



# FOOD CITIES 2022

## PROFILE CHANDIGARH



**CHANDIGARH POPULATION  
1 MILLION**



Chandigarh is the first planned modern city of India designed by the French Architect Le Corbusier, who created Chandigarh as a city of “Sun, Space and Verdure” to fulfil basic functions of working, living, and care of body and spirit. It is the first planned city in independent India. “The City of beauty,” Chandigarh is a City, District and Union Territory in India serving as joint capital of the two neighboring states of Punjab and Haryana with an estimated population of 1,055,450. Chandigarh derives its name from the temple of “Chandi Mandir” located in the vicinity of the site selected for the city. The deity ‘Chandi’, the goddess of power and a fort of ‘garh’ laying beyond the temple gave the city its name. It has been globally identified as emerging outsourcing and IT services destinations and ranked 4th in top 50 cities for this. Picturesquely located at the foothills of Shivalik, it is known as one of the best experiments in urban planning and modern architecture in the twentieth century. In India, Chandigarh is famous for its natural landscape, museums, architecture and heritage.

disease burden by providing unsafe food rich in trans-fats, which needs to be adequately addressed. The city generates around 550 to 600 metric tonnes of waste daily, out of which only 12% can be processed, hence Administration has taken steps such as door to door segregation. Despite various health programmes in place, nutrition challenges such as malnutrition, micronutrient deficiencies and chronic lifestyle diseases are still soaring. With more than 25% of stunted and underweight children and 2% of overweight children a focussed approach is the need of the hour. Anaemic adolescent girls and pregnant women need to be made aware about diet diversity and iron rich foods. The city is constantly working towards improving the quality of life of the residents with various initiatives in place.

### City Food Vision

To design a healthy and environmentally friendly food system to ensure safe food and nutrition security for all, through technological innovations and mass awareness by adopting various means. Chandigarh is already working on capacity building and training of street food vendors and all FBOs to offer safe and wholesome food. Chandigarh plans to achieve Eat Right status for all its campuses, schools, offices, stations, airport etc. We also plan to achieve a resilient and sustainable food

### Food System Challenges

Transforming Chandigarh into a safe food city remains a challenge. Significant factors contribute to the complex situation, including household food insecurity, nutrition transition and food wastage. Mushrooming of street food vendors along roadside contributes significantly towards

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ecosystem by promoting forgotten foods, such as “Millets”, for inclusion in diets as they are nutrient dense and have been found to be instrumental in combating NCDs.

Chandigarh’s strategy is to support transformation which is built on extensive partnerships, networking and understanding of the needs of its residents. Chandigarh has ambitious plans to take a 4E approach to achieve Eat Smart Chandigarh status.

**Engage** - All partners members of Network of Professional of Food & Nutrition (NetProFan), like Post Graduate Institute of Medical Education and Research(PGIMER) Chandigarh, CIHM, Food Safety Administration, Chandigarh, Social Welfare Department, Educational institutions etc, as well as consumers will be engaged to promote smart food choices.

**Educate** - Promote innovation and human resource capacity by involving all stakeholders. Food business operators will be educated to deliver safe and wholesome food for citizens and citizens will be guided to consume safe and environmentally sustainable foods to improve health outcomes and reduce health care costs.

**Execute** - Behaviour change strategies will be planned to promote environmentally sustainable food practices such as repurposing of used cooking oil, no food waste, no plastic waste etc. to encourage a greener and cleaner environment, benefitting the overall quality of life for citizens.

**Evaluate** - Evaluate the delivery of safer and healthier food options. Food businesses and especially e-platforms will receive a boost. Here research will be an important tool for measurement involving PGIMER as a premiere Institute.



## Food Strategy

Our strategies will help to empower citizens to consume a sustainable, ethical, healthy and nutritious diet by taking the following measures:

- Build a sustainable, ethical and nutritious food system and a thriving local economy.
- Promote greater dietary diversity and healthy eating habits and food preparation.
- Promote and ensure the supply of branded food in the city, which will maintain a standard quality of food intake by citizens.
- Develop the nutritional quality of mid-day meal scheme in Schools in the city.
- Set up Eat Right Campaign/Mela/Workshops to make people aware about eating healthy nutrients and educating them about their food safety rights.
- Develop Chandigarh as a safe street food town to ensure safety towards citizens and as well as the street food vendors.
- Promotion of Fortified food to combat malnutrition.
- Generate awareness among masses regarding no food waste and plan to distribute the surplus to the needy.
- Awareness generation among citizen about food safety and their right to safe food.
- Plan to develop sustainable food ecosystem by promoting inclusion of nutritious diet ‘Millets’ to combat NCD.

## Expertise

Chandigarh Team has experts of diverse fields on board. Public Health experts from PGIMER, Hotel management experts from CIHM, Food Safety Administration, Chandigarh, who have expertise in running projects related to food safety, nutrition for all, role of diet in combating malnutrition and NCDs etc, Hunar se rozgar program etc. All the experts are dedicated to transforming the existing food and health ecosystem. These experts will be technical partners and will help in using their evidence based learnings into practice.

## Learning Needs

We are keen to share best practice and learn from other cities, especially in the areas of maintaining standard food quality, local food procurement, facilitating food production, mitigating food insecurity, changing behaviours around food and creating a thriving food economy. We are also interested in learning more about food partnerships and movements.



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