



Food Laws & FSSAI Master Kit

PART 3

Structured Notes

Unit 2 – FSSAI: Roles, Functions & Initiatives

- ✓ Based on the Official Central FSSAI (CFSO) Syllabus
- ✓ Relevant for Food Safety Officer Examinations Conducted by Various States



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EXAM FOCUSED



CONCEPT CLARITY



TRUSTED CONTENT



RESULT ORIENTED

Preface

Dear Aspirant,

Hi, I'm Kalpana Yadav, a former Government Food Safety Officer with 6+ years of field experience, and a mentor who has been guiding FSO aspirants for the past 5 years.

I understand how overwhelming Food Safety Officer preparation can be. Aspirants often spend countless hours searching through multiple Pdfs, websites, notifications, manuals and scattered study materials just to cover a single topic.

This Food Laws & FSSAI Master Kit has been created to make this journey simpler.

Every page has been carefully prepared to help you **save time, understand concepts more easily, and revise efficiently**. Instead of struggling with lengthy legal language and scattered resources, you'll have a structured, exam-oriented study companion designed specifically for **Central and State Food Safety Officer examinations**.

I sincerely hope this Master Kit saves your valuable time, strengthens your understanding, and becomes a reliable companion in your preparation.

A detailed overview of everything included in this kit is provided on the next page.

Wishing you success in your Food Safety Officer journey!



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Former Government Food Safety Officer and FSO Mentor

Syllabus Coverage

Based on the Official Central Food Safety Officer (CFSO) Syllabus

This **Food Laws & FSSAI Master Kit** covers the **Functional Knowledge** section of the official Central Food Safety Officer (CFSO) syllabus.

Unit 1: Indian & International Food Laws

- Food Safety and Standards Act, 2006
- FSS Rules & Regulations
- APEDA, BIS, EIC, MPEDA, Spice Board, etc.
- Codex Alimentarius Commission
- WTO (SPS & TBT Agreements)
- National & International Accreditation Bodies

Unit 2: FSSAI – Roles, Functions & Initiatives

- Genesis & Evolution of FSSAI
- Structure & Functions of the Food Authority
- Standards, Enforcement & Laboratory Ecosystem
- Eat Right India, Food Fortification, RUCO & other FSSAI initiatives
- Train and Capacity Building
- Role of State Food Authorities

Note: -

The topics covered in this Master Kit form an important part of the **official Central Food Safety Officer (CFSO) syllabus** and are also **relevant for the Food Laws and FSSAI portions of various State Food Safety Officer examinations**. Aspirants are advised to refer to the latest official notification issued by their respective recruiting authority for the detailed syllabus.

About This Food Laws & FSSAI Master Kit

This Master Kit has been designed to be the study resource I wish I had during my own preparation—**organized, concise, and focused on what truly matters for the examination.**

This Master Kit includes:

■ **Part 1 – Food Safety & Standards Act, 2006 (Simplified) (updated with the latest amendments, including Jan Vishwas Act, 2023):** The complete Act explained section-wise in simple language.

■ **Part 2 – Structured Notes (Unit 1):** Indian & International Food Laws, prepared as per the official CFSO syllabus, with quick revision one-liners.

■ **Part 3 – Structured Notes (Unit 2):** FSSAI: Roles, Functions & Initiatives, prepared as per the official CFSO syllabus, with quick revision one-liners.

■ **Part 4 – Practice MCQs:** Exam-oriented MCQs compiled from previous Food Safety Officer examinations.

■ **Part 5 – Important FAQs from FSS Regulations:** High-yield provisions from FSS Regulations presented in a simple Question & Answer format for quick understanding and revision.

Every effort has been made to ensure the accuracy of the content. However, if you come across any error or have any suggestion for improvement, please write to **kalpanafoodsafety@gmail.com**. Your valuable feedback will be sincerely appreciated and will help improve future updates of this Master Kit.



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Unit – II

FSSAI-Role, Functions, Initiatives (A General Understanding)

- ❖ Genesis and Evolution of FSSAI
- ❖ Structure and Functions of Food Authority
- ❖ Overview of systems and processes in Standards, Enforcement, Laboratory ecosystem, Imports, Third Party Audit etc.
- ❖ Promoting safe and wholesome Food (Eat Right India, Food Fortification, SNF, Clean Street Food Hub, RUCO and various other social and behavioral change initiatives)
- ❖ Training and capacity building
- ❖ Role of State Food Authorities



Genesis and Evolution of FSSAI

❖ Conceptual Foundation: The Pre-FSSAI Era

Before the enactment of the Food Safety and Standards Act (FSSA) in 2006, India's food regulatory ecosystem was highly fragmented. The system was governed by the **Prevention of Food Adulteration (PFA) Act, 1954**, supported by various commodity-specific orders (mentioned earlier in notes) under the Essential Commodities Act, 1955.

❖ Regulatory Gaps Before FSSAI (The "Multiplicity" Problem)

- **Multiplicity of Laws:** Food businesses had to navigate multiple laws administered by different ministries (e.g., Ministry of Agriculture, Ministry of Food Processing Industries, Ministry of Health).
- **Conflicting Jurisdictions:** Food businesses faced conflicting standards across agencies. For e.g. PFA milk standards differed from BIS standards and export inspection standards.
- **Policing vs. Facilitation:** The old PFA regime was heavily focused on policing, penalizing, and detecting adulteration post manufacture, rather than ensuring preventive safety throughout the food chain
- **Lack of Scientific Foundation:** Standards were rigid, not dynamically aligned with global scientific advancements or the **Codex Alimentarius Commission (CAC)**.

❖ FSSAI's Transformative Solution

- FSSAI consolidated **8 fragmented acts** into single legislation creating one reference authority.
- Food businesses now obtain centralized FSSAI licenses eliminating multi agency delays.
- Standards became science based and dynamically aligned with Codex international benchmarks.
- Risk-based licensing emerged where low risk businesses receive automatic approval.
- The shift moved from punitive policing to facilitation and supply chain safety.

Concept Clarity: Pre-FSSAI vs FSSAI Model

Parameter	Pre-FSSAI Era (PFA 1954 & Orders)	Post-FSSAI Era (FSS Act 2006)
Regulatory Philosophy	Detection of Adulteration (Policing)	Science-based Food Safety (Preventive)
Governance Model	Multi-departmental / Fragmented	Single Reference Point (FSSAI)
Liability	Primarily on the Manufacturer/Vendor	Shared responsibility across the Food Chain (FBO)
Standard Setting	Prescriptive and Rigid	Dynamic, Risk-Analysis based (Scientific Panels)
Innovation	Restrictive for novel/proprietary foods	Facilitative for innovation with safety checks

❖ Historical Timeline Box

- **1954:** PFA Act passed.
- **2004:** JPC recommends a unified food law.
- **23 Aug 2006:** FSS Act receives Presidential Assent.
- **05 Sep 2008:** FSSAI **Established** under MoHFW (1st Chairperson: Dr. P.I. Suvrathan).
- **05 Aug 2011:** FSS Rules & Regulations **Operationalized** (Old acts officially repealed).

❖ Objectives of the FSS Act, 2006

- To consolidate the laws relating to food.
- To establish the Food Safety and Standards Authority of India (FSSAI).
- To lay down **science-based standards** for articles of food.
- To regulate the manufacture, storage, distribution, sale, and import of food.

❖ Genesis of FSSAI: The Drivers of Change

The genesis of FSSAI was not just a legal reform; it was a structural necessity driven by four core needs:

- **Governance Need (One Nation, One Food Law):** To integrate the various laws into a single statute and establish a single body for food safety.

- **Scientific Regulation Need:** To shift standard setting from administrative bodies to independent **Scientific Panels** and a **Scientific Committee** using the "Risk Analysis" framework.
- **Trade & Standardization Need:** To harmonize Indian food standards with international guidelines (Codex Alimentarius), fulfilling India's obligations under the **WTO SPS (Sanitary and Phytosanitary)** and **TBT (Technical Barriers to Trade)** agreements.
- **Consumer Protection Need:** To guarantee "safe and wholesome food" rather than just "unadulterated food," introducing concepts like food recall, traceability, and risk communication.

❖ **Structural Evolution: Centralization to Decentralization**

FSSAI brought a unique structural evolution: Centralized standard-setting combined with decentralized enforcement.

- ✓ **Centralized Standard Setting:** FSSAI HQ (Delhi) establishes standards via independent experts.
 - ✓ *Mechanism:* Scientific Panels (draft standards) - Scientific Committee (reviews standards)-Food Authority (approves them)- MoHFW (notifies final standards draft).
- ✓ **Decentralized Enforcement:** The actual groundwork is executed by State Governments.
 - ✓ *Hierarchy:* Commissioner of Food Safety (State level) - Designated Officer (District Level) - Food Safety Officer (Field Level).
- ✓ **Harmonization Engine:** The **Central Advisory Committee (CAC)** was created to ensure close cooperation between the Central Authority and State enforcement agencies.

Promoting Safe & Wholesome Food (Eat Right India, Food Fortification, SNF, Clean Street Food Hub, RUCO and other Initiatives)

Launched by FSSAI in July 2018, **Eat Right India** is a massive, pan-India movement aimed at transforming the country's food ecosystem. It marks a shift from a purely regulatory approach to a collaborative, "Whole of Government" and "Whole of Society" approach.

- **The Tagline:** *"Sahi Bhojan, Behtar Jeevan"* (Right Food, Better Life).
- **The Three Core Pillars:**
 - ✓ **Eat Safe:** Ensuring hygiene, sanitation, and combating adulteration, reducing toxins and contaminants in food and controlling food hazards in processing and manufacturing processes.
 - ✓ **Eat Healthy:** Promoting diet diversity, balanced diets, eliminating toxic industrial trans fats from food, reducing consumption of salt, sugar and saturated fats and promoting large scale fortification of staples to address micronutrient deficiencies.
 - ✓ **Eat Sustainable:** Promoting local and seasonal foods, preventing food loss and food waste, and using safe and sustainable food packaging material.

To achieve these goals, FSSAI categorized its interventions into three strategic actionable areas: **Supply-Side Initiatives, Demand-Side Initiatives, and Sustainability Initiatives.**

Supply-Side Initiatives

(For Strengthening Food Businesses)

FoSTaC	Eat Right Station
Hygiene Rating	BHOG
Clean Street Food Hub	Clean and Fresh Fruit & Vegetable Market

Focus: Building capacity, ensuring self-compliance, and upgrading food business infrastructure based on the statutory requirements of Schedule 4 of the FSS (Licensing & Registration) Regulations, 2011.

❖ FoSTaC (Food Safety Training and Certification)

- **What it is:** The **Food Safety Training and Certification** initiative is a large-scale training program designed to create a pool of trained **Food Safety Supervisors (FSS)** who ensure that food businesses adhere to the hygiene and safety standards mandated by the Food Safety and Standards Act, 2006.
- **Courses:** Currently there are 25 courses divided into Basic (4 hours) and Advanced/Special (8 to 12 hours).
- **Certification:** **Food Safety Supervisor (FSS) certificate** is issued after completion of training and valid for 2 years.
- **The Golden Rule:** Every licensed FBO must have at least **ONE certified Food Safety Supervisor (FSS) for every 25 food handlers** on the premise.

❖ Hygiene Rating Scheme (HRS)

- **What it is:** A voluntary certification system for food service establishments (hotels, restaurants, cafeterias, dhabas) and retail outlets (sweet shops, bakeries, meat shops) that provide food directly to consumers. Establishments are rated on a scale of 1 to 5 stars often displayed as **"Smileys"**.
- **Requirements for certification:** To participate, businesses must have a valid **FSSAI License/Registration**, follow **Schedule 4 requirements**, appoint one trained **Food Safety Supervisor (FSS)** for every 25 food handlers, prominently display **Food Safety Display Boards (FSDBs)** and conduct periodic **testing of food and water samples** through FSSAI-approved labs.



- **Objective :** To empower consumers to make informed choices about the places where they eat and to encourage food businesses to improve their hygiene standards and reduce the incidence of food-borne illnesses.
 - **Certificate Validity: 2 years.**
-

Settings-Based Cluster Certifications

These following initiatives target specific environments where people consume food outside their homes:

❖ **Clean Street Food Hub (CSFH)**

What it is: It is an initiative that certifies clusters of street vendors who meet high standards of hygiene and sanitation. (Hub must contain at least 50 vendors, it excludes fine dining).

- **Main Objective:** To raise the quality of street food to the level of established food courts and hotels and to provide a safe and hygienic local eating experience, thereby building trust among consumers.
 - **Certificate Validity: 2 years.**
 - **Example:** Kankaria Lake, Ahmedabad (India's first clean street food hub).
 - **Key Parameters:** Elevated working surfaces (60-70cm from ground), mandatory potable water, separate bins for wet/dry waste, and pest control.
-

❖ **Eat Right Station**

What it is: Initiative to certify railway and metro stations to ensure that they provide safe, hygienic, and nutritious food for passengers and staff.

- **Main Objective:** To ensure safe and wholesome food is served to the passengers, visitors at railway stations
 - **Certificate Validity: 2 years.**
 - **Example:** Mumbai Central Railway Station (India's first Eat Right Station).
-

❖ **BHOG (Blissful Hygienic Offering to God)**

What it is: Initiative to ensure that 'Prasad' or 'Langar' served at Places of Worship (POW) are safe and hygienic for devotees.

- **Rule:** Mandatory **FoSTaC (Food Safety Training and Certification)** training for all food handlers and temple staff involved in the preparation and distribution of offerings.
 - **Main Objective:** Encourages worship places (temples, gurdwaras, mosques) to adopt high hygiene standards, trains food handlers/vendors via FoSTaC, and builds devotee trust through safe sacred food preparation.
 - **Certificate Validity:** 2 years.
 - **Example:** ISKCON Temple, Juhu, Mumbai (First religious places certified under BHOG).
-

❖ **Clean and Fresh Fruit & Vegetable Markets**

What it is: A market or cluster of permanent vending shops/stalls/carts/kiosk selling fresh fruits and vegetables having adequate infrastructure and meet the basic hygiene and safety requirements. It excludes wholesale markets.

- **Main Objective:** It aims to upgrade unorganized retail markets (like *Sabzi Mandis*) to ensure that they provide safe, hygienic, and high-quality produce to consumers.
 - **Certificate Validity:** 2 years.
 - **Example:** INA Market, New Delhi (India's first Eat Right Fruit and Vegetable Market).
-

Important One Liners

Question	Answer
<u>Eat Right India Movement</u>	
1. When was the Eat Right India movement launched by FSSAI?	July 2018
2. What is the official tagline of the Eat Right India movement?	"Sahi Bhojan, Behtar Jeevan" (Right Food, Better Life).
3. What are the three core pillars of the Eat Right India movement?	Eat Safe, Eat Healthy, and Eat Sustainable.
<u>Supply-side Initiatives</u>	
4. What does FoSTaC stand for?	Food Safety Training & Certification
5. How many total courses are currently available under FoSTaC?	25 courses (24 instructor-led + 1 self-learning course)
6. What is the duration of Basic, Awareness, and Advanced FoSTaC courses respectively?	Basic - 4 hours; Awareness - 2 to 4 hours; Advanced - 8 to 12 hours
7. What is the validity period of a Food Safety Supervisor (FSS) certificate under FoSTaC?	2 years
8. What is the "Golden Rule" of FoSTaC?	ONE certified Food Safety Supervisor for every 25 food handlers
9. Under which Section of the FSS Act is the FoSTaC Golden Rule mandated?	Section 16(3)(h)
10. In Hygiene Rating Scheme on what scale are establishments rated?	on a scale of 1 to 5 stars (displayed as Smileys)
11. What is the certificate validity of the Hygiene Rating Scheme?	2 years
12. What is the minimum number of vendors required to form a Clean Street Food Hub (CSFH)?	At least 50 vendors

13. Which was India's first Clean Street Food Hub?	Kankaria Lake, Ahmedabad
14. What is the prescribed working surface height for vendors under the Clean Street Food Hub initiative?	60 – 70 cm from the ground
15. Which was India's first Eat Right Station?	Mumbai Central Railway Station
16. What does the BHOG initiative stand for?	Blissful Hygienic Offering to God
17. Which was the first religious place certified under the BHOG initiative?	ISKCON Temple, Juhu, Mumbai
18. Which was India's first Eat Right Fruit and Vegetable Market?	INA Market, New Delhi
19. What is the certificate validity for Clean Street Food Hub, Eat Right Station, BHOG, and Clean Fruit & Vegetable Market?	2 years for all
<u>Demand Side Initiatives</u>	
20. What are the target settings for the Eat Right Campus initiative?	Workplaces, Universities/ Colleges, Hospitals, Jails, and Tea Estates
21. What is the rating range awarded to a campus under the Eat Right Campus initiative?	3-star to 5-star (valid for 2 years)
22. For which school grades did FSSAI develop the Yellow Books under Eat Right School?	Grades 1 to 8
23. Which colour book under the SNF initiative is designed for home kitchens?	Pink Book
24. Which colour book under the SNF initiative is designed for school children?	Yellow Book
25. Which colour book under the SNF initiative is designed for workplace/office canteens?	Orange Book
26. Which colour book under SNF covers street vendors and restaurants under the "Serve Safe" initiative?	Purple Book
27. What is the full form of the DART Book?	Detect Adulteration with Rapid Test
28. What colour FSDB is used for Restaurants and Street Food Vendors?	Purple



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4. MCQS BASED ON PREVIOUS YEAR QUESTIONS
5. IMPORTANT FAQs FROM FSSAI REGULATIONS

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