



## FSSAI-PACKAGING AND FOOD CATEGORIZATION

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### ABSTRACT :

*In the scenario the food items available in the markets are threatening the livelihood of the human beings. There prevails adulteration, excess chemical usage, harmful combinations of preservatives and unhygienic food preparations. These problems are widely seen in baby products, health drinks, nutrition substitutes, fresh vegetables, fruits, meat, sea food and what not. The government of India set up supervisory body in the recent years known as FSSAI to ensure the public health. This paper tries to analyse the regulatory and supervisory measures taken by Fssai to warrant the food protection.*



**KEYWORDS :** Fssai, Food Safety, Food Regulations, Labeling, Food Categorization.

### INTRODUCTION:

Packaging is an effective marketing tool and it plays the role of a silent salesman. Promotional activities are extended by the producer through features of packing. Marketing is done by all producers by attractive packing and covering the information to be provided in it. Some products are packed with only one and some of them may have more than one layer. Irrespective of the layers of packing, the outer cover or the outer layer of packing needs to fulfill all legal requirements of law. In India there is one such law which is recently passed covers all the food products under its control and it is Food Safety and Standards Authority of India (*fssai*). Fssai expects every consumer to know the contents of the Act, and this paper focuses on the rules and regulations provided related to packaging of food products. As per the Rules and Regulations, Fssai Act, Package means a pre-packed box, bottle, casket, tin, barrel, case, pouch, receptacle, sack, bag, wrapper, or such other things in which and article of food is packed. Packaging is an activity concerned with Protection, Convenience, Economy and Promotional considerations.

A moderate consumer would search in the packages of the food products mainly two things either manufacturing date of expiry. Leaving these two major items, there are certain other mandatory information to be provided in a package by the producer for the knowledge of the customer. This paper enriches the facts related to packaging and labeling regulations. Ministry of Family health and welfare published a Notification regarding the nature of package, type of package and the rules relating to them in a descriptive manner. These regulations are termed as Food Safety and Standards (Packaging and Labeling) Regulations, 2011.

All regulations of fssai come into force on or after 5<sup>th</sup> August, 2011. It contains 2 Chapters. Chapter 1 generally deals with definitions and Chapter 2 explains descriptive requirements towards packaging and labeling.

This paper tends to provide an insight regarding the contents of Chapter 1 of Fssai Act. Chapter 1 defines the following phrases, terms and words which are usually printed on every pack.

**A. "Best before":** The date which signifies the end of the period under any stated storage conditions during which the food shall remain fully marketable and shall retain any specific qualities and the food shall not be sold if at any stage the product becomes unsafe.

**B. "Date of manufacture":** Date on which the food becomes the described product

**C. "Date of packaging":** Date on which the food is placed on container for sale

**D. "Infant":** A child within twelve months of age

**E. "Lot number" or "code number" or "batch number":** The number either in numerical or alphabets or in combination there of, representing the lot number or code number or batch number, being preceded by the words "Lot" or "Lot" or "code number" or "Code" or "Batch No" or "Batch" or any distinguishing prefix by which the food can be traced in manufacture and identified in distribution

**F. "Multi-piece package":** A package containing two or more individually packaged or labeled pieces of the same commodity of identical quantity, intended for retail either in individual pieces or packages as a whole.

**G. "Non-Vegetarian Food":** An article of food which contains whole or part of any animal including birds, fresh water or marine animals or eggs or products of any animal origin, but excluding ingredient of milk or milk products.

**H. "Prepackaged" or "Pre-packed food":** Food, which is placed in a package of any nature, in such a manner that the contents cannot be changed without tampering it and which is ready for sale to the consumer. Sec 4, PART III-as Extraordinary item expressed in the Gazette of India the expression "package" wherever it occurs in these Regulations, shall be construed as package containing pre-packed food articles.

**I. "Principal Display Panel":** That part of the container/package which is intended or likely to be displayed or presented or shown or examined by the customer under normal and customary conditions of display, sale or purchase of the commodity.

**J. "Use – by date" or "Recommended last consumption date" or "Expiry date":** The date which signifies the end of the estimated period under any stated storage conditions, after which the food shall not be sold

**K. "Vegetarian Food":** Any article of Food other than Non-Vegetarian Food as defined in regulation

**L. "Wholesale package":** A package containing – (a) a number of retail packages, where such first mentioned package is intended for sale, distribution or delivery to an intermediary and is not intended for sale direct to single consumer; or (b) a commodity of food sold to an intermediary in bulk to enable such intermediary to sell, distribute or deliver such commodity of food to the consumer in small quantities.

The above explanations are expected to be printed in the outer cover of any product. Along with these details the fssai license number should also be printed for any reference. Another research could be conducted to study whether these regulations area followed by the manufacturers while packing their products.

Fssai also provides certain codes for specific type of food products. These products are under the control of Fssai and the authorities strictly vigil whether the manufacturers follow their regulations. The list of products with their code and number of items included in that code under the control of fssai listed below:

**i. CODE 1** refers to 39 Dairy items Milk, dairy-based drinks, buttermilk, flavored or fermented milk, yoghurt, flavored yoghurt, dahi, flavoured dahi, mishtidahi, Condensed milk and analogues, sweetened condensed milk, Beverage whiteners, Cream (plain) and the like cream and malai, Whipping and whipped creams, and reduced fat creams, cream powder and powder analogues, Cheese and analogues etc.

**ii. CODE 2** items are 11 in number, which includes Fats, oils, and fat emulsions, Fats and oils essentially free from water, Butter oil, anhydrous milk fat, ghee, Vegetable oils and fats, Lard, tallow, fish oil, and other animal fats, Fat emulsions mainly or type water-in-oil, Butter (Butter and Milk Fat), Fat spreads, dairy fat spreads and blended spreads, Fat-based desserts excluding dairy-based dessert products of food category, Cocoa based spreads, including fillings.

**iii. CODE 3** is given to only one item Ice and it's by products like desserts, edible ices, sherbet and pudding.

**iv. CODE 4** includes a total of 33 items like Fruits and vegetables including mushrooms, fungi, roots and tubers, pulses and legumes, aloe vera, seaweeds, nuts and seeds. Fresh fruit, Untreated fresh fruit, Surface-treated fresh fruit, Peeled or cut fresh fruit, Processed fruit, Frozen fruit, Fermented fruit products, Fruit fillings for pastries, Cooked fruit, Dried fruits, nuts and seeds, Fruit in vinegar, oil, or brine, Canned or bottled (pasteurized) fruit, Jams, jellies, marmalades, Fruit-based spreads (e.g. chutney) excluding products of food category, fruit preparations, including pulp, purees, fruit toppings and coconut milk, Fruit-based desserts, including fruit-flavored water-based desserts, Vegetables – Fresh and Dried (including mushrooms and fungi, roots and tubers, pulses and legumes, and aloe Vera), seaweeds, and nuts and seeds, Seaweeds in vinegar, oil, brine, or soybean sauce, Canned or bottled, seed purees and spreads (e.g. Peanut bitter), vegetable desserts.

**v. CODE 5** has **12 items** under the category Confectioneries, Cocoa products and chocolate products including analogues and chocolate substitutes, Cocoa mixes (powders) and cocoa mass/cake, Cocoa mixes (syrups, Cocoa and chocolate products, Chocolate substitute and their products, Confectioner including hard and soft candy, nougats etc, Chewing gum, Decorations (e.g. For fine bakery wares), toppings (non-fruits), and sweet sauces.

**vi. CODE 6** is referred to **Cereal and cereal products**, of 25 in number, like Whole, broken, or flaked grain, including rice, Flours and starches (including soybean powder), Flours, Starches, Ready-to-eat cereals, breakfast cereals, including rolled oats, Pastas and noodles and like products (e.g. Rice paper, rice vermicelli, soybean pastas and noodles), Fresh pastas and noodles and like products, Dried pastas and noodles and like products, Pre-cooked pastas and noodles and like products, Cereals/pulses and starch based desserts, Batters, Pre-cooked or processed cereals/grains/legume products, Soybean products, products, Soybean-based beverages, Soybean curd (tofu), Semi-dehydrated soybean curd, Thick gravy-stewed semi-dehydrated soybean curd, Deep fried semi-dehydrated soybean curd, Semi-dehydrated soybean curd.

**vii. CODE 7 – 14 ITEMS** – Bakery products, Bread and ordinary bakery wares and mixes, Bread and rolls including yeast leavened breads, specialty breads and soda breads, Yeast-leavened breads and specialty breads, Soda breads, Crackers, Other ordinary bakery products, Bread-type products, including bread stuffing and bread crumbs, Steamed breads and buns, Mixes for bread and ordinary bakery wares, Fine bakery wares (sweet, salty, savory) and mixes, Cakes, cookies, biscuit, cracker and pies,

**viii. CODE 8** is allotted to **19 Meat and meat products** items like, Fresh / frozen / chilled ground meat and poultry, whole pieces or cuts, Processed, Non-heat treated, Cured (including salted) non-heat treated, dried, fermented non-heated treated, Heat-treated and Frozen meat and poultry products in whole pieces or cuts

**ix. CODE 9** refers to 19 categories of **Fish and fish products**, Fresh fish, Fresh mollusks, crustaceans, and echinoderms, Processed / Frozen / (frozen shrimps or prawns, frozen lobsters, frozen squid, frozen fin fish and frozen fish fillets, Frozen battered fish), Frozen / Minced / Creamed / Cooked / Fried / Smoked / Dried / Fermented / Salted / Semi-preserved / Marinated / Jelly / Pickled / Semi-preserved / Fully preserved fish products.

**x. CODE 10** is applicable for 8 items related to **Egg and products**, Fresh eggs, Egg products, Liquid / Frozen / Dried / Heat coagulated / Preserved eggs, including alkaline, salted, and canned eggs, Egg-based desserts

**xi. CODE 11** has 14 **Honey and sweetening agents** like Sweeteners, Honey / Refined and raw sugars, White sugar, dextrose anhydrous, dextrose monohydrate, fructose, Powdered sugar, powdered dextrose 11.1.3 Soft white sugar, soft brown sugar, glucose syrup, dried glucose syrup, raw cane sugar, Dried glucose syrup used to manufacture sugar confectionery, Glucose syrup for manufacture of sugar confectionery (golden syrup), Lactose, Plantation or mill white sugar (plantation white sugar, cube sugar, misri), Brown sugar excluding products of food category, Other sugars and syrups

**xii. CODE 12** includes **26 items Salts, spices, soups, sauces, salads and protein products**, Salt (including edible common salt, salt, iron fortified salt, iodized salt, Salt substitutes, Protein products other than from soybeans, Herbs, spices, seasonings and condiments (e.g. seasoning for instant noodles), Herbs, spices including masalas, Seasonings and condiments, Vinegars, Mustards, Soups and broths, Ready-to-eat soups and broths, including canned, bottled, and frozen, Mixes for soups and broths, Sauces and like products,

Emulsified sauces and dips (e.g. mayonnaise, salad dressings, onion dips), Non emulsified sauces (e.g ketchup, cheese sauce, cream sauce, brown gravy), Mixes for sauces and gravies, Clear sauces, Yeast and like products, Soybean-based seasonings and condiments, Fermented soybean paste, Soybean sauce, Fermented soybean sauce, Non-fermented soybean sauce and Other soybean sauces.

**xiii. CODE 13** has 10 ITEMS of **Foodstuffs intended for particular nutritional uses**, Infant formulae, follow-on formulae, and formulae for special medical purposes for infants, Complementary foods for infants and young children, Dietetic foods intended for special medical purposes, Dietetic formulae for slimming purposes and weight reduction, Dietetic foods (e.g. supplementary foods for dietary use) excluding products of food categories, Food supplements

**xiv. CODE 14** has **31 ITEMS** of Beverages, excluding dairy products, Non-alcoholic (“soft”) beverages, Waters, Natural mineral waters and source waters, Table waters and soda waters, Fruit and vegetable juices, Fruit juices / Vegetable juices / Concentrates of fruit juices / Concentrates of vegetable juices, Fruit and vegetable nectars / Concentrates of fruit nectar and vegetable nectar, Water-based flavored drinks, carbonated beverages with fruit, Non-carbonated water-based flavored, thermally processed fruit beverages / fruit drinks / ready to serve fruit beverages, Coffee, coffee substitutes, tea, herbal infusions, and other hot cereal and grain beverages, excluding cocoa, Alcoholic beverages, including alcohol-free and low-alcoholic counterparts, Beer and malt beverages, Cider and Perry, Grape wines / Still grape wine / Sparkling and semi-sparkling grape wines / Fortified grape wine, grape liquor wine, and sweet grape wine / Wines (other than grape), Mead, Distilled spirituous beverages containing more than 15% alcohol, Aromatized alcoholic beverages

**xv. CODE 15** refers to **14** items under **Ready-to-eat** category like savories, Snacks and savouries-potato, cereal, flour or starch based (from roots and tubers, pulses and legumes), Processed nuts including coated nuts and nut mixtures, Snacks – fish based.

**xvi. CODE 16** has **1** items named Prepared Foods.

**xvii. CODE 99** has **9** items such as Substances added to food, Food Additives, Enzymes and their preparations, Flavoring and their preparations, Processing Aids, Nutrients and their preparations, Microorganisms and Microbial Preparations, Functional Ingredients, Water used for processing.

## CONCLUSION

The Central Government hereby makes the following rules further to amend the Food Safety and Standards Rules, 2011, namely:-1 (1) These rules may be called the Food Safety and Standards (Second Amendment) Rules, 2017. (2) They shall come into the force on the date of their publication in the Official Gazette.

Fssai also provides guidelines on the basis of labeling, food processing, food adulteration, registration, food categorization and food standards. This paper purely provides an insight to the readers on the regulations provided by fssai on packing. There is a plenty of scope for further researchers to analyses on the other headings on which Fssai provides the guidelines.

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