



Government of Karnataka
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Advisory

Sub: Prohibition on the sale of High Fat, Sugar and Salt (HFSS) food products within school/college premises and within a 50-metre radius thereof, and strict enforcement of food safety regulations.

Food Safety and Drug Administration Department during inspections, has found that the food served to children in some schools has more refined carbohydrates such as white bread, pasta, and processed snack foods. Such foods can cause rapid increases in blood sugar levels. It is essential to balance these meals with lean proteins and healthy fats to provide sustained energy and improve concentration throughout the day. Accordingly, the following advisory is issued, and all stakeholders are requested to adopt them to promote better health among children.

Under the provisions of the Food Safety and Standards Act, 2006 and the Food Safety and Standards (Safe Food and Balanced Diets for Children in School) Regulations, 2020, the following directions shall be mandatorily complied with by all Food Business Operators (FBOs), school managements, and Food Safety Officers in the interest of the health and well-being of school children.

Directions:

1. The sale, free distribution, advertisement, and promotion of food products high in fat, trans fat, added sugar, and sodium/salt (HFSS Foods) are prohibited within school, college, and other educational institution premises and within a 50-metre radius thereof.
2. School managements shall ensure that HFSS (High Fat, Sugar and Salt) food products are not sold within school premises and shall prominently display appropriate warning signboards at key locations.
3. Necessary action shall be taken to ensure that HFSS food products are not sold within a 50-metre radius of school premises.
4. All food establishments located near schools, including food stalls, hotels, bakeries, canteens, and other food business establishments, shall obtain the required registration/licence under the Food Safety and Standards Act, 2006, and shall strictly comply with hygiene and food safety standards.
5. Food Safety Officers shall conduct regular inspections of food vendors operating around schools and colleges. Appropriate legal action shall be initiated in accordance with the Act wherever violations are detected.
6. Food business operators violating these regulations shall be liable for action under the Food Safety and Standards Act, 2006 and the Food Safety and Standards Rules/Regulations, 2011, including:
 - o Issuance of Improvement Notices,
 - o Suspension or cancellation of licence,

- Seizure of food products, and
 - Judicial proceedings, wherever necessary.
7. School managements shall promote healthy eating habits among children, create awareness regarding nutritious food, and organize programmes to discourage the consumption of junk food.
8. The food provided to children in schools and colleges shall conform to the Food Safety and Standards (Safe Food and Balanced Diets for Children in School) Regulations, 2020, particularly the Schedule relating to:
- General Guidance for Providing Safe Food and Balanced Diet to Children, and
 - General Guidance for Selection of Foods.

Accordingly, schools are directed to provide only safe and balanced food as specified in the said Regulations. The relevant provisions are reproduced below.

General Guidance for Providing Safe food and balanced diet to Children

- Meal-times in schools shall be mandatory to inculcate healthy eating habits in children.
- Safe drinking water shall be provided to all students free of cost.
- A variety of foods to be provided across the week, as a general principle. The school menu shall be **cereal-protein combination and a micronutrient rich meal** for students.
- A combination of **whole grains, pulses, millets, foods of animal origin like milk, eggs, etc., shall be used.** Fresh, seasonal and local produce shall be utilised for the preparation of the meals.
- Cooking oil or ghee shall be used in moderation. Use of re-heated fats and oils shall be avoided.
- In order to prepare the meals more nutritious, **fortified wheat flour, rice, milk, edible oil and double fortified salt** may be used strictly adhering the standards specified in the Food Safety and Standards (Fortification of Foods) Regulations, 2018.

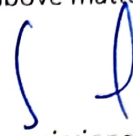
General Guidance for Selection of Foods

Sl. No.	Inclusion in Menu	List of Foods and Beverages
1	Always a part of the menu (75–80% of foods should belong to this category)	Cereals, millets and pulses: Whole wheat (atta), rice, millets (ragi, jowar, bajra, navane, same, arka, etc.), legumes (all dals and beans such as tur/toor dal, Bengal gram, horse gram, green gram, etc.). Milk and milk products: Milk, curd, yoghurt, lassi, buttermilk, paneer, eggs, and other milk products. Fruits and vegetables: Green leafy vegetables, other vegetables, roots and tubers, and fresh local and seasonal fruits. Oils, fats, nuts and oilseeds: Walnuts, almonds, pistachios, groundnuts, sesame seeds, etc. Freshly prepared/cooked foods: Fresh soup, porridge, beverages with no added sugar, stir-fried vegetables, boiled, baked or

Sl. No.	Inclusion in Menu	List of Foods and Beverages
		steamed snacks, and cereal- or pulse-based foods such as idli, upma, poha, khandvi, dhokla, cheela, namkeen daliya, etc.
2	Not to be made available in schools, hostels, etc.	Food products high in saturated fat, trans fat, added sugar, or sodium.

All school and college managements, as well as Food Business Operators functioning within or around school and college premises, are directed to implement the above instructions.

This Advisory has been issued to inform the general public, school and college managements, and Food Business Operators about the measures being undertaken by the Department of Food Safety and Drug Administration concerning the above matters.



Commissioner
Food Safety and Drug Administration
Bengaluru