and rules for research centre accreditation, as well as notifying certify labs.
- To provide logical guidance and specialised assistance to the Central Government and State Governments in issues concerning the approach and rules in regions with an immediate or indirect direction of sanitation and sustenance?
- Collect and organise data on food utilisation, the rate and prevalence of natural danger, contaminants in food, buildups of different, contaminants in nourishment items, discernible proof of rising dangers, and the presentation of a quick ready framework.
- Creating a data organisation across the country with the goal of providing people in general, customers, Panchayats, and so on with quick, solid, and targeted data on sanitation and other issues of concern.
- Assign preparation projects to people who are involved in or plan to participate in food organisations.
- Contribute to the advancement of universally recognised specialised principles for food, sterile, and phyto-clean measures.
- Increase general awareness of sanitation and food safety measures.

### **The scope of FSSAI**

The FSSAI's main function is to create food-related guidelines and to ensure that the rules they create are followed. The FSSAI oversees food-related issues for various Central Government and State Government ministries and departments. Aside from that, it also monitors the quality of food production and distribution on a large scale, under the supervision of various ministries. Before producing or selling any food item in the country, any company must be registered with the FSSAI. Only then will that company be able to sell its product on the market. Grace, D. (2015).

**Laws, rules and organization to ensure food security:**

1. International Health Regulations (IHR), 2005
2. **Infosan** - It is an international food safety network of food safety authorities jointly created by FAO and WHO for information exchange and cooperation.
3. **Codex Elementary Commission** - This is a global standard established on the basis of scientific evidence related to the quality of health and nutritious food (WHO and FAO joint program).
4. **HACCP or Hazard Analysis Critical Control Point System** - This is a process control system that identifies potential hazards in the food production process and suggests all possible options to prevent the threats from occurring.
5. **Goods Manufacturing Practices (GMP)** - This reflects the minimum sanitary and processing requirements required to ensure the production of safe and nutritious food.
6. **'Food recall'** - Food recall is defined as the action taken to remove food items from the supply chain that may pose a safety risk to consumers during sales, distribution, or consumption. It has the ability to remove food items from the market at any point along the food chain, even after the food item has reached consumers. The term "withdrawal" is widely used in relation to 'food recall'.
7. **'Use-by-Date'** (Suggested Last Consumption Date or Expiry Date) - This is the estimated period of time after which the quality of the product is either destroyed or significantly reduced. This means that in order to ensure the quality of the product and its usefulness to the consumer, the product must be used before use.

**8. A Health Approach & Food Safety / Forest Health & Food Safety:** By taking a health approach to food safety, experts and resources from many health-related areas, including plant pathology communities, wildlife and aquatic health, and ecological communities, including human and veterinary, can be accessed. Integrating and integrating their perspectives falls under a health and food security approach (IOM, 2012).

**9. FSSAI:** The Food Safety and Standards Authority (FSSAI) were established in 2006 under the Food Safety and Standards Act 2006 to inspect food safety and standards in India.

**10. ISO 22000:** ISO 22000 is a standard developed by an international organization formed for the standardization of food safety.

#### **Role of consumers in food safety**

Buyers should complain if they come across any debasement in food, as well as any inadequacy or misbranding during their purchase. They may carry information on the Food Safety Officer, Designated Officer concerned about additional activity. When a buyer comes across an inadequate name, deceptive trademarks, incorrect articulations, and so on in a food name, he can send such subtleties to the [ceo@fssai.gov.in](mailto:ceo@fssai.gov.in). If the nuances are correct, the shopper is eligible for Rs.500/- reward. If buyers report information about unsanitary food foundations, for example, severe action will be taken against those responsible. Numerous health risks can be eliminated if each resident buyer acts on the assumption that the FSS Act is an Act to protect his wellbeing. Mahajan, R., Garg, S., & Sharma, P. B. (2014).

#### **The Food Industry in India**

At 2011-12 prices, the food handling division in India contributed 8.71 percent and 10.04 percent to net worth included (GVA) in 2015-16, respectively. By 2020, the Indian food retail market is expected to be worth Rs 61 lakh crore (US\$ 894.98 billion). The Indian food processing industry accounts for 32% of the country's total food market, is one of India's largest industries, and ranks fifth in terms of production, consumption, export, and expected growth. The Indian food handling industry accounts for 32 percent of the country's total food market, is the country's largest industry, and ranks fifth in terms of production, utilisation, distribution, and expected growth. It accounts for approximately 14% of the assembling Gross Domestic Product (GDP), 13% of India's fares, and 6% of total mechanical speculation. The Indian food

administration industry is expected to be worth \$78 billion by 2018. The Indian gourmet food market is currently valued at US\$ 1.3 billion and is expanding at a Compound Annual Growth Rate (CAGR) of 20%. The natural foods market in India is expected to grow multiple times by 2018. According to NSSO 67th round estimates for 2010-11, the unregistered food processing sector employed 13.72 percent of the unregistered manufacturing sector in India and employed nearly 4.79 million people (Ministry of Food Processing Industries 2017-18). Kumar, A., Wright, I. A., & Singh, D. K. (2011).

### **Global Approach of Food Safety**

The SPS, TBT, and Codex Agreements, as well as other international agreements governing food trade, set the standards for food quality and safety. They base their strategy for ensuring the quality and safety of food on the following fundamental ideas:

#### **Science-based guidelines**

The JECFA, JMPR, JEMRA, and other Joint FAO/WHO expert consultations that evaluate risks at the worldwide level while taking into account global data are the foundation of Codex standards. According to Codex, risk analyses should also serve as the foundation for national standards.

#### **Precautionary actions**

In some cases, there may be signs of a risk to human health but insufficient scientific evidence. In these situations, Codex would think twice before elaborating a standard and instead consider elaborating a related text, such a code of practice, backed by the relevant scientific data. What governments ought to do in these situations has not yet been recommended by Codex? Faisal, M. N., & Talib, F. (2016).

### **Consensus**

At sessions of the CAC and its subsidiary committees, all Codex decisions are reached by consensus of the participating member nations. This ensures that Codex standards will be used more widely because most nations can accept them.



### **Farm-to-table philosophy**

It is believed that manufacturing food that is safe for consumers cannot be done by simply tasting and analyzing the finished product. At every point in the chain of food production and distribution, Codex encourages the use of preventive measures.

### **Aspects of a system for ensuring food safety and quality**

In order to guarantee safe and high-quality food, international intergovernmental organizations have been developing strategies with shared responsibility for governments, industry, and consumers. The strategy aims for a completely safe and high-quality final food product.

Certain safety and quality requirements: Codex's FSQA system outlines the maximum residue limits of significant chemical pollutants in food, as well as regulations for labelling and packaging. It also outlines high microbiological quality and significant quality features. Lowering contaminants Maximum allowed limits for residues of many harmful chemical pollutants are one of the key features of Codex standards.

The focus placed by Codex regulations on the good microbiological purity of milk and milk products is another significant factor. Although Codex has not yet established microbiological standards for raw milk or products, it has provided guidelines in its document Principles for the establishment and application of microbiological criteria for foods to establish microbiological standards in raw materials, ingredients, and finished goods. The microbiological quality of raw milk has been defined in many nations.

### **Conclusion**

Food safety is a major public health issue that has an impact on both human health and economic development. The primary goal of food security is to protect public health by making safe, high-quality foods available to consumers. Food security can be integrated into food safety and quality programmes to control the food industry. In today's world, an effective food security system is required to maintain consumer trust in the food system and to provide food with a solid regulatory foundation for domestic and international trade. To effectively manage food security and the risks associated with infectious diseases, a health approach is required. Many developing countries' food security systems are not as well organised and developed as those in developed countries. As a result, developing countries should spearhead the creation of

the National Food Security Policy and the Food Security Council. Furthermore, GMP, GHP, and HACCP should be implemented in all food industries. Food safety and quality must be strengthened globally, and every effort must be made to keep food items clean and clean at all stages, from production, purchase, preservation, and consumption by consumers.

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