

**INSPECTION REPORT ON  
JUNK FOOD/HIGH IN FATS, SALTS AND SUGAR (HFSS)  
IN SCHOOL CANTEENS, HOSTEL AND MIDDAY MEALS OF  
VARIOUS SCHOOLS  
IN THE STATE OF MIZORAM**

**By**

**MIZORAM STATE COMMISSION FOR PROTECTION OF CHILD RIGHTS  
(MSCPCR)**



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**Sangzuali Vanchhawng**  
**Chairperson**

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## **FOREWORD**

The Commission for Protection of Child Rights Act 2005 has authorized all the State Commission to take necessary actions on the implementation of all the programs, laws, etc. pertaining to children. Hence, the Mizoram State Commission for Protection of Child Rights after its inception initiated its first step of action by inspecting institutions that accommodate and provide services to children in the state.

This report contains findings of the Mizoram State Commission for Protection of Child Rights on Junk Food/High in fats, salts, and sugar in school canteens, hostel and midday meals. In many parts of the country, it is found that food high in fat, salt and sugar is highly consumed by school going children and that leads to health hazards and illness. Hence, the National Commission for Protection of Child Rights vide letter No 2501/09/2016-17/NCPCR/Policy Matter dt. 14/118/2018 directed all the State Commissions to know the ground reality of the condition of food consumed at schools. The activity was carried out from 22<sup>nd</sup> – 30<sup>th</sup> January 2019.

I sincerely hope that this report leads to the improvement of the quality and standard of food, cleanliness and hygiene in the kitchen including serving system in the school settings.

It is my privilege to acknowledge the sincere and strenuous effort made by the team of experts from Government Zirtiri Residential and Science College and the team from Mizoram State Commission for Protection of Child Rights.

**Sangzuali Vanchhawng**

# CHAPTER 1

## INTRODUCTION

With reference to Letter No. – 2501/09/2016-2017/NCPCR/Policy Matter dated 14/11/2018/82830 from National Commission for Protection of Child Rights (NCPCR) to undertake inspections/surprise visits of school of respective state to ensure that junk food/food high in Fat, Salt and Sugar (HFSS) are not provided in schools.

To ensure good health of children in the schools, the Mizoram State Commission for Protection of Child Rights (MSCPCR) had conducted Inspection of School Canteen, Hostel and Mid-day meal by setting up 2 inspection Teams: engaging 2 Professors / Experts from Home Science Department (Food and Nutrition), Govt. Zirtiri Residential Science College apart from the Commission Team members. Name of the Inspection Team are:-

1. Mr. J.Malsawmzuala Vanchhawng, Member, MSCPCR
2. Dr. Julie Remsangpuii Fambawl, Member, MSCPCR
3. Ms. K. Malsawmzuali, Member, MSCPCR
4. Ms. Varte Varthanpuii, Case Worker, MSCPCR
5. Mr. C.Lalduhawma, Outreach Social Worker, MSCPCR
6. Mr. Francis Lalthaenga, Counsellor, MSCPCR
7. Ms. Lalrammawii, Associate Professor, Govt. Zirtiri Residential Science College
8. Ms. Maria Lalhmingmawii, Assistant Professor, Govt. Zirtiri Residential Science College

The inspection was carried out during 22<sup>nd</sup> – 30<sup>th</sup> January, 2019. The inspection attempted to find out the food quality and maintenance of kitchens and also to see the condition of the surroundings of hostels. Aizawl city was selected for the study as it represents the whole state, based on numbers of population and diverse socio economy. The schools were randomly selected from different location, viz., South, East, North and West areas within Aizawl City. Finally the selection of school from

Primary to Higher Secondary run by the state Government, Private and Church based were selected for understanding the diversity.

The study was conducted by using the guidelines framed by the Food Safety and Standards Authority of India (FSSAI) on making wholesome nutritious, safe and hygienic food to school children in India to promote healthy lifestyles, good health, physical fitness and reduce risk of disease like diabetes, hypertension and cardiovascular diseases.

The Convention on the Rights of the Child, 1989 Article 24 states that children have the right to good quality health care – the best health care possible – to safe drinking water, nutritious food, a clean and safe environment and information to help them stay healthy.

## CHAPTER 2

### ANALYSIS AND INTERPRETATION OF SCHOOL CANTEENS

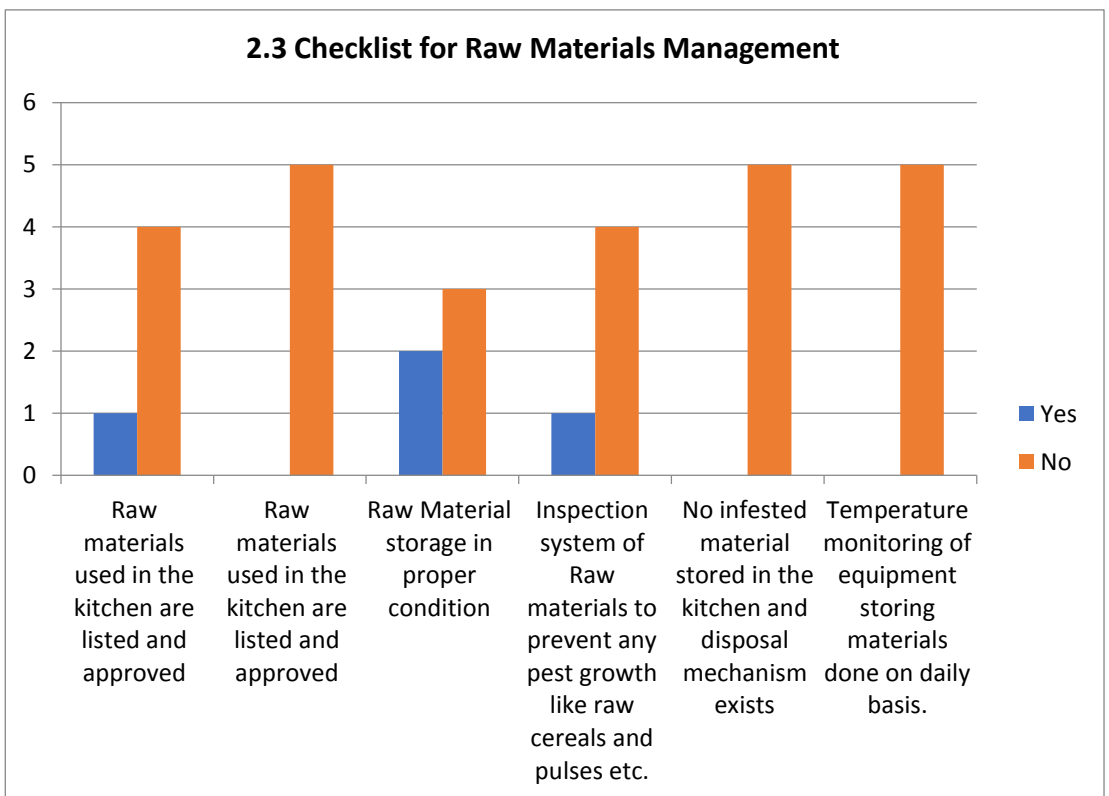
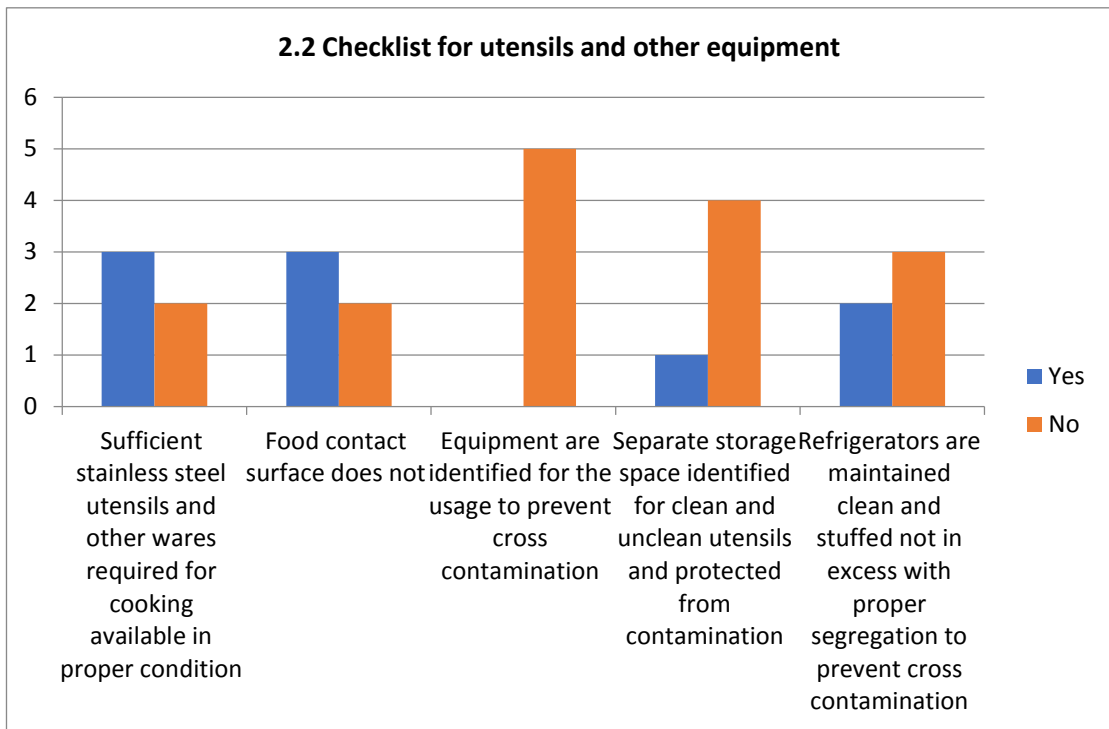
In this chapter, there will be analysis and interpretation of the data (quantitative) collected and interpretation of the findings. Schools to be inspected were carefully selected on random basis to represent each zone of Aizawl city and also different set up of school administration where 3 schools were run by Church and Church based Organization and 2 schools are purely administered by the State Government. The methods used for collecting information were through questionnaires, interviews and focus group discussions.

#### 2.1 Number, Name & Address of the School Canteens

Table 1 provides information on the name of school inspected, number of students and teachers (as per Annual Publication 2016-2017).

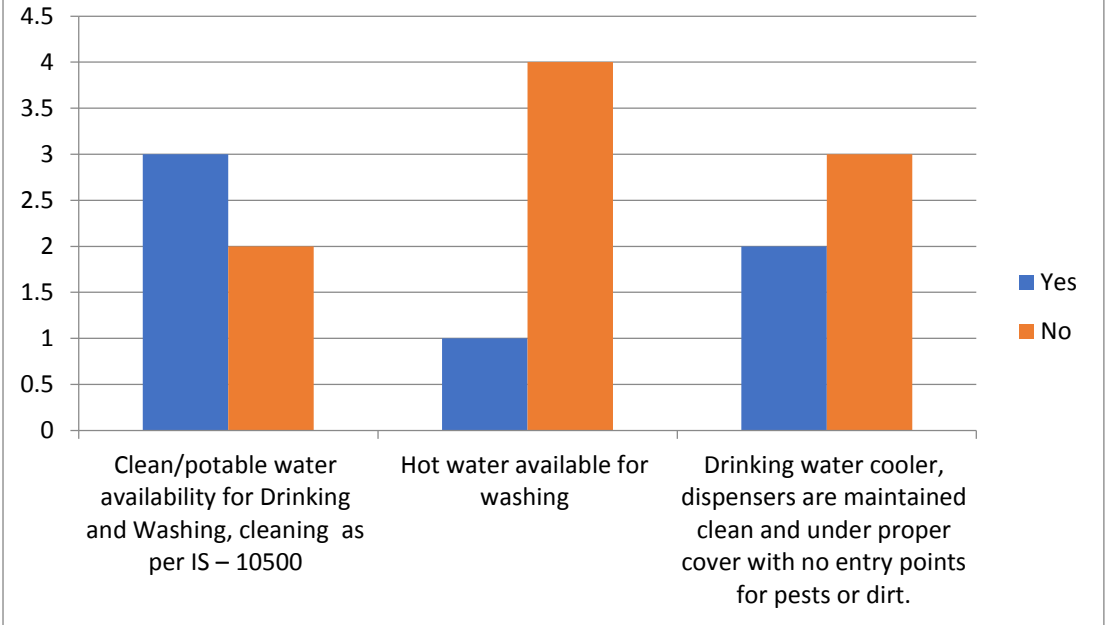
**Table1. Number, Name & Address of the hostels inspected**

Sl. No.	Name & Address of the School Canteen	No. of Students	No. of Teachers
1.	Govt. CHALTLANG HIGHER SECONDARY SCHOOL CANTEEN (Class IX – Class XII) Chaltlang, Aizawl, Mizoram – 796012	995	53
2.	HELEN LOWRY HIGHER SECONDARY SCHOOL CANTEEN (Class KG – Class XII) 7 <sup>th</sup> Day Tlang, Aizawl, Mizoram 796009	1481	59
3.	Govt. K.M. HIGHER SECONDARY SCHOOL CANTEEN (Class IX – Class XII) Vaivakawn, Aizawl Mizoram – 796009	1027	47
4.	ST. PAUL’S HIGHER SECONDARY SCHOOL HOSTEL (Class IX – Class XII) Monfort Hills, Tlangnuam, Aizawl, Mizoram – 796005	1212	49
5.	SYNOD HIGHER SECONDARY SCHOOL CANTEEN (Class IX – Class XII) B-33, Mission Vengthlang, Aizawl, Mizoram 796005	1112	52

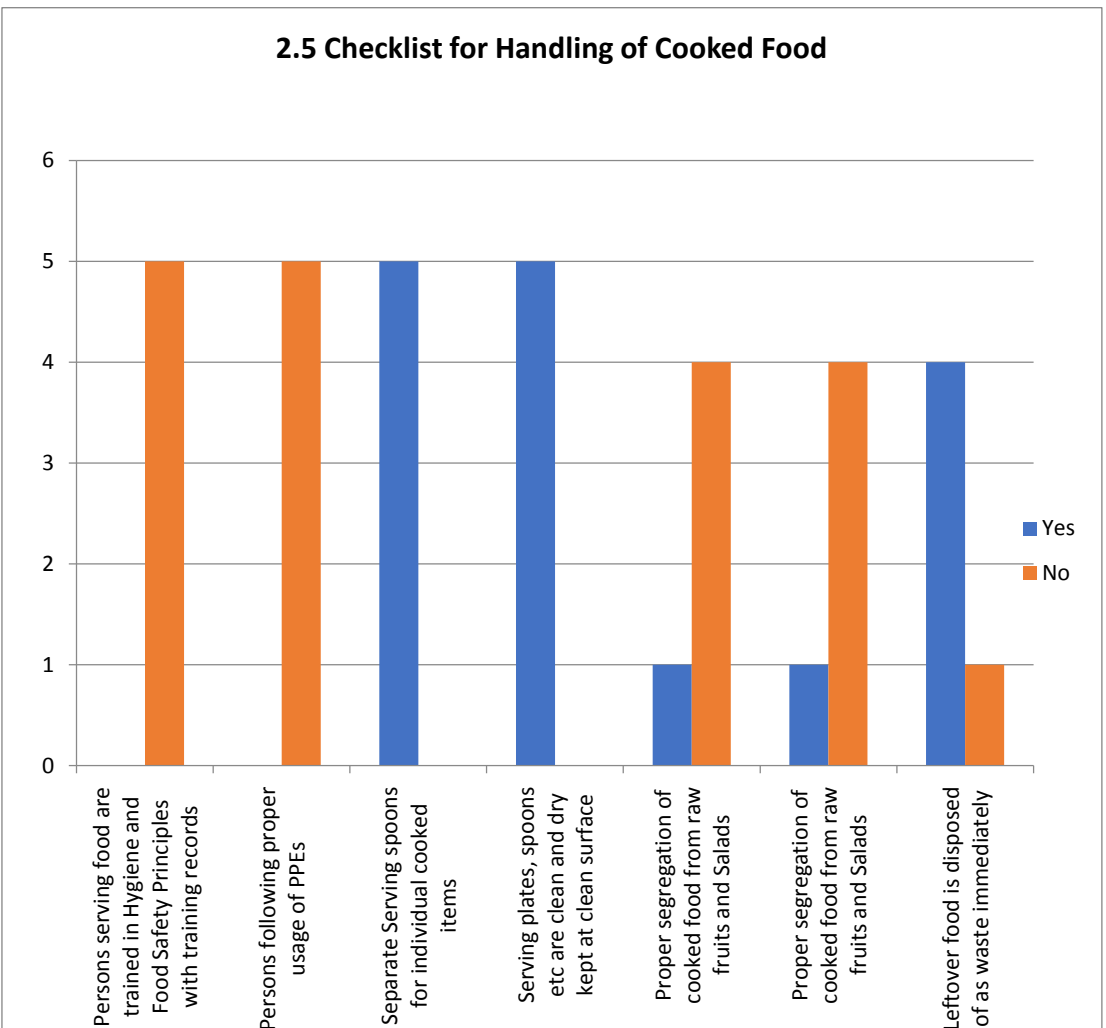


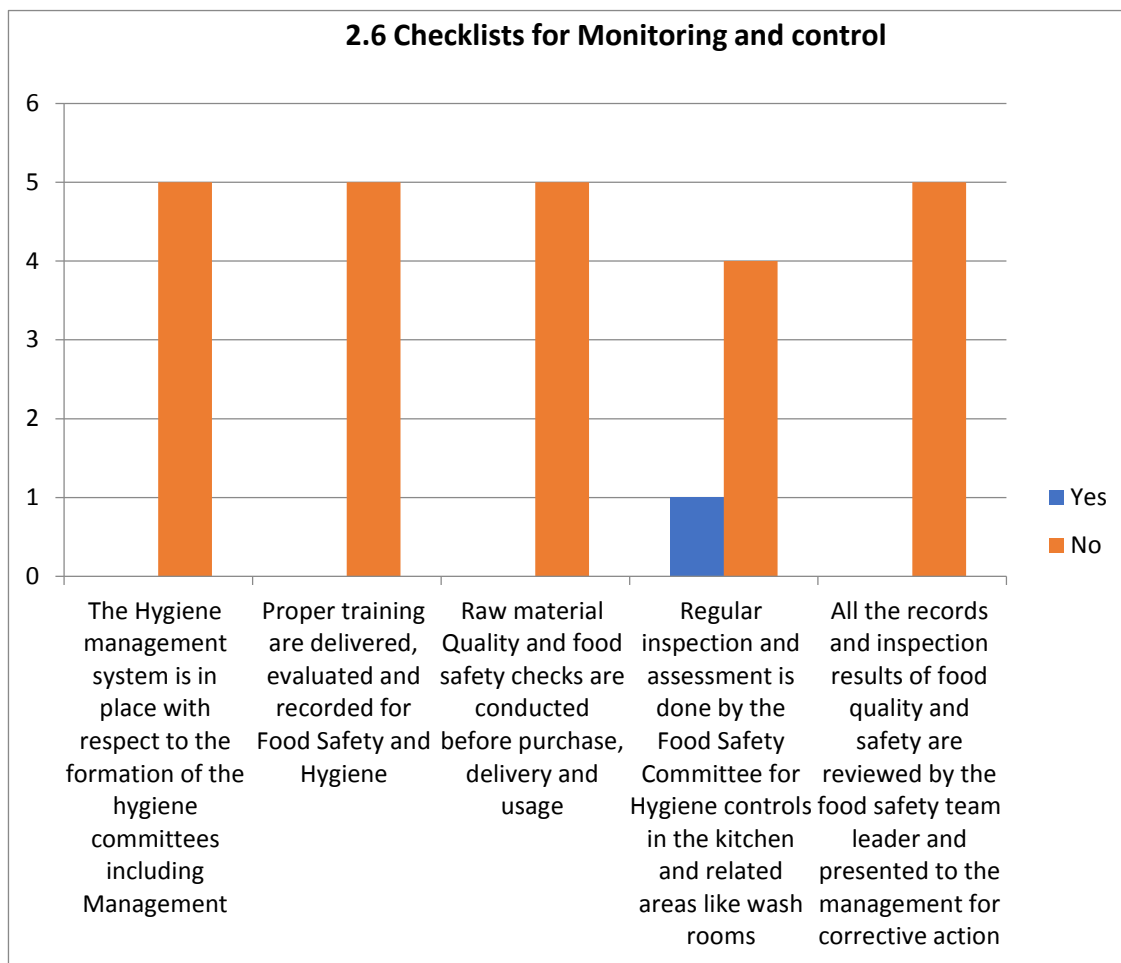


### 2.4 Checklist for Water



### 2.5 Checklist for Handling of Cooked Food





## 2.7 Summary of the Findings

Out of the 5 school canteens visited, two of the canteens premises were unhygienic and near public drains/garbage disposal spot which produces flies and foul smell, etc. Many of the equipment and utensils used had cracked surface and not properly cleansed for cooking and serving and there was no proper storage space for clean utensils. There were no systems of listing of raw materials. Purchasing and storage systems were not in place. Only one canteen had hot water available. Even drinking water was still not put under proper cover in 3 canteens. None of the cooks were trained on hygiene and food safety. Most of the canteens did not segregate cooked food from raw fruits and salad. However, serving of food was properly done and leftover foods were disposed immediately except in one canteen. It is clearly evident that monitoring and control system which is the most vital part in ensuring the quality of food served in canteens was almost not available. It was observed that though

canteens have developed menu, many students in most of the schools still buy junk food like Wai-Wai, Ma-Ma, etc., which contains high amount of monosodium glutamate (ajinomoto). Oil was highly used and re-used in some canteens, sugar usage was also high as most of the snacks prepared are by deep frying dough and dipped in sugar syrup, and salt usage was moderate, on the other hand, monosodium glutamate (Ajinomoto) was also highly used to enhance the tastes.

## CHAPTER 3

### ANALYSIS AND INTERPRETATION OF SCHOOL HOSTEL KITCHENS

Schools Hostel Kitchens to be inspected were carefully selected on random basis to represent each area of Aizawl city and the different set up of school administrations. One of the schools was run by Government, Three schools were run by Private, and another three schools were given deficit status, and are run by Church based Organizations. The methods used for collecting information were questionnaires, interviews and discussions.

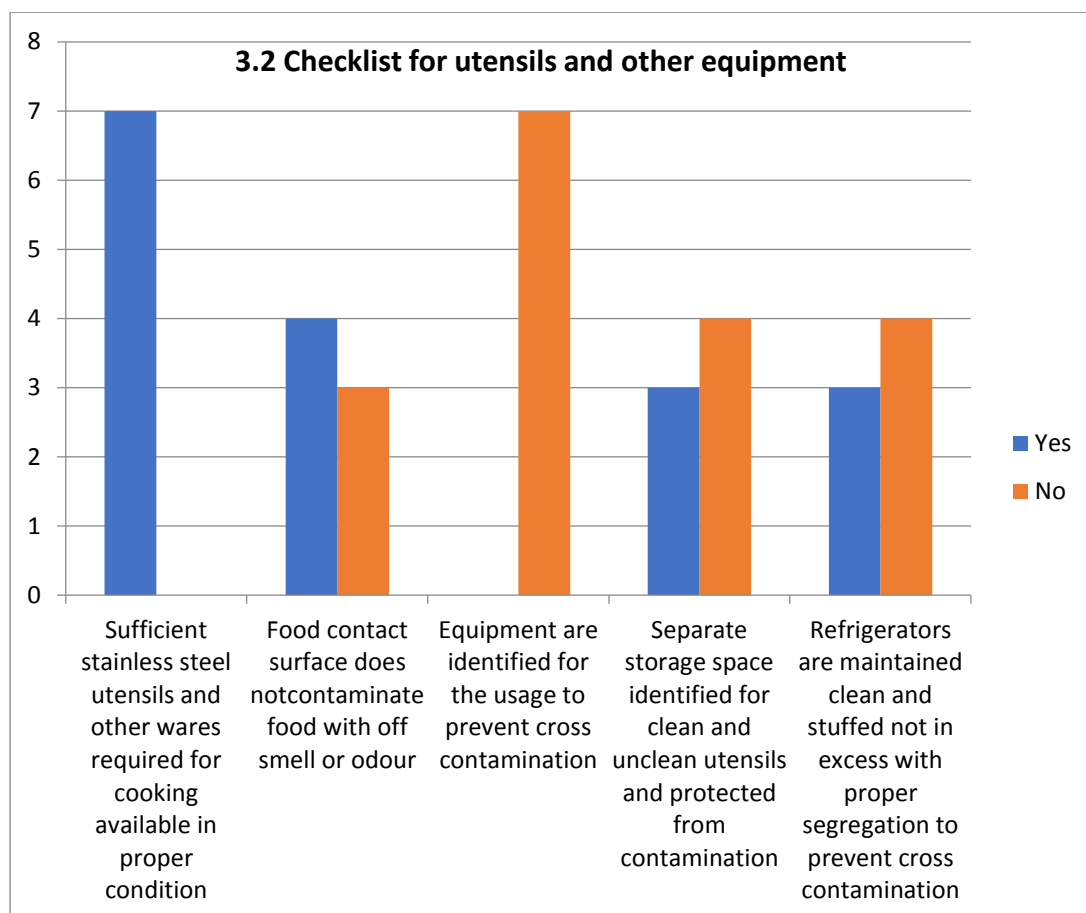
#### 3.1 Number, Name & Address of the School Hostel Kitchens

Table 1 provides information on the number and the address of School Hostel Kitchens inspected. Name of schools' hostel inspected, number of students and teachers (as per Annual Publication 2016-2017) are as below:

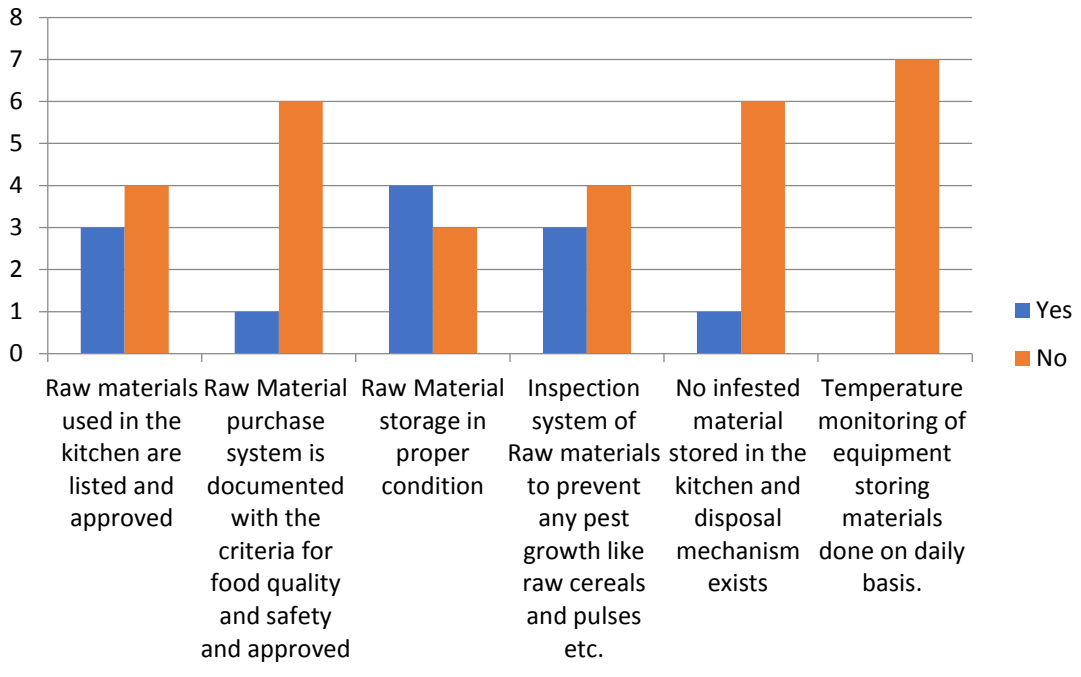
**Table1. Number, Name & Address of the School Hostel Kitchens inspected**

Sl. No.	Name & Address of the School Hostel Kitchen	No. of Students	No. of Teachers
1.	HELEN LOWRY HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class KG – Class XII) 7 <sup>th</sup> Day Tlang, Aizawl, Mizoram 796009	1481	59
2.	Govt. K.M. HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class IX – Class XII) Vaivakawn, Aizawl Mizoram – 796009	1027	47
3.	SYNOD HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class IX – Class XII) B-33, Mission Vengthlang, Aizawl, Mizoram 796005	1112	52
4.	P.C. GIRLS SCHOOL HOSTEL KITCHEN (Class KG – Class VIII) Mission Veng, Aizawl, Mizoram - 796005	457	30

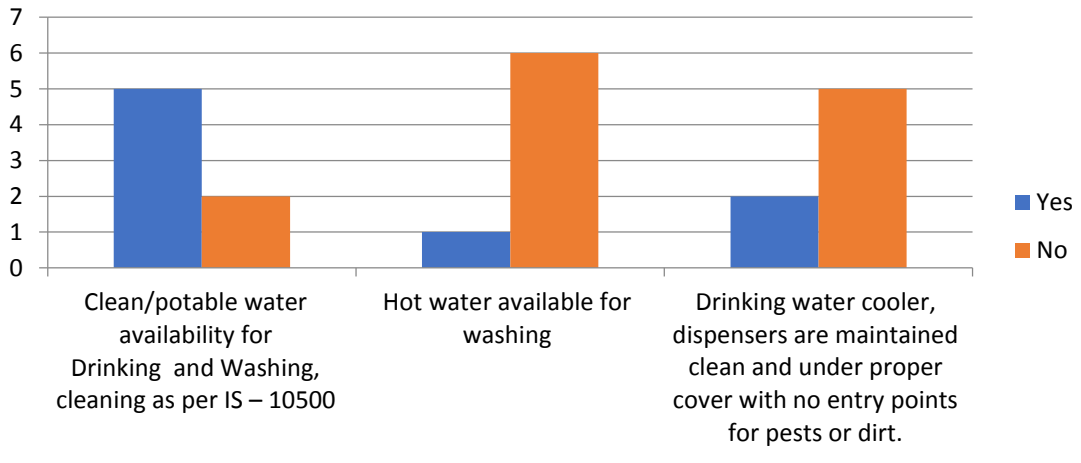
5.	GREENLAND HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class IX – Class XII) Chaltlang - Laipuitlang Road, Chaltlang, Aizawl, Mizoram 796012	755	22
6.	HOME MISSION HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class IX – Class XII) Zemabawk Lungbial, Aizawl Mizoram – 796017		
7.	St. JAMES HIGHER SECONDARY SCHOOL HOSTEL KITCHEN (Class KG – Class XII) Chawlhmun, Aizawl, Mizoram – 796009	612	25

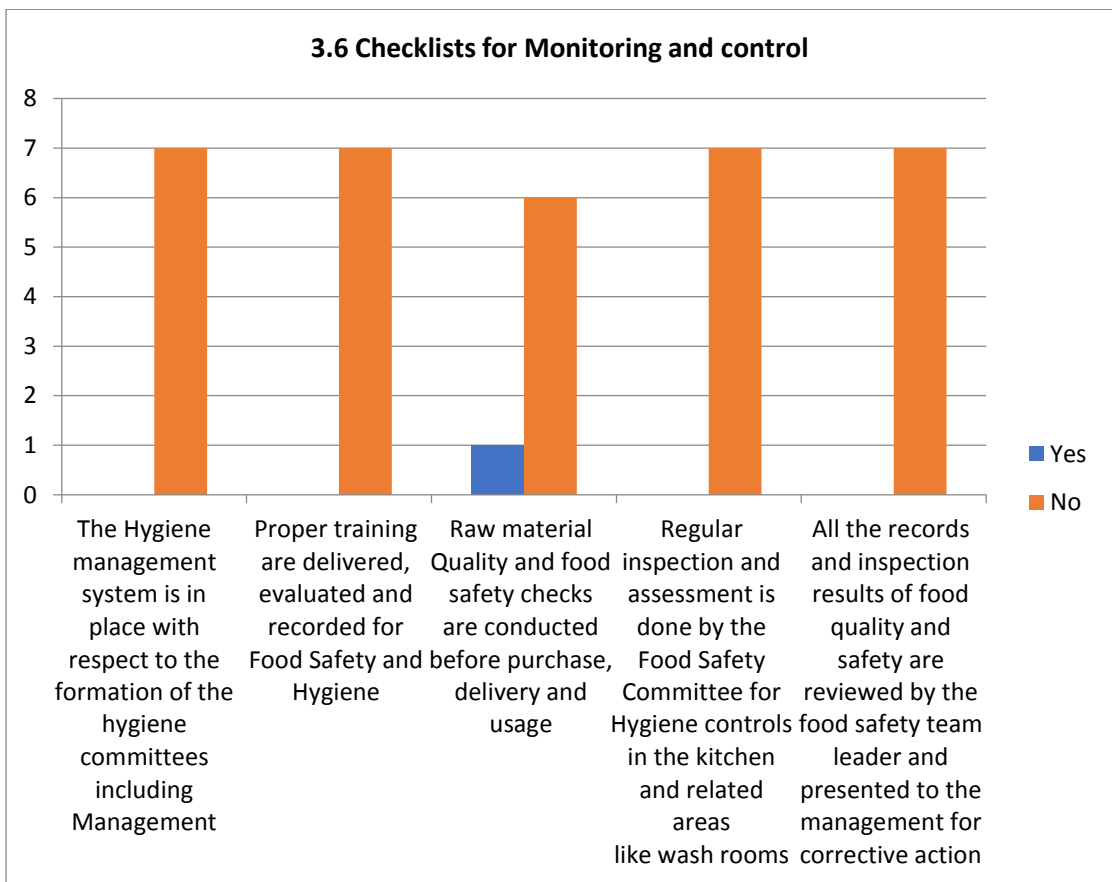
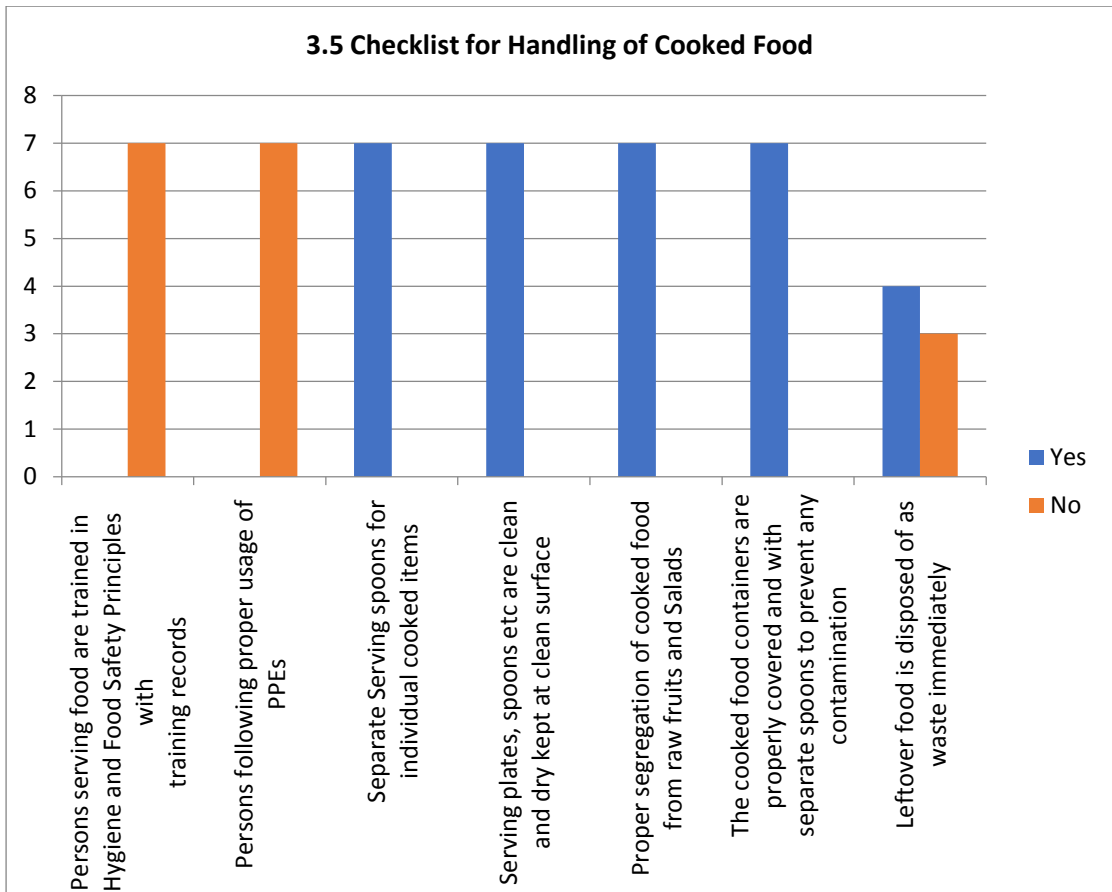


### 3.3 Checklist for Raw Materials Management



### 3.4 Checklist for Water





### **3.7 Summary of the Findings**

There is a need to allot a separate clean storage room in most of the hostel kitchen. Purchasing of raw materials also must be carefully planned in order to provide nutritious menu and stored raw materials need close and regular monitoring to prevent unwanted pests and foul smell. Drinking water is still not maintained as the water storage has no proper cover in 5 schools. Hot water is available only in 1 hostel. All the cooks employed by the schools were not trained in Hygienic and Food safety or usage of PPE. Serving of food was done under proper care of the cook and other helpers. Leftover food was disposed of immediately by 4 schools. No monitoring and control system to ensure the good quality of the hostel kitchens are available in all the hostel kitchens except for one hostel where raw material quality and food safety checks are conducted before purchase and delivery. Usage of sugar and salt were moderate. Oil was reused most of the time and Monosodium glutamate was also greatly used to enhance taste of foods.

Greenland School hostel was found to be in a poor condition. The hostel needs to improve in the choice of food; they need to provide variety of items. Protein foods like milk and milk products, green leafy vegetables, different types of pulses, vegetables, fruits are rarely served to meet their daily requirements. The kitchen was very dirty, the pots and pans used for cooking were also very dirty. . Salts were kept open, all the food grains and vegetables were kept on the floor. The washing area was also very dirty, there was no proper drainage system in the kitchen, and the place has lots of flies and other insects. The hostel also needs to improve in cleaning and proper monitoring of the kitchen and the cook also need to be clean while preparing the food. There is no storage for rice and other items. The observation points were discussed with the Vice Principal and he assured us that he will inform Principal and take necessary actions.

In the Home Mission School hostel, the drainage system was not properly maintained, the nearby neighborhood pit latrine attracts flies which create high possibility of food contamination in the hostel kitchen. It was discussed with the school authority during the visit and the school authority promised to take immediate action.

Other hostel kitchens inspected were mostly in a better condition than the above mentioned school.



## CHAPTER 4

### ANALYSIS AND INTERPRETATION OF SCHOOL MID-DAY MEAL

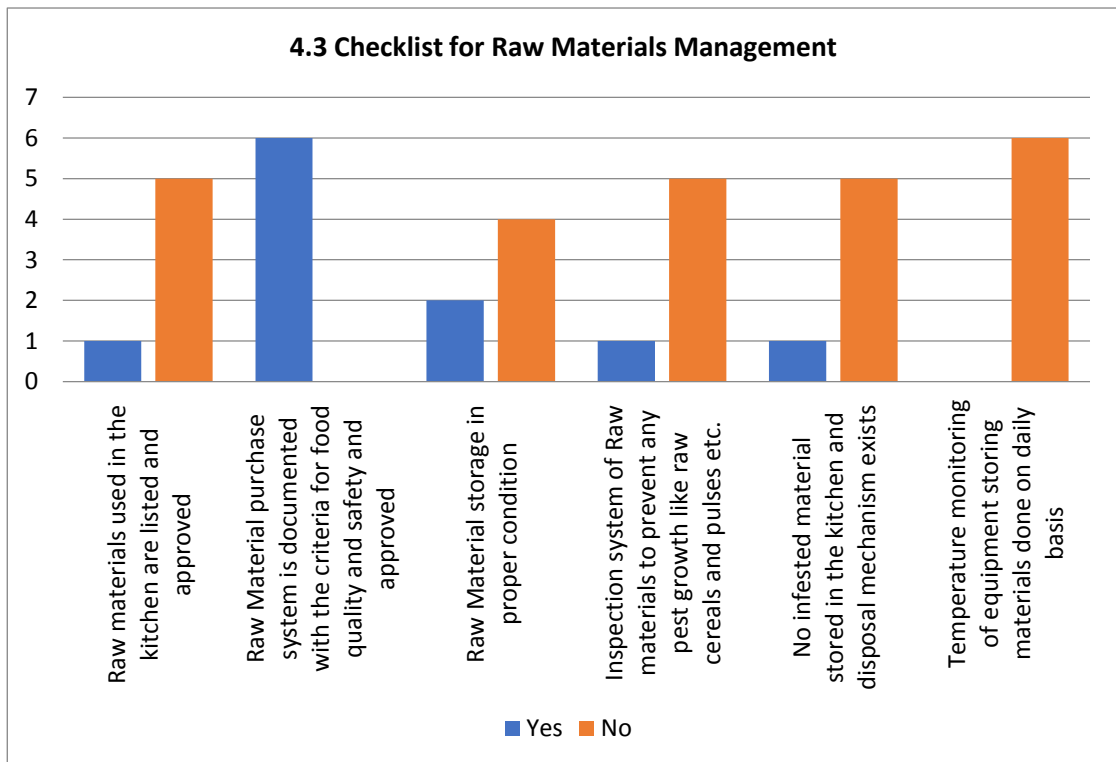
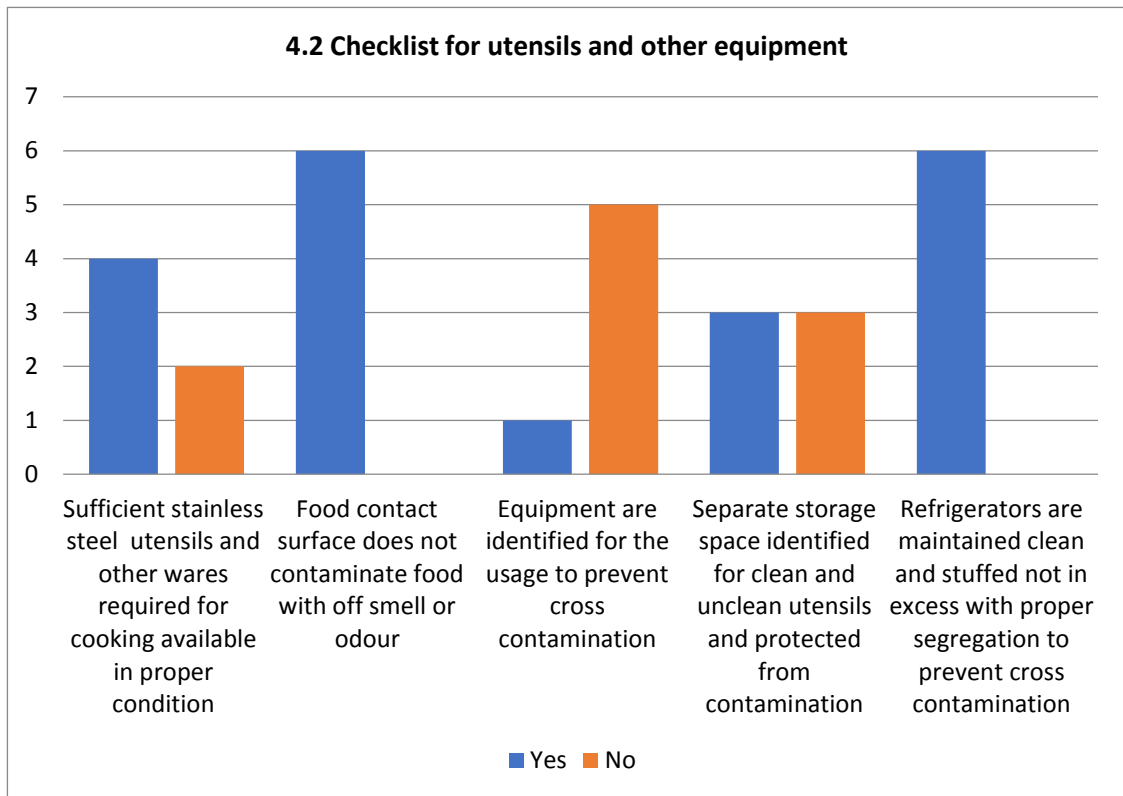
The main purpose of the inspection was to check if students are getting hygienic and nutritious food through mid-day meal. The methods used for collecting information were through questionnaire, interviews and discussions.

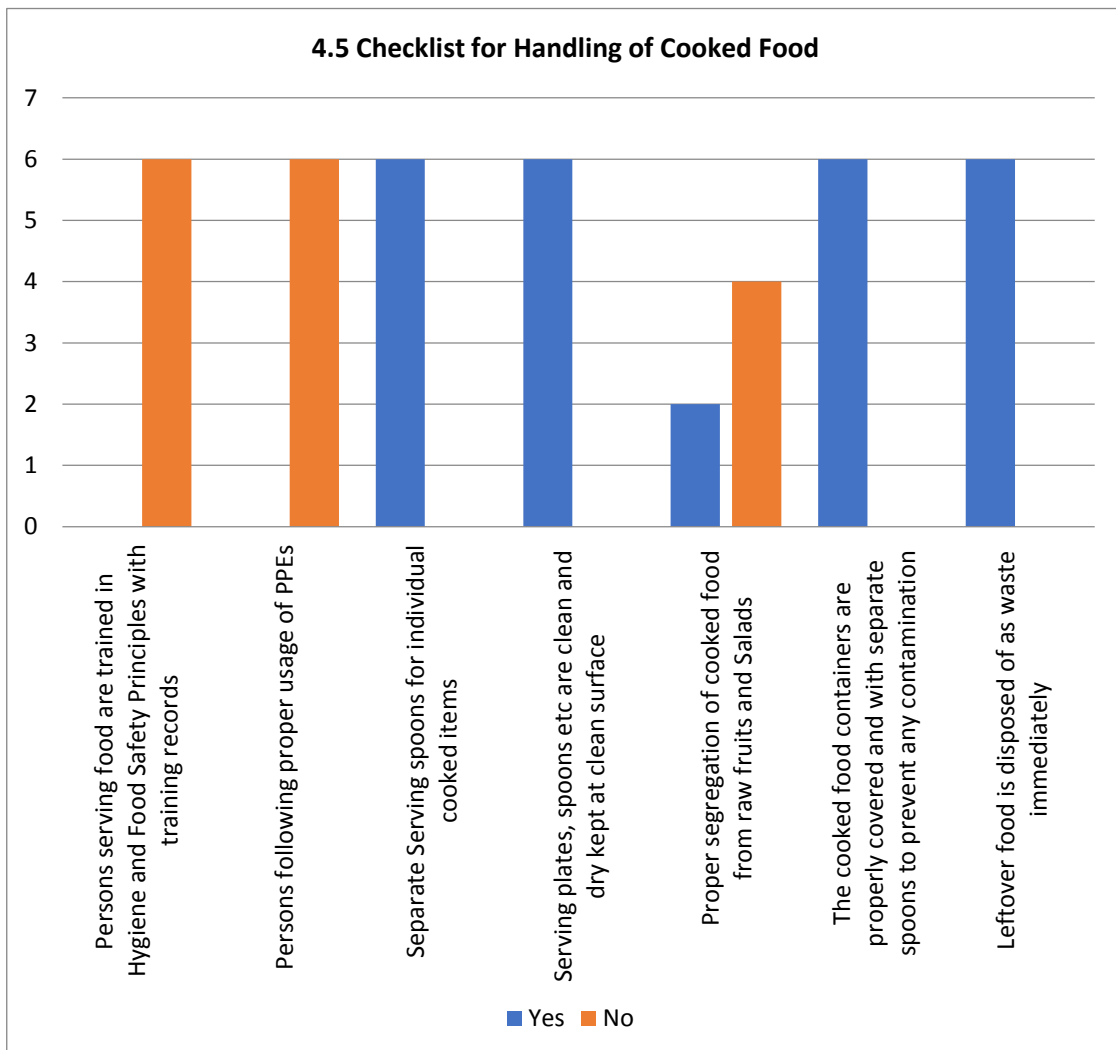
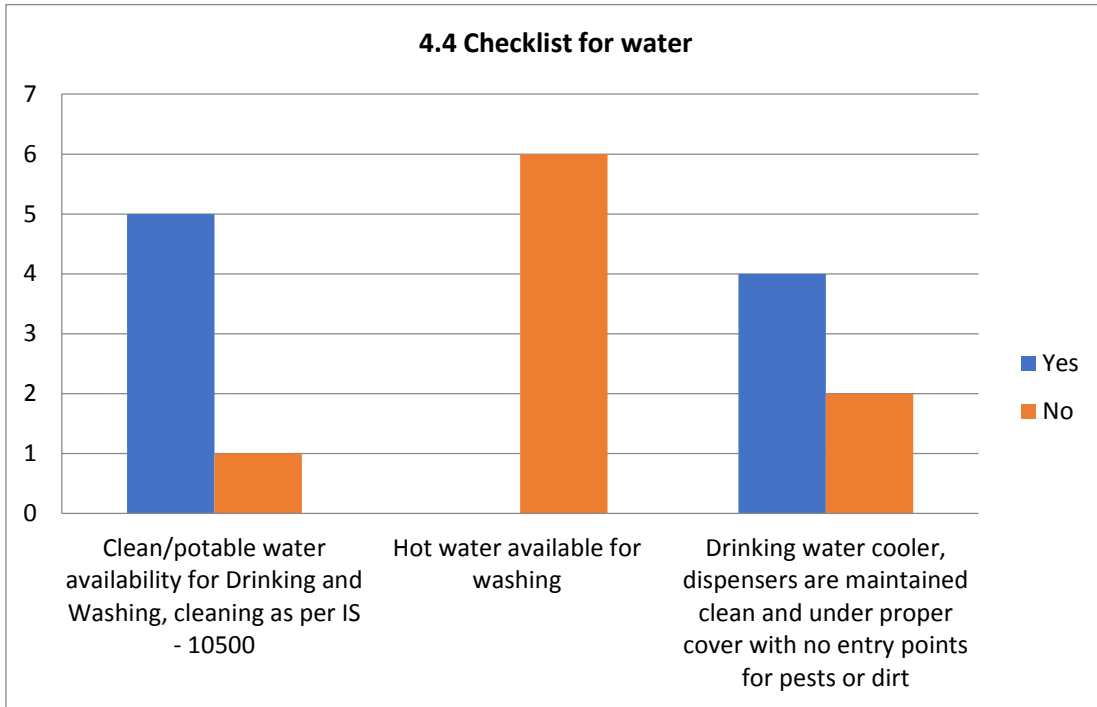
#### 4.1 Number, Name & Address of the Schools

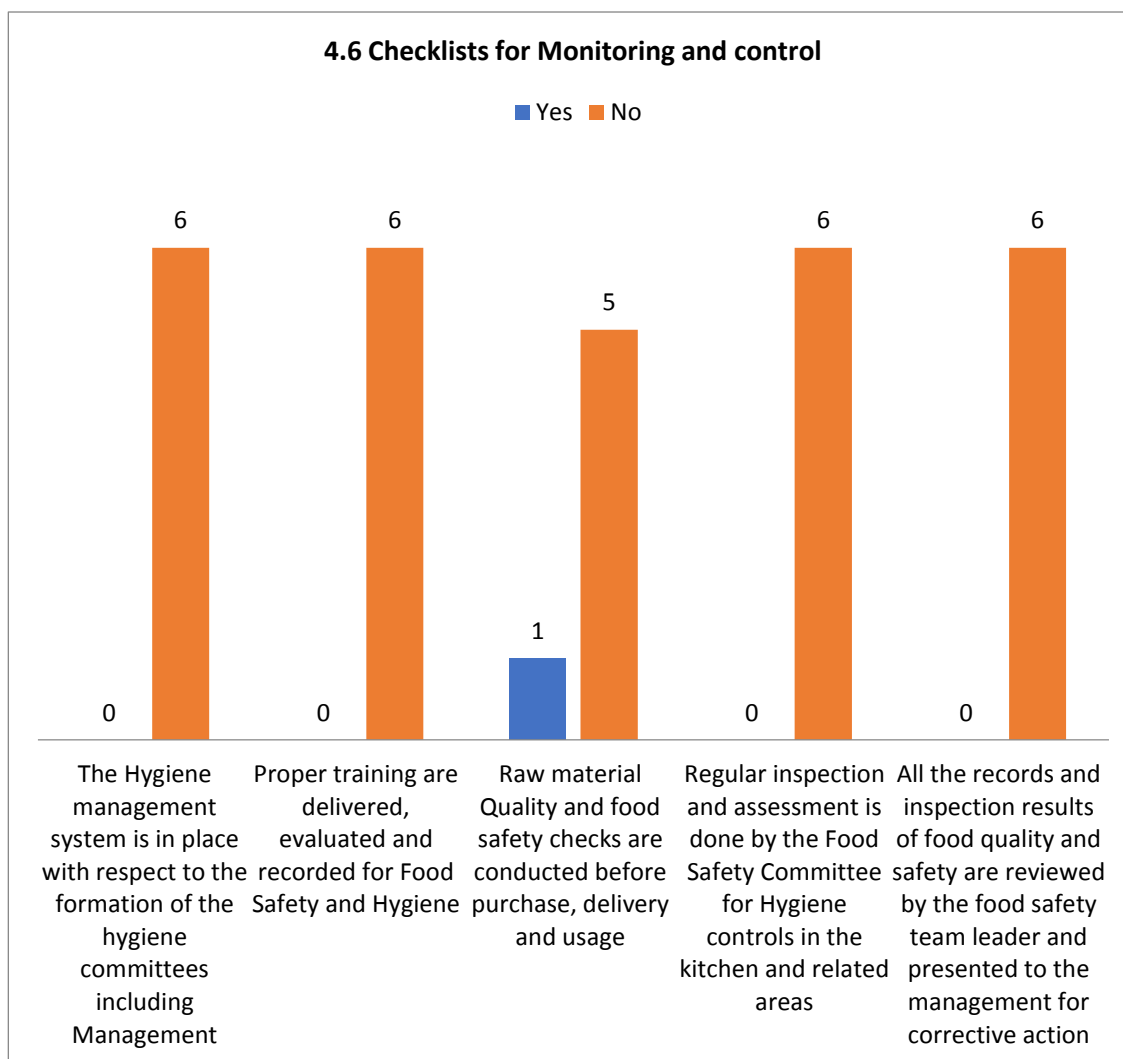
Table 1 provides information on the number and the address of School Hostel Kitchens inspected. Name of schools' hostel inspected, number of students and teachers (as per Annual Publication 2016-2017) are as below:

**Table1. Number, Name & Address of the Schools inspected**

Sl. No.	Name & Address of the School	No. of Students	No. of Teachers
1.	GOVT. SARON MIDDLE SCHOOL (Class V – Class VIII) Saron Veng, Aizawl, Mizoram	55	7
2.	GOVT. REPUBLIC MIDDLE SCHOOL (Class V – Class VIII)	64	10
3.	P.C. GIRLS SCHOOL HOSTEL KITCHEN (Class KG – Class VIII) Mission Veng, Aizawl, Mizoram - 796005	457	30
4.	GOVT. CHANMARI MIDDLE SCHOOL (Class V – Class VIII) Chanmari, Aizawl, Mizoram - 796012	52	8
5.	GOVT. NEPALI PRIMARY SCHOOL (Class KG – Class IV) Thuampui, Aizawl, Mizoram -	40	3
6.	GOVT. SALEM PRIMARY SCHOOL (Class KG – Class IV) Salem Veng, Aizawl, Mizoram -	61	5







#### 4.7 Summary of the Findings

All the schools have separate kitchen which were maintained properly. Equipment and utensils used for cooking and serving were good enough where as there is a need to improve on storage of clean utensils. There were no proper systems of listing of raw materials. Purchasing and storage system or space was not available. Hot water was not available in any of the schools visited. Container for drinking water has no proper cover in 2 schools. None of the cooks were trained on hygiene and food safety. Most of the schools did not segregate cooked food from raw fruits and salad. However, serving of food was properly done and leftover foods were disposed of immediately. It is clearly evident that monitoring and control system, which is the most vital part in ensuring the quality of mid-day meal was almost non-existent. It was observed that though schools have developed proper menu, many students in

most of the schools still buy junk food like wai-wai, mama etc which contains high amount of monosodium glutamate as a side dish. Usage of oil, sugar and salt were moderate, and monosodium glutamate (Ajinomoto) was regularly used.

## CONCLUSION

The overall condition regarding food quality and premises of school canteens, hostel kitchens and mid-day meals are not up to the mark. Kitchen and Eating areas are not clean and healthy enough in most of the institutions. Cooks and other helpers in school hostels are not monitored or supervised by the school authority. Regarding school canteen, though there are Canteen Committees in every school visited, they are involved only in the selection of the tender to run the canteen. In mid-day meal programmes, all schools detailed on teacher to be in-charge and that teacher is responsible for overall management. It is obvious that these schools do not consider the importance of nutrient contents of food provided to students.

After thorough discussion and deliberation of findings of the inspection, it was decided to have a close consultation with Department of School Education and advise them to revive system for regular school inspection. The following suggestions may also be informed to the department –

### 1. School Canteen:-

- a. All the school canteens must provide filtered water for drinking in a proper container.
- b. School must develop monitoring and control system to ensure quality of food served and maintain surroundings of canteens.
- c. Monosodium glutamate is greatly used and this need to be addressed as excessive usage may be harmful for children.

### 2. School Hostel Kitchens –

- a. All school kitchens must have a separate clean storage room
- b. There should be a proper plan for purchasing raw materials and this may be done in close consultation with Dietician if possible.
- c. Clean and filtered water should be available at all time.
- d. All the concerned personnel involved in the kitchen like cooks, helpers etc should be orient at least on the basic information regarding food safety and management.

- e. Usage of oil, sugar and monosodium glutamate (Ajinomoto) must be regularly monitored by the concerned school
- f. Schools must also developed system to regularly check the quality of food and condition of the kitchens in terms of cleanliness, hygiene and health.

3. Mid-day Meal –

- a. It is essential for all the schools to list all the raw materials obtained for better management of the scheme.
- b. All the cooks must be trained on basics of food safety, nutrition, health and hygiene.
- c. Usage of Monosodium glutamate (Ajinomoto) must be addressed immediately.

## APPENDIX A

### CHECKLIST

Sl. No.	Activity/Focus Point	Yes	No
1.	Sufficient stainless steel utensils and other wares required for cooking available in proper condition		
2.	Food contact surface does not contaminate food with off smell or odour		
3.	Equipment are identified for the usage to prevent cross contamination		
4.	Separate storage space identified for clean and unclean utensils and protected from contamination		
5.	Refrigerators are maintained clean and stuffed not in excess with proper segregation to prevent cross contamination		
6.	Raw materials used in the kitchen are listed and approved		
7.	Raw Material purchase system is documented with the criteria for food quality and safety and approved		
8.	Raw Material storage in proper condition – perishable products at <10C; Segregation between raw and processed foods. Animal origin products < 5C (Milk, meat etc.). Frozen Material at – 18 C		
9.	Inspection system of Raw materials to prevent any pest growth like raw cereals and pulses etc.		
10.	No infested material stored in the kitchen and disposal mechanism exists		
11.	Temperature monitoring of equipment storing materials done on daily basis.		
12.	Clean/potable water availability for Drinking and Washing, cleaning as per IS – 10500		
13.	Hot water available for washing		
14.	Drinking water cooler, dispensers are maintained clean and under proper cover with no entry points for pests or dirt.		
15.	Persons serving food are trained in Hygiene and Food Safety Principles with training records		
16.	Persons following proper usage of PPEs		
17.	Separate Serving spoons for individual cooked items		



18.	Serving plates, spoons, etc. are clean and dry kept at clean surface		
19.	Proper segregation of cooked food from raw fruits and Salads		
20.	The cooked food containers are properly covered and with separate spoons to prevent any contamination		
21.	Leftover food is disposed of as waste immediately		
22.	The Hygiene management system is in place with respect to the formation of the hygiene committees including Management		
23.	Proper training are delivered, evaluated and recorded for Food Safety and Hygiene		
24.	Raw material Quality and food safety checks are conducted before purchase, delivery and usage		
25.	Regular inspection and assessment is done by the Food Safety Committee for Hygiene controls in the kitchen and related areas like wash rooms		
26.	All the records and inspection results of food quality and safety are reviewed by the food safety team leader and presented to the management for corrective action		

## APPENDIX B

### PHOTOS OF SCHOOLCANTEENS





**APPENDIX C**

**PHOTOS OF SCHOOL HOSTEL KITCHENS**







## APPENDIX D

### PHOTOS OF SCHOOL MID-DAY MEAL



