

Nutrition Chapter in Educational Institutions

Standard Operating Procedure (SOP)



Objectives of the Nutrition Chapter

The Nutrition Chapter aims at:

- Creating awareness amongst students on the importance of healthy habits for life
- Promote healthy living habits, including healthy eating, exercising, yoga, etc
- Encourage student participation in activities and take responsibility for their own and their peers' health, nutrition, and well-being.
- Collaborate with other stakeholders, including the Parents and teachers.
- Create Nutrition Ambassadors who will promote the chapter's ideals.



Members of the Nutrition Chapter

- Since nutrition and health fall within the ambit of consumer protection, the Nutrition Chapter will be initiated under the aegis of the Citizen Consumer Club (CCC) of the college/school.
- The Consumer Club faculty/teacher co-ordinator shall be in charge of the Nutrition Chapter as well.
- Two students, who are members of the Consumer Club, shall be appointed exclusively as Ambassadors of the Nutrition Chapter by the faculty/teacher coordinator. They will plan and organise the activities of the Chapter, with guidance from the Co-ordinator.
- The term of the Ambassadors shall be decided by the faculty/ teacher co-ordinator.
- All students and faculty members of the Consumer Club shall be members of the Nutrition Chapter as well.
- The Ambassadors, in consultation with the teacher/ faculty co-ordinator, shall plan bi-monthly meetings (1hour) and plan activities for the Club members, to improve their knowledge on health and nutrition.



Proposed Activities for the Nutrition Chapter



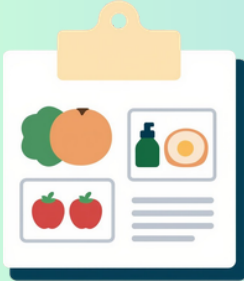
1. **Nutrition message:** Include Nutrition messages in the School / College assembly, like a **health tip for the day** and an **Oath**.



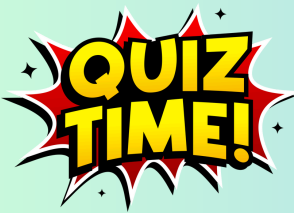
2. **Organise Nutrition Education Workshops:** Workshops for Parents, Teachers and Students may be organised based on themes such as Healthy Meal planning and Preparation, importance of hydration, reading labels, how to identify high sugar foods, signs of overnutrition etc. Experts may be invited as resource persons, and not less than 2 workshops shall be planned in a year. These could be organised online or offline, depending on the convenience of the faculty coordinator and members.



3. **Promote Healthy Eating Challenges amongst students-** One fruit a day, one protein meal a day, one salad a day etc.



4. **Awareness Poster Campaign:** Members will participate in creating informative posters aimed at raising awareness about nutrition and healthy eating habits. This initiative will help educate the community and promote healthier lifestyle choices.



5. **Nutrition Quiz:** A fun and educational quiz will be organised to test members' knowledge about nutrition. This interactive activity will encourage participants to learn more about healthy eating while fostering a sense of friendly competition.



6. **Proactive research:** Research on various health related topics- advertisements for junk food on TV, checking labels at supermarkets, what snacks do people make at home, etc; sharing the findings with the members, and having discussions around it; if any irregularities are observed, the same may be taken to the notice of the respective government department for further action.



7. **Food Festival:** Organise a traditional healthy food festival once a year.



8. **Evaluation:** Towards the end of each academic year, the awareness levels and behavioural change in students may be evaluated by recording observations and/or a simple questionnaire.

In addition to the above,



Brainstorming Sessions: Brainstorming sessions may be held, as and when needed, to discuss and develop new activities related to health and nutrition for the school/college community. This collaborative effort will ensure that all members have a voice in shaping the initiatives.

Healthy Life Oath

I pledge to take care of my body and mind by choosing healthy and balanced foods.

I will reduce my consumption of foods high in fat, sugar, and salt and make healthy food choices for my well-being.

I pledge to value nutritious food, regular physical activity, and mindful eating as part of my daily routine.

I will question misleading food messages and encourage healthy habits among my family and friends.

I commit to building a healthier future for myself and my community by making small, positive choices every day.





Citizen consumer and civic Action Group (CAG) is a 40 year old non-profit, non-political and professional organisation that works towards protecting citizens' rights in consumer and environmental issues and promoting good governance processes including transparency, accountability and participatory decision-making.



No.103 (First Floor), Eldams Road, Teynampet,
Chennai 600 018

T: +91(44) 2435 4458 | 2435 0387

helpdesk@cag.org.in

www.cag.org.in



@CAGChennai

