



CFBP

COUNCIL FOR FAIR BUSINESS PRACTICES

Our Mission

"We shall promote the highest ethical practices, by business & professionals,
In order to provide complete satisfaction to consumers & other stakeholders."



Food Civil Supplies and
Consumer Protection
Department, Maharashtra

CFBP TIMES

August, 2018



RAMKRISHNA BAJAJ – CFBP –SNDT CONSUMER EDUCATION TESTING CENTRE AT SNDT UNIVERSITY CAMPUS AT JUHU

The SNDT women's University has setup
**“RAMKRISHNA BAJAJ – CFBP
CONSUMER EDUCATION AND
TESTING CENTRE.**

The SNDT Women's university has set up this centre in collaboration with the council. It carries out chemical and micro- biological analysis of food products like Ice creams, bottled water etc. samples can come from local markets, or from consumers; and can be tested for quality and purity. It also offers advisory services to consumer cooperatives and small scale food industries for ensuring better quality standards of their products. Research on key area of consumer concern is also undertaken when required. NABL (National Accreditation Board for testing and calibration Laboratories) Approved.

Godrej

CFBP

Consumer Film Festival



SHRI SHEKHAR BAJAJ



SHRI ADI GODREJ



SMT KALPANA MUNSHI,
PRESIDENT, CFBP



SHRI RATAN TATA



SMT RAJASHREE BIRLA

PARTICIPATE IN FESTIVAL OF FIVE COMPETITIONS

All students, young and seniors, NGO's are invited

TOPICS

JAGO GRAHAK JAGO - MERA HAQ MY RIGHT - FAIR BUSINESS PRACTICES



PROF
VISHWANATH
SABALE

ASHOK
MAHAJAN

MAKARAND
DESHPANDE

ABHINAV
DEO

JURY

HONEY
IRANI

BOMAN
IRANI

DOLLY
THAKORE

PIYUSH
PANDEY

JUSTICE
B.N.
SRIKRISHNA

ROHIT
GUPTA

CFBP SHORT FILM COMPETITION

Film Duration: Min - 2 min Max - 7 min

(Entries invited 14 years and above as on 31st August 2018)

1st Prize - Rs. 2,00,000/-

2nd Prize - Rs. 51,000/-

PAINTING COMPETITION (3*2 FT)

Two Categories -

1) Age 12 yrs - 20 years -

1st Prize Rs. 10,000/-

2) Age 21 years and above -

1st Prize Rs. 15,000/-

STREET PLAY COMPETITION

(LIMIT: 5 - 7 MIN)

TWO Categories -

1) Age 12 yrs - 20 years -

1st Prize Rs. 10,000/-

2) Age 21 years and above -

1st Prize Rs. 15,000/-

SHORT STORY WRITING COMPETITION

Length: 400 words (with an apt title)

TWO categories -

1) Age 12 yrs - 20 years -

1st Prize Rs. 10,000/-

2) Age 21 years and above -

1st Prize Rs. 10,000/-

SLOGAN WRITING COMPETITION

TWO categories -

1) - Age 12 yrs - 20 years -

1st Prize Rs. 10,000/-

2) Age 21 years and above -

1st Prize Rs. 10,000/-



Last Date of Entry: 31st August, 2018

For registration forms and any queries please contact

CFBP Office: Tel: 22842590 / 22885249 / Fax: 2284 4783

Email: consumerfilmfestival@gmail.com

Website: www.consumerfilmfestival.com / www.cfbp.org

President

From the Desk of President

CFBP strived to spread its message and promote consumerism and Fair Business Practices by organizing talks, visual presentations, forming human chain, displaying slogans, Street play, participation in exhibitions, fests and conferences, promoting through digital media and newspapers reaching out the children, young and senior men and women as they happen to be our respectable consumers and “CONSUMER IS THE KING”. We feel that the root cause of many of the consumer problems lay in lack of proper information and knowing about the consumer rights. Commercialization in every walk of life and “monetization” of every service and personal relations had taken a toll on health care industry including the food industry.

**Kalpana Munshi**

Food is adulterated to increase the quantity and make more profits. Harmful Pesticide in food content is consumed by the citizen's adulterations and is behind-the-scenarios-killer and we are allowing it to happen right under our very noses. Are we right in feeding our children with milk that is mixed with synthetic milk that contains urea, caustic soda and vegetable oil? Buy some cheap ice-cream that contains washing-powder? Give them sweets that contain arsenic compounds?

May be we could do much more, maybe we could be a stronger force, maybe we could grow phenomenally, maybe we could globalize, but the fact remains that for an organization not only to survive but also to grow, numerically and geographically we need the support of all communities. CFBP members are always at your service.

They care, they are available, they are concerned
“Together we shall create words in the Consumer World”



President Kalpana Munshi with Executive Committee Members at CFBP-SNDT Consumer Education Testing Centre @ Juhu



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In order to provide complete satisfaction to consumers & other stakeholders."

RAMKRISHNA BAJAJ-CFBP CONSUMER EDUCATION AND TESTING CENTRE S.N.D.T. WOMEN'S UNIVERSITY, JUHU, MUMBAI – 400049

- **SERVICES IN FOOD ANALYSIS**
 - Chemical, Microbiological and Sensory Evaluation of foods
 - Vitamins and Minerals estimation in Foods
 - Checking of Food Adulteration
 - Nutritional labeling of Foods
 - Potability checking of water
 - Quality check of Raw, Processed, Cooked, Frozen Food
 - Shelf life study of Food
 - Heavy metal analysis in Homeopathic and Ayurveda formulations
 - Projects for utility of kitchenware
- **RESEARCH PROJECTS**
 - Undertakes research work for National laboratories, Research scholars, Post graduate students in chemical, microbiological and shelf stable studies for development of new products.
- **CONSULTANCY**
 - Food Product formulation, Food Packaging, Food Safety Guidance, Disseminating knowledge on FSSAI (Food Safety and Standards Authority of India) requirements.
- **CERTIFICATE COURSE**
 - HACCP-Hazard analysis critical control Point. A certificate course of 16 hours is conducted for students and food industry personnel.
- ❖ **CLIENTS**
 - Food industries, Food business operators, Corporate Houses, University Departments, Railways, Hospitals, Schools, Cooperative societies, Bakeries, Entrepreneurs, Researchers, Slimming centres, Caterers, Hotels, Govt. Organizations, Consumer Organizations etc.

**NABL (National Accreditation Board for Testing and Calibration Laboratories)
ACCREDITED SINCE JUNE 2012 FOR CHEMICAL TESTING OF FOOD.
RECOGNITION FOR TECHNICAL EXPERTISE FROM GOVERNMENT OF INDIA**



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Godrej CFBP



JAGO GRAHAK JAGO

Food, Civil Supplies and Consumer Protection Department, Maharashtra



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PAINTING COMPETITION

A SHOUT OUT TO ALL THE PAINTERS, SKETCH ARTISTS AND DESIGNERS!



Consumer Film Festival

JURY

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BOMAN IRANI

DOLLY THAKORE

PIYUSH PANDEY

JUSTICE B.N. SRIKRISHNA

ROHIT GUPTA

TOPICS

- JAAGO GRAHAK JAAGO (Don't get cheated)
- MERA HAQ - MY RIGHTS (Right for education, good health, good food & information)
- FAIR BUSINESS PRACTICES (Don't Cheat)

1ST CATEGORY

AGE 12 - 20 YEARS — FIRST PRIZE INR 10,000/-

2ND CATEGORY

AGE 21 YEARS & ABOVE — FIRST PRIZE INR 15,000/-

For Registration, log on to www.consumerfilmfestival.com

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About the Authors

Mrs. Roopa Rao, Assistant Professor, has 23 years of teaching experience Consumer studies, Hospitality and Ergonomics. She has conducted several related researches in these areas as well. She has won awards for her research studies.



Mrs. Sunita Jaiswal, Associate Professor, College of Home Science, Nirmala Niketan, has 23 years of teaching experience. She is actively involved in Community and Extension activities.

The Department of Community Resource Management includes many interrelated programs such Consumer Education, Family and Consumer Welfare, Hospitality and Tourism Management, Interior Design and Ergonomics. These programs provide students an opportunity to conduct integrated research focused on the goal of improving quality of life within a dynamic global community. The College of Home Science, Nirmala Niketan – Mumbai, is a grant-in-aid Institute with the University of Mumbai. This Institution stands for a socially relevant education that further develops the students' sense of social responsibility by urging them to reach out and share their knowledge and skills with more vulnerable sections of the society. Social and community reach put programs are an integrated part of the regular curriculum.

Preface

Adulteration is the intentional debasement of food. It refers to adding of inferior or/and impure matter to the food or drink which is intended to be sold so as to increase the quantity of the product.

Many of us are not aware that we are constantly buying and consuming adulterated food, even as we go about doing our daily chores. For eg; when the seller adds colour to make the Diwali sweets attractive or he/she removes cream from whole milk, it amounts to adulteration.

Admittedly, at times it is also on account of ignorance such as spillover effect from pesticides and fertilizers or inappropriate food handling and packaging methods.

As a responsible Indian Consumer, we must be aware of our Rights and Responsibilities, and be pro-active in helping the change, we desire!

This booklet aims to be a ready reckoner to the Indian Consumer who may be a victim of adulterated food. It contains simple detection methods, which is can be performed at home.

Food adulteration is a punishable offense in India. We have legal laws governing the same since 1954 and beyond, e.g. The Prevention of Food Adulteration Act (PFA, 1954). However, The FSSAI (Food Safety and Standards Authority of India has been established under the Food Safety and Standards Act, 2006 which is a consolidating statute related to food safety and regulation in India. FSSAI is responsible for protecting and promoting public health through the regulation and supervision of food safety. Penalties and punishments are imposed based on the seriousness of the offense. Details of the same are included in this booklet.

The authors would like to sincerely thank Mrs. Kalpana Munshi, President – CFBP for making this a reality. This booklet is a reality due to her vision and persistence.

Mrs. Roopa Rao

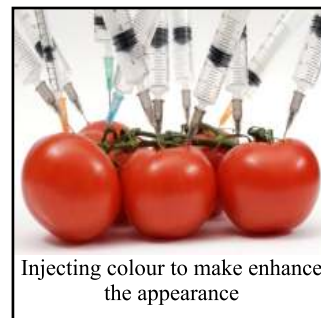
Mrs. Sunita Jaiswal

FOOD ADULTERATION

Food Adulteration is debasement of food quality, by adding something spurious or removing a valuable ingredient (cream from milk). It is a dangerous practice, which makes affects the quality of food, making it sub-standard for human consumption.

Among spices, the most commonly adulterated items include dried red chilli powder, coriander powder, dry ginger powder, cardamom, cumin powder, pickle powder, garam masala, curd chili, chili powder, fennel seeds, etc. Most farmers use a large amount of pesticide.

Thus, it is very important that we buy and consume spices that are safe, unadulterated because it can have adverse effects on the consumer's health such as, diarrhea, nausea, stomach pain, blurred vision to name a few.



Injecting colour to make enhance the appearance



Adulteration of milk by addition of water



Dipping vegetables in green dye to enhance its appearance

SPICES CHILLI POWDER

Chilli powder is the dried, pulverized fruit of one or more varieties of chilli pepper. It is used as a spice to add pungency or piquancy and flavor to dishes.

Adulterants in Chilli Powder

- Brick powder
- Sawdust
- Red powdered colour
- Dried tomato powder
- Red soil
- Talc powder



Harmful Effects of Adulterants:

- Stomach upset and indigestion
- Liver damage
- Can cause cancers of the stomach

Test for Adulterants

Water Test	<ul style="list-style-type: none"> • The most common adulterant for red chilli powder is brick powder because it has a similar texture and colour. Pure red chilli powder does not really dissolve in water.- • If artificially coloured, water will change its colour. • Reddish-brown, due to the presence of brick powder. • White smooth residue at the bottom of the glass indicates presence of soap stone.
	<ul style="list-style-type: none"> • Rub the residue at the bottom of the glass. Grittiness indicates presence of brick powder or sand. • Red chilli powder may be mixed with artificial colours to give it the bright hue. • Sprinkle some chilli powder over a glass of water. • Coloured streak indicates that it is adulterated with water soluble coal tar colour.

TURMERIC POWDER

Turmeric is an indispensable spice in an Indian kitchen.

It is not only used as a flavoring agent but also revered as a ayurvedic medicine to boost your immunity, heal wounds and act as a natural anti-inflammatory

Adulterants in Turmeric Powder

- Saw dust
- Rice flour
- Chalk powder
- Starch
- Synthetic dyes (Metanil Yellow)

Harmful Effects of Adulterants:

- Stomach upset and in Chalk powder
 - digestion
 - Metanil Yellow is a carcinogenic substance



Test for Adulterants

Water Test	<ul style="list-style-type: none"> • Non-toxic fillers maybe added, with no nutritional value. • Synthetic colour dyes made be used to make it appear bright and yellow along with fillers Mix a tea spoon of turmeric powder with water if adulterated, it will immediately leak streaks of water soluble colour.
	<ul style="list-style-type: none"> • Another easiest method is to add teaspoon of turmeric powder to a glass of warm water, do not stir it and leave it still for a while. • Check after about 20 minutes. If the powder settles down at the bottom of the glass with clear water above, the turmeric is pure. • Cloudy water indicates possible adulteration

CORIANDER POWDER

Coriander powder is derived from the seeds of the coriander plant. It adds a mild flavour and aroma to sweet and savoury food preparations.

Most commonly, it is bought as whole dried seeds and ground as and when needed.

Adulterants in Coriander Powder

- Common salt
- Horse dung
- Saw dust

Harmful Effects of Adulterants:

- Severe stomach pain and related problems.
- Common salt increases blood pressure



Test for Adulterants

Water Test	<ul style="list-style-type: none"> • The simplest way to detect these is to add a teaspoon of coriander powder to a glass of plain water. • Spice powder will settle in the bottom • Dung/sawdust will float and easily be detected by its foul smell.
	<ul style="list-style-type: none"> • To detect the presence of common salt: a sample of coriander powder is taken, to it 5 ml of water is added, next few drop of silver nitrate is added to it. White precipitate confirms presence of salt.

ASAFOETIDA (HING)

Asafoetida is the dried latex exuded from the rhizome or top root of several species of Ferula, a perennial herb that grows 1 to 1.5 m tall. It is part of the celery family Apiaceae.

Adulterants found in asafoetida are Foreign resins galbanum, colophony resin.

Adulterants in Asafoetida (Hing)

- Foreign resin galbanum
- Soap stone
- Starch
- Other earthly matters

Harmful Effects of Adulterants:



- Severe stomach pain and related problems.
- Dysentery

Test for Adulterants

Water Test	<ul style="list-style-type: none"> • Shake little portion of the sample with water and allow to settle. • Soap stone or other earthy mailer will settle down at the bottom.
The Burn Test	<ul style="list-style-type: none"> • Add tincture of iodine, appearance of blue colour shows the presence of starch. (This test is not applicable for compound asafoetida)
	<ul style="list-style-type: none"> • Burn on a spoon, if the sample burns like camphor, it indicates the sample is pure. • Pure hing burns like aromatic camphor

BLACK PEPPER

Black pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae, cultivated for its fruit which is usually dried and used as a spice and seasoning, known as a peppercorn.

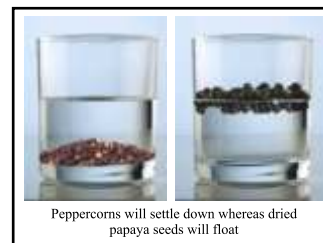
Dried ground pepper has been used since antiquity both for its flavour and as a traditional medicine. Black pepper is the world's most traded spice and is one of the most common spices added to cuisines around the world.

Common Adulterants:

- Light black pepper
- Dried papaya seeds coated with mineral oil

Harmful Effects of Adulterants:

- Stomach disorders.
- Liver problems



Test for Adulterants

Test for Adulterants

Water Test	<ul style="list-style-type: none"> • Float the sample of black pepper in alcohol (rectified spirit). • Black pepper will sink while the papaya seeds and light black pepper float.
Test for dried papaya seeds	<ul style="list-style-type: none"> • Papaya seeds can be separated out from pepper as they are shrunken, oval in shape and greenish brown or brownish black in colour.
Sorting by shape, colour and smell	<ul style="list-style-type: none"> • Press the berries with the help of fingers light peppers will break easily while black berries of pepper will not break. • If it is coated with mineral oil, smelling it will gives Kerosene like smell.

CLOVES (LAVANG)

Cloves are the aromatic flower buds of a tree in the family Myrtaceae. Cloves may be used to give aromatic and flavor qualities to hot beverages, often combined with other ingredients such as lemon and sugar.

Cloves are used in Indian Ayurvedic medicine and dentistry where the essential oil is used as a painkiller for dental emergencies).

Common Adulterants:

- Cloves from which volatile oil has been extracted

Harmful Effects of Adulterants:

- Cheating
- waste of money



Test for Adulterants

Simple Tests - Sorting by shape, colour and smell-	<ul style="list-style-type: none"> • Exhausted cloves can be identified by its small size and shrunken appearance. • The characteristic pungent of genuine cloves is less pronounced in exhausted cloves (cloves in which the volatile oil is extracted)
	<ul style="list-style-type: none"> • Cloves coated with mineral oil gives kerosene like smell



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SHORT FILM COMPETITION

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HONEY IRANI

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JUSTICE B.N. SRIKRISHNA

ROHIT GUPTA

1ST PRIZE — INR 200000/-

2ND PRIZE — INR 51000/-

Topics

Jaago Grahak Jaago | Mera Haq - My Rights | Fair Business Practices

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MUSTARD SEEDS (RAI)

Mustard seeds have been highly prized culinary oil-seeds being in use since earlier times. The seeds are fruit pods obtained from the mustard plant, in the Brassica family.

Mustards are used extensively in Indian, cooking. Whole seeds, ground or powdered form, prepared pastes, sauces and oil are all used in the kitchen.

Mustard seeds and its oil has traditionally been used to relieve muscle pain, rheumatism and arthritic pain.

Common Adulterants:

- Argemone seeds

Harmful Effects of Adulterants:

- Epidemic dropsy
- Glaucoma

Test for Adulterants



Simple Tests – Sorting by shape, colour and smell	<ul style="list-style-type: none"> • Mustard seeds have a smooth surface • The argemone seed have grainy and rough surface and are black and hence can be separated out by close examination. • Due to its small size, magnifying glass must be used for accuracy
	<ul style="list-style-type: none"> • When Mustard seed is pressed inside it is yellow while for Argemone seed it is white

CINNAMON

Cinnamon is a spice that comes from the branches of trees of the "Cinnamomum" family.

Taking cinnamon as a supplement can have effects on health and disease.

Common Adulterants:

- Cassia bark

Harmful Effects of Adulterants:

- Epidemic dropsy
- Glaucoma

TRUE CINNAMON

CASSI



Test for Adulterants

Water Test	<ul style="list-style-type: none"> • Cinnamon barks are very thin and can be rolled. • It can be rolled around a pencil or pen • Real Cinnamon sticks curl from one side only and roll up like a newspaper.
Sorting by shape, color and smell	<ul style="list-style-type: none"> • It has a distinct smell. • Whereas cassia barks comprise of several layers in between the rough outer and smooth inner layers.
	<ul style="list-style-type: none"> • Can be distinguished easily on visual examination.

CUMIN SEEDS (JEERA)

Cumin is the dried seed of the herb Cuminum cyminum, a member of the parsley family.

Cumin seeds (jeera) are very essential part of cooking as we use it in our tadka daily.

As a culinary flavoring, the seeds may be added to soups, stews and other foods whole or as a ground powder.

Common Adulterants:

- Grass seeds coloured with charcoal dust

Harmful Effects of Adulterants:

- Stomach Disorders

Test for Adulterants



Test for Adulterants

Simple Tests – Sorting by shape, colour and smell	<ul style="list-style-type: none"> • Rub the cumin seeds on palms. • If palms turn black adulteration is indicated.
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SAFFRON

Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the “saffron crocus”. The vivid crimson stigmas and styles, called threads, are collected and dried to be used mainly as a seasoning and colouring agent in food. Saffron is among the world’s most costly spices by weight.

Common Adulterants:

- Dried tendrils of maize cob

Harmful Effects of Adulterants:

- Stomach Disorders

Test for Adulterants



Real Vs. Fake Saffron

<p>Simple Tests – Sorting by shape, colour and smell</p>	<ul style="list-style-type: none"> - Genuine saffron will not break easily like artificial. - Artificial saffron is prepared by soaking maize cob in sugar and colouring it with coal tar colour. - The colour dissolves in water if artificially coloured. - A bit of pure saffron when allowed to dissolved in water will continue to give its saffron colour so long as it lasts
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MILK AND MILK PRODUCTS MILK

Milk contains valuable nutrients, and it can offer a range of health benefits. Milk has long been seen as a healthy drink, because it is high in a range of nutrients.

Milk is good for the bones because it offers a rich source of calcium, a mineral essential for healthy bones and teeth.

Cow’s milk is fortified with vitamin D, which also benefits bone health. Calcium and vitamin D help prevent osteoporosis.

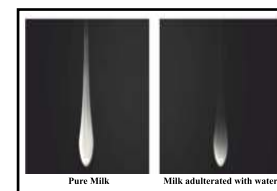


Common Adulterants:

- Water
- Starch
- Urea
- Formalin
- Hydrogen peroxide

Harmful Effects of Adulterants:

- Stomach Disorders
- Formalin can increase the chances of cancer, skin diseases and eye disease. It can also cause corrosion of intestines and may result in ulcers and inflammatory diseases of gastrointestinal tract.
- Hydrogen peroxide may increase heart beat and cause cardiac arrhythmia.



Test for Adulterants

<p>Test for addition of water</p>	<ul style="list-style-type: none"> • The presence of water can be by putting a drop of milk on a polished slanting surface. • The drop of pure milk will flow slowly leaving a white trail behind it, whereas milk adulterated water will flow immediately without leaving a mark.
<p>Test for presence of Starch</p>	<ul style="list-style-type: none"> • Add a few drops of tincture of Iodine or Iodine solution. • Iodine is easily available in pharmacy stores. • Blue colour indicates the presence of starch.
<p>Test for presence of Urea</p>	<ul style="list-style-type: none"> • Take a teaspoon of milk in a test tube. Add ½ teaspoon of soybean or arhar powder. • Mix up the contents thoroughly by shaking the test tube. • After 5 minutes, dip a red litmus paper in it. Remove the paper after ½ a minute. • A change in colour from red to blue indicates the presence of urea in the milk.
<p>Test for addition of Vanaspati</p>	<ul style="list-style-type: none"> • Cream/fat is removed from whole milk and substituted with vanaspati • Take 3 ml of milk in a test tube. Add 10 drops of hydrochloric acid. Mix up one teaspoonful of sugar. • After 5 minutes, examine the mixture. The red coloration indicates the presence of vanaspati in the milk.
<p>Test for presence of formalin in milk</p>	<ul style="list-style-type: none"> • Formalin enhances the life of milk and thus is added for preservation purpose. • This increases the shelf life of the milk. Take 10 ml of milk in a tests tube and add 5 ml of concentrated sulphuric acid from the sides of the wall without shaking. • If a violet or blue ring appears at the intersection of two layers then it shows presence of formalin.
<p>Test for presence of detergent</p>	<ul style="list-style-type: none"> • Shake 5-10 ml. of sample with an equal amount of water lather indicates the presence of detergent.
<p>Synthetic Milk</p>	<ul style="list-style-type: none"> • Milk is prepared using many synthetic materials such as white glue or resin and white poster colour. • Synthetic milk has a bitter after taste, gives a soapy feeling on rubbing between the fingers and turns yellowish on heating.

CLARIFIED BUTTER (GHEE)

Ghee also known as clarified butter provides the human body with many benefits. Pure ghee has the ability to boost up the inner lining cells of the colon. It helps protect the gastrointestinal system, improve eye health, boost immune, and prevent cancer.

Adulterants in Clarified Butter (Ghee)

- Vanaspati (hydrogenated fat),
- Refined vegetable oils (groundnut, coconut, cotton seed oil),
- Animal fat.
- Mashed potato
- Corn starch
- Crushed animal bones



Harmful Effects of Adulterants:

- Food poisoning

Test for Adulterants

Simple Palm Test	<ul style="list-style-type: none"> • Put a spoon of ghee on your palm. If the ghee starts to melt itself then it is pure. • Pure ghee melts on body temperature.
The Burn Test	<ul style="list-style-type: none"> • Put a spoon of ghee and heat it. If the ghee melts quickly and appear dark brownish colour, that is pure ghee. • Within a few seconds, the ghee will be melted. If it takes a longer time to melt and appear light yellow in colour, it is impure.
Iodine Test	<ul style="list-style-type: none"> • Presence of mashed potatoes and sweet potatoes in a sample of ghee can easily be detected by adding a few drops of iodine. • Add a few drops of Iodine, which is brownish in colour. • Blue colour indicates the presence of mashed potatoes/ sweet potatoes/ other starches are present.

BUTTER

Butter is a dairy product which is solid when chilled and liquid when warmed.

It is made by churning fresh or fermented cream or milk to separate the butterfat from the buttermilk. It is generally used as a spread on plain or toasted bread products and a condiment on cooked vegetables, as well as in cooking, such as baking, sauce making, and pan frying

Adulterants in Butter

- Vanaspati (hydrogenated fat),
- Margarine
- Animal fat.
- Mashed potato



Harmful Effects of Adulterants:

- Food poisoning

Test for Adulterants

Lab Test-	<ul style="list-style-type: none"> • Take about one teaspoon full of melted sample of butter with equal quantity of concentrated Hydrochloric acid in a test tube and add to it a pinch of sugar. • Shake for one minute and let it for five minutes. Appearance of crimson colour in lower (acid) of Vanaspati or Margarine
Iodine Test	<ul style="list-style-type: none"> • Presence of mashed potatoes and sweet potatoes in a sample of ghee can easily be detected by adding a few drops of Iodine • Add a few drops of Iodine, which is brownish in colour. Blue colour indicates the presence of mashed potatoes/ sweet potatoes/ other starches are present.

KHOYA

Khoya is a dairy product widely used in Indian cuisines. It is made of either dried whole milk or milk thickened by heating in an open iron pan. Khoya is normally white or pale yellow. Khoya is used in various types of sweets.

Paneer, khoya and milk are generally adulterated with starch which is used to give a thick, rich texture to sweets.

Adulterants in Khoya:

- Starch,
- Mashed potato

Harmful Effects of Adulterants:

- Food poisoning

Test for Adulterants



Lab Test	<ul style="list-style-type: none"> • Starch is added to increase the thickness of the milk products. • Boil a small quantity of sample with some water, cool and add a few drops of Iodine solution. • Formation of blue colour indicates the presence of starch. • Iodine is easily available in pharmacy stores.
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PANEER (COTTAGE CHEESE)

Paneer is a fresh cheese common, especially in India.

It is an unaged, acid-set, non-melting farmer cheese made by curdling heated milk with lemon juice, vinegar, or any other food acids. Its crumbly and moist form (cheese curd or acid-set cottage cheese) is called chhena in eastern India.

Adulterants in Paneer

- Starch

Harmful Effects of Adulterants:

- No harmful effects to health, but this amounts to cheating the consumer

Test for Adulterants



Lab Test	<ul style="list-style-type: none"> • Starch is added to increase the quantity and weight of paneer. • Boil a small quantity of sample with some water, cool and add a few drops of Iodine solution. • Formation of blue colour indicates the presence of starch. • Formation of blue colour indicates the presence of starch. • Iodine is easily available in pharmacy stores.
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NATURAL SWEETENERS SUGAR

Sugar is the generic name for sweet-tasting, soluble carbohydrates, many of which are used in food. There are various types of sugar derived from different sources.

Sugars are found in the tissues of most plants and are present in sugarcane and sugar beet in sufficient concentrations for efficient commercial extraction.

Adulterants in Paneer

- Chalk Powder
- Washing Soda
- White Sand
- Urea
- Plastic crystals
- White/Yellow Colour

Harmful Effects of Adulterants:-

- Respiratory problems
- Cause kidney stones
- Uremia – kidney failure
- Fatigue
- Nausea



Test for Adulterants

Simple Test- to detect Chalk powder	<ul style="list-style-type: none"> • Chalk Powder is added to increase the weight • Sugar dissolves completely in water Dissolve 10 gm of sample in a glass of water, allow settling, Chalk will settle down at the bottom.
Test to detect Urea	<ul style="list-style-type: none"> • Dissolve 10 gm of sample in a glass of water. • Smell of Ammonia indicates the presence of Urea



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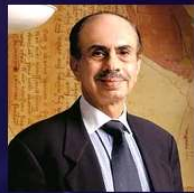


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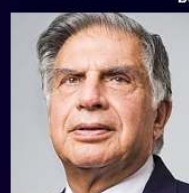
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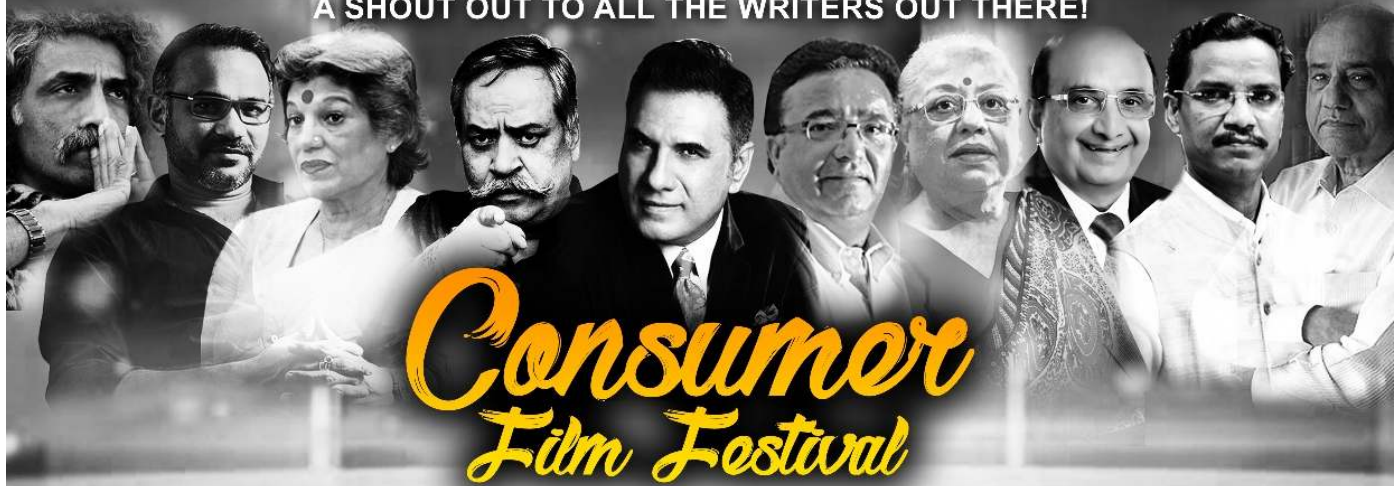
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JAGGERY

Jaggery or gur is made from unrefined sugar, automatically making it a healthier and better version of white sugar. The important benefits of jaggery include its ability to cleanse your body, act as a digestive agent, sweeten your food in a healthy manner, and provide good amounts of minerals. Puranpoli is a traditional Maharashtrian dish.

Adulterants in Jaggery:

- Metanil yellow (a coal tar dye)
- Sodium bicarbonate
- ZFS (Zinc formaldehyde sulphonylate) to give dark appearance
- sodium hydro sulphate
- chalk powder

Harmful Effects of Adulterants

- Vomiting,
- Diarrhea



Test for Adulterants

Test for presence of Metanil Yellow-	<ul style="list-style-type: none"> • Measure 1/4 tsp. of crushed jaggery into a test tube or glass container. • Add 1/2 tsp. of alcohol to the container and use the stir stick to blend thoroughly. Add hydrochloric acid • Check for any colour changes. Any colour change to pink indicates the presence of metanil yellow, proving that the jaggery is not pure.
Test for Sodium Bicarbonate (Washing soda)	<ul style="list-style-type: none"> • Measure 1/4 tsp. of crushed jaggery into the test tube or glass container. • Add 1/2 tsp. of hydro chloric acid. • Effervescence (bubbles) indicates that the jaggery is adulterated with sodium bicarbonate.

HONEY

Honey is a sweet, viscous food substance produced by bees and some related insects. Most microorganisms do not grow in honey, so sealed honey does not spoil, even after thousands of years. It is used for healing wounds, because honey has antibacterial, antifungal, and antioxidant properties.

Adulterants in Honey

- High-fructose corn syrup
- Molasses
- Glucose/sugar syrup
- Jaggery
- Sugar

Harmful Effects of Adulterants

- Stomach disorder
- Obesity
- Diabetes
- Eyes and nerve damages



Test for Adulterants

Thumb Test	<ul style="list-style-type: none"> • Place a small amount of honey on your thumb and check if spills or spreads around like any other liquid. If it does, it may not be pure. • Pure honey is thick while impure honey will be runny. • Pure honey sticks to the surface it is applied to and doesn't drip. • The taste of impure honey may linger due to the presence of added sugar.
Water Test.	<ul style="list-style-type: none"> • Put a teaspoon of honey in a glass full of water. • Fake or adulterated honey will dissolve in the water while pure honey which is denser texture and will settle at the bottom of the glass as lumps.
Blotting paper Test	<ul style="list-style-type: none"> • Put a spoonful of honey on a blotting paper or white cloth, pure honey will not get absorbed or leave stains.
Flame Test	<ul style="list-style-type: none"> • Pure honey is inflammable. • Take a dry matchstick and dip it in honey. Strike the matchstick against the matchbox. • If it lights, your honey is pure. If it doesn't light, it may be adulterated and may also contain some amount of moisture added during the process of contamination.
Vinegar Test	<ul style="list-style-type: none"> • Mix a tablespoon of honey, some water and 2-3 drops of vinegar together. • If this mixture foams up, there's a very high chance that your honey may be adulterated.
The Heat Test.	<ul style="list-style-type: none"> • On heating pure honey, will caramelize quickly and not become foamy. • Impure honey may not caramelize and become bubbly on heating.

BURA SUGAR

Powdered sugar, also called confectioners' sugar, bura sugar and icing sugar. It is finely ground sugar produced by milling granulated sugar into a powdered state. It usually contains a small amount of anti-caking agent to prevent clumping and improve flow. Although most often produced in a factory, powdered sugar can also be made by processing ordinary granulated sugar in a coffee grinder, or by crushing it by hand in a mortar and pestle.

Adulterants in Bura Sugar:

- Washing soda

Harmful Effects of Adulterants

- Stomach Disorders
- Vomiting
- Liver problems

Test for Adulterants



Test for Washing soda	• Add 1 ml of HCl to a little of bura sugar. Effervescence occurs if washing soda is present
Test for Chalk Powder	• Dissolve 2 gm of sugar in water; dip a red litmus paper in the solution. If washing soda is present, it will turn blue.
	• Dissolve 10 gms, in a glass of water. Allow to settle, chalk will settle down in glass

EDIBLE OILS

Cooking oil is plant, animal, or synthetic fat used in frying, baking, and other types of cooking. It is also used in food preparation and flavoring not involving heat, such as salad dressings and bread dips, and in this sense might be more accurately termed edible oil.

Adulterants in oil:

- Argemone oil
- Mineral oil
- Karanja oil
- Castor oil
- vegetable oil

Harmful Effects of Adulterants

- Loss of eyesight
- Heart diseases
- Tumour
- Damage of liver
- Carcinogenic effects
- Liver damage
- Stomach problems

Test for Adulterants



Test for adulterants in Coconut oil	<ul style="list-style-type: none"> • Place small bottle of oil in refrigerator. • Coconut oil solidifies leaving the adulterant as a separate layer.
Test for Argemone oil (adulterant) in Mustard oil	<ul style="list-style-type: none"> • Take a small amount of mustard oil in a transparent glass and add a few drops of nitric acid to it. • Shake vigorously and heat the mixture for 2-3 minutes. • The appearance of red colour indicates the presence of argemone oil.
Test for addition of prohibited colours in any edible oil	• Take 5 ml of sample in a test tube and add 5 ml of concentrated hydrochloric acid. Shake gently; let it stand for 5 minutes. Colour will separate in the upper layer of the solution.

DALS AND PULSES MASOOR DAL

Masoor dal is an important part of the diet in many parts of the world, especially in the Indian subcontinent, which has a large vegetarian population. It is basically split lentil without skin and is red in colour.

It does not need soaking prior to cooking as it is a soft dal and cooks quickly.

Adulterants in Masoor Dal

- Metanil yellow,
- khesari dal
- Dust, pebble, Stone, Straw, weed seeds, damaged grain, weevilled grain, insects, hair and excreta of rodent

Harmful Effects of Adulterants

- Paralysis
- lahyrism cancer



Test for Adulterants

Simple Tests	<ul style="list-style-type: none"> Add 50 ml of dilute HCl to the sample and keep on simmering water for 15 minutes The pink colour developed indicates the presence of Khesari dal
	<ul style="list-style-type: none"> Presence of Clay, stone gravel, webs, insects, rodents' hair and excreta. Visual examination will detect these adulterants.

SAGO (SABUDANA)

Sago is a starch taken from the spongy center of sago palm stems. As a starch, the health benefits of sago come primarily from carbohydrates. Sago is a common ingredient used in Indian recipes.

It is also known as sabudana. Sabudana khichdi, Payasam is a perfect food for those on a fast.

Adulterants in Sago:

- Sand or talcum:
- Maize Starch

Harmful Effects of Adulterants

- Highly toxic to human body
- Stomach Disorders



Test for Adulterants

Physical Test	<ul style="list-style-type: none"> Put a little quantity of sago in mouth, it will have a gritty feel, if adulterated.
Burning Test	<ul style="list-style-type: none"> Burn the sago, if pure, it will swell and leave hardly any ash. Adulterated sago will leave behind appreciable quantity of ash.

GRAM FLOUR (BESAN)

Gram flour or chickpea flour or besan, is a [flour](#) made from a variety of ground [chickpea](#) known as Bengal gram.

It is a staple ingredient in most Indian cuisine. Gram flour can be made from either raw or roasted gram beans. The roasted variety is more flavorful, while the raw variety has a slightly bitter taste.

Adulterants in Besan

- Khesari (Lathyrus sativus) flour - To increase the brightness of gram flour for look like a better quality.
- Metanil yellow
- Arhardaal

Harmful Effects of Adulterants

- Lathyrism is a nervous disease that is cripples a person for life. This disease is known to result from an excessive consumption of the Khesari flour (Lathyrussativus).
- Metanil Yellow is a Toxic non-permitted food colour. It disturbs the central nervous system and is also known to cause Paralysis.



Test for Adulterants

Lab Test for Metanil Yellow	<ul style="list-style-type: none"> Take ½ teaspoon of the gram flour in a test tube. - Pour 3 ml of alcohol in the test tube. Mix up the contents thoroughly by shaking the test tube.
Test for Khesari Flour	<ul style="list-style-type: none"> Add 10 drops of hydrochloric acid it. A pink colouration indicates presence of metanil yellow in the gram powder.
	<ul style="list-style-type: none"> Add 50 ml of dilute Hydrochloric acid to 10 gms of sample and keep on simmering water for about 15 minutes. The pink colour, indicates, the presence of Khesari flour

FOOD GRAINS WHEAT

Wheat is a cereal grain. It is a staple food used to make flour for leavened, flat and steamed breads, biscuits, cookies, cakes, breakfast cereal, pasta, noodles.



Adulterants in wheat /Wheat flour

- Dust, pebble, stone, straw, weed seeds, damaged grain, weevil led grain, insects, rodent hair and excreta.
- Boric acid
- Excess bran
- Chalk powder

Harmful Effects of Adulterants

- Boric acid causes nausea, vomiting, stomach aches, and diarrhea.
- Excess Bran causes painful cramps, diarrhea, mal-absorption, constipation, intestinal-gas, intestinal blockage

Test for Adulterants

Visual Test to test presence of Dust, pebble, stone, straw, weed seeds, damaged grain, weevil led grain, insects, rodent hair and excreta	<ul style="list-style-type: none"> • These may be examined visually to see foreign matter, damaged grains, discoloured grains, insects, rodent contamination.
Test for presence of excess bran	<ul style="list-style-type: none"> • Sprinkle on water surface. Bran will float on the surface.
Lab Test for presence of Chalk Powder	<ul style="list-style-type: none"> • Shake sample with dil. HCl Effervescence indicates chalk.

BAJRA

Pearl millet is the most widely grown type of millet. It has been grown in India since prehistoric times. It is rich in fiber, proteins and essential minerals pearl millet flour is a healthy gluten-free alternative to wheat.

Kambu is the Tamil name of Pearl millet and is an important food across the Indian state of Tamil Nadu.

Adulterants in Bajra

- Ergot infested bajra
- Dust, pebble, Stone, Straw, weed seeds, damaged grain, weevilled grain, insects, hair and excreta of rodent.
- Dhatura

Harmful Effects of Adulterants

- In moderately excessive amount can result in risk to health,
- Affects the quality of the product



Test for Adulterants

Simple Test	<ul style="list-style-type: none"> • Soak bajra in water. • Swollen and black Ergot infested grains will turn light in weight and will float in water.
These may be examined visually to see foreign matter, damaged grains, discoloured grains, insects, rodent	<ul style="list-style-type: none"> • Test for presence of Dust, pebble, Stone, Straw, weed seeds, damaged grain, weevilled grain, insects, hair and excreta of rodent contamination



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Food Civil Supplies and Consumer Protection Department, Maharashtra



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MAIDA

[* File contains invalid data | In-line.JPG *]Maida is a type of [wheat flour](#), which is finely milled without any [bran](#), refined, and bleached. Maida closely resembles [Cake flour](#).



The term maida is commonly used in southern India; the equivalent term in northern India is safed atta, literally “white flour”,

Maida is used extensively for making fast food, baked goods such as pastries, bread, several varieties of sweets, and traditional flatbreads.

Adulterants in Maida

- Resultant atta or cheap flour
- Boric Acid
- Chalk powder

Harmful Effects of Adulterants

- Poisonous
- Skin rashes

Test for Adulterants

Test for presence of Boric Acid	<ul style="list-style-type: none"> • Take a small amount of maida in a test tube, add some water and shake. • Add a few drops of Hcl. • Dip a turmeric paper strip if it turns red, boric acid is present.
Test for presence of	<ul style="list-style-type: none"> • Take a small amount of maida in a test tube, add some water and shake. • Add a few drops of Hcl. • Effervescence indicates the presence of chalk powder

RAVA/SOOJI

Sooji, rava and semolina are different names of the same powder or flour that is obtained from wheat. In India, semolina (called Suji or Shuji) is used for such sweets as Halwa and RavaKesari,Ladoo.

Rava may be described as the residues of milled material, after the flour is ground in a flour mill (chakki). It is passed through a fine mesh till flour and rava were separated.

Adulterants in Rava

- Sand, soil, insects, webs, lumps. rodent hair and excrete
- Iron filings
- Insects
- Soft wheat



Harmful Effects of Adulterants

- Maybe carcinogenic

Test for Adulterants

Simple Test	<ul style="list-style-type: none"> • Iron Filing is usually added to increase the weight. • By moving the magnet over the sample iron filings can be separated
	<ul style="list-style-type: none"> • Sand, soil, insects, webs, lumps. rodent hair and excreta can be easily identified by visual examination

8. MISCELLANEOUS TEA LEAVES

Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over cured leaves. It is the most widely consumed drink in the world. There are many different types of tea

Adulterants in Tea

- Exhausted tea
- Iron flakes

Harmful Effects of Adulterants

- Liver disorder
- Diarrhea
- Consuming tea which contains fabric dye to give it a colour can lead to cancer.



Test for Adulterants

Filter Paper Test - Test for Exhausted tea	<ul style="list-style-type: none"> • Take a filter paper and spread a few tea leaves • Sprinkle with water to wet the filter paper. • If coal tar colour is present it would immediately stain the filter paper. • Wash the filter paper under tap water and observe the stains against light
Lime Test	<ul style="list-style-type: none"> • Spread a little slaked lime on white glass plate • Sprinkle a little tea dust on the lime. • Red, orange or other shades of colour spreading on the lime will show the presence of coal tar colour. • In case of genuine tea, there will be only a slight greenish yellow colour due to chlorophyll, which appears after some time.

COMMON SALT/ IODIZED SALT

Table salt or common salt is a mineral composed primarily of sodium chloride (NaCl), a chemical compound belonging to the larger class of salts.

A salt plain (also known as a salt pan or salt flat) is a flat area of ground covered with salt and other minerals.

They are usually purely white. Salt in its natural form as a crystalline mineral is known as rock salt

Adulterants in salt

- Chalk powder
- Common salt

Harmful Effects of Adulterants

- Highly toxic to human body
- Affects the quality of the product



Test for Adulterants

Simple Test to detect Chalk Powder	<ul style="list-style-type: none"> • Mix a sample with a glass of water. Salt will dissolve chalk powder will settle down.
Lemon Test	<ul style="list-style-type: none"> • Cut a piece of potato, add salt & wait for minute & add few drops of lemon juice. • In case of iodized salt blue colour will appear & if common salt no colour will appear

VINEGAR

Vinegar is the product obtained exclusively through biotechnological processes such as double fermentation, alcoholic and acetic fermentation of liquids or other substances of agricultural origin. There are various types of vinegars obtained from various sources such as wine fruit and berry, cider, alcohol, grain, malt, beer and honey.

Vinegar is used as a food additive and also it acts as effective preservative against food spoilage.

Adulterants in vinegar

- Mineral Acid

Harmful Effects of Adulterants

- Vomiting,
- allergic reaction
- symptoms such as swelling, difficulty breathing



Test for Adulterants

Simple Test	<ul style="list-style-type: none"> • Test with the Metanil yellow indicator paper. • In case, the colour changes from yellow to pink, mineral acid is present
-------------	---

LAWS AGAINST ADULTERATION IN INDIA



As per Food Safety and Standards Authority of India, a food article could be declared adulterated if:

- When an substance is added which depreciates or injuriously affects it.
- Cheaper or inferior substances are substituted wholly or in part.
- Any valuable or necessary constituent has been wholly or in part abstracted.
- It is an imitation.
- It is coloured or otherwise treated, to improve its appearance or if it contains any added substance injurious to health.
- For whatever reason its quality is below the standard.

NOOSE TIGHTENS

Under the proposed amendments, food adulteration has been categorised into four, with different punishments for different categories.

6 MONTHS
If **NO INJURY** is caused

1 YEAR ₹3 lakh
If adulterated substance causes **NON-GRIEVOUS INJURY**

6 YEARS ₹5 lakh
For **GRIEVOUS INJURY** due to adulterated food

LIFE IMPRISONMENT
If adulterated food causes the **DEATH OF A PERSON**

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■ Fruit and Vegetable Retail

Registration No. _____

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Hygiene Rule Codes		Hygiene Rule Codes	
1	Keep vending premises/cart clean and pest free		6
2	Use potable water for washing fruits and vegetables		7
3	Keep sliced fruits & vegetables covered and at cold temperature		8
4	Wash chopping board knives, etc. with clean water before and after use		9
5	Keep dustbins covered		10

If any concern

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References

- www.fssai.gov.in/
- www.google.co.in
- www.old.fssai.gov.in

REDRESSAL OF CONSUMER COMPLAINTS

As a part of its charter, the CFBP seeks to rectify wrong trade conduct which might have displeased a consumer and make sure that such a grievance is redressed in a just manner.

Upon receiving a complaint from a consumer, the Consumer Grievances Redressal Committee, comprising of eminent consumer activists and headed by Ms. Asha Idnani, first screens it to ascertain its merits. Next, a letter is written to the organization against which the complaint has been received, requesting it to redress the grievance promptly. Wherever necessary, a meeting is arranged between both parties to facilitate a mutually acceptable settlement. The complaint is also posted on the CFBP website to give the respective organization an opportunity to respond and it is graded on the speed and nature of its response.

The Consumer Grievances Redressal Panel which includes two former Bombay High Court Judges, Justices D. R. Dhanuka and B. B. Vagyani, periodically reviewed the complaints and the status of their redressal. The Legal Cell, consisting of leading consumer lawyers headed by Mr. Anand Patwardhan, meet on the second and fourth Saturdays of every month to hear complainants in person and advise them suitably in resolving their grievances.

In certain cases, the CFBP might help a consumer fight for a case in a consumer court by providing the necessary counseling, if the matter escalates to that level.

GOT A COMPLAINT?

We're here to help you

Please contact us with all the details and supporting documents. Our Consumer Grievances Redressal Committee, headed by Ms. Asha Idnani and Mr. Anand Patwardhan, will help you in securing redressal of your grievance/complaint.

Our legal cell meets on the 2nd and 4th Saturday of every month. Leading Consumer Lawyer Mr. Anand Patwardhan, heads the Legal Cell.

Send your Complaints to :

Council for Fair Business Practices

Great Western Building, 130/132, Shahid Bhagat Singh Road,
Mumbai 400 023 | Tel : 2288 5249 / 2284 2590 Fax : 2284 4783
Email: cfbpoffice@gmail.com / info@cfbp.org
Website: www.cfbp.org / www.cfcrc.in

ATTENTION

All complaints will also be posted on the CFBP website and the respective companies will be given an opportunity to respond. They will be graded on the speed and nature of their responses.

REACHING THE UNREACHED

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Topics for the competition

- ❖ Jaago grahak jaago
- ❖ Fair business practices
- ❖ Mera haq - My Rights
comprising of Rights to
Voice Act Information Knowledge
Good health Good food

Who can participate?

School students of the 9th and 10th Standards and College students from Junior College ,Undergraduate and postgraduate courses.

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NAHIN TO APNO KE LIYE BHAGO JAAGO GRAHAK JAAGO"***

“We shall promote the highest ethical practices, by business & professionals,
in order to Provide complete satisfaction to consumers & other stakeholders.”

Things one should know while getting treatment in a hospital.

Getting admitted in a Hospital? Follow these tips

- 1 Ask for the copies of the rack rates of different class of Beds and the 'Add On' Charges applicable for different class of rates. The rack rates on OPD basis are the lowest. For In Patient, there is hike in charges ranging from 20 % to 50 % - or even more for admitted patients.
- 2 There are 'Emergency Charges' for Doctors Visit, Surgery as well as for diagnostic tests during the night time from around 9 pm to morning around 8 am.

Know in advance the system of these emergency charges. Sometimes these charges can be exorbitant.


There may also be a tendency to do tests during these off duty hours which are strictly not warranted by the medical condition of the patient.
- 3 There are extra 'Portable Charges' for diagnostic tests like X Ray, ECG etc done at the bedside of the patient. Sometimes these are very exorbitant. Ask for this information in the initial period itself.

Know Your Rights

1. Right to bring your own medicines instead of using the medicines supplied by the Hospital at an exorbitant profit margin.
2. Right to know the complete rack rates of diagnostic tests in advance
3. Right to have copies of all his medical records including diagnostic tests, medical notings, discharge reports
4. Right to have strict confidentiality of his medical diagnosis and treatment as well as his bills.
5. Right to know the Doctors Charges in advance. This is particularly relevant when the Doctors charges are 'Negotiable'.
6. Right to be counselled by his treating Doctor about his medical condition, diagnosis and line of treatment on regular basis.

Right to return the unused medicines of unopened bottles and full strips of tablets and get full value refund for the same

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