

Food Safety



safety in the world. If we talk about the priorities of WHO food safety is in top 11, this organization making astronomical efforts in this aspect.

Due to food borne illness in the world, life is affected by many out brakes; Children are mostly affected by this issue in developed and Under-developed countries. If we want to overcome the issues of **Poverty** and **Hunger** in the region, then we have to improve the food safety conditions. Many of the common disease like, kidney issues including salmonella, listeria, campylobacter, or E-coli. Tuberculosis is transfer through animal and people belonging to villages are mostly affecting by this issue. Millions of the peoples are affected by intestinal problems which are caused by water contamination. Food borne diseases are account as major challenge for developing societies. According to an estimate there are around **15,00** diarrheal affaires befall worldwide, out of which **75%** is due to biological defilement & aftereffect in 3 million deaths of children ranging age 5 or less.

1 Introduction

Increase in the world population and its relation with trade as given rise to many food safety problems, especially underdeveloped countries are affected by this problem. There is no doubt that food safety is big challenge for under developed countries, these countries have to overcome food safety issues to enhance their economy. WHO says economy of under developed countries is affected by food born illness by increasing the ratio of disease in that region. The reason for the situation is the lack of monitoring facilities by the Government. Because many of the food borne diseases remain note less. Many multinational organizations are working in developed and under-developed countries to ensure food



2 Food Safety Legislation in Pakistan

Everyone has concerned with food safety for it health. Food consumption is basic for survivorship of life, food safety problems are bosom for all of us. If we talk in simple words, the things we chew or drink should be free from contamination, safe for humans. If we want to deliver safe food for the people living in the

region, we have to take steps to increase the level of food chain i.e. production techniques, storage condition, supply techniques, transports facilities and consumption. If we see, government and citizens are two main investors to ensure the food safety in the country. Food producers/industrialist play major role in food safety, but we will not discuss this in this article.

The focus of the article is the role of government and the citizens of the country to achieve the food safety levels by enforcement or by proper legislation, the reason for the implementation is to authorized the state, citizen have to play major role in the implementation of legislative sachem offered by the government. The state provides the legal configuration, include several conditions for providing safe food to the people. These include, banning to the sale of adulterated products, biosafety measures by keeping different SoP's and etc. Every country has its own framework to ensure the food safety, according to their religion and believe.



If we talk about Pakistan, there is no infrastructure but we have a set of laws according to Islam, to ensure the food safety in the country. If the government had played its role to implement these laws long time ago then we have solved many of the problems about the food safety. But like other laws, food safety laws are very down for implementation.

3 Law dealing with Food Safety in Pakistan

There are number of laws related to food safety in Pakistan. However, these laws have categories according to the need, there are different law for the hygiene production of food products, save transport of the products and the supply of food products, and as a whole we can say there are laws from **Farm to Fork** to ensure the food safety of the products.

There are four laws in Pakistan that particularly bargain with food safety. Three of these laws have direct relation with issue affiliated to food safety, while 4th law is named as **Pakistan Standards & Quality Control Authority Act (PSQCA)**, but is indirectly related to food hygiene.

A short review of these laws is given a head:

3.1 The Pure Food Ordinance

This law was passed in **1960**, this law deal with hygiene production or preparation of food product & the sale of these food products. All the provinces In Pakistan and some areas in Northern sides adopted this law by making some correction in it. The main purpose of this law is to make sure that purity of food is being delivered to the citizen in the market, by preventing the addition of adulterants. The law forbids any person to add or mix color, stain or powder in any food product. If the addition of these is more than the limit set by the rules, so it's likely to make food product injurious for human health. The food safety laws in Pakistan have standard limits for coloring component, preservative use while processing, flavoring compound, antioxidants, stabilizers, anticaking agent, non-nutritive components and metals. This law also bans the selling, preparation, production, import and export of such food product which are adulterated beyond the limits and it is also harmful for the consumption.

This law has also standards for the packaging of food product and caution measure are taken

during storage and packaging. There are four attributes which should be followed to ensure the purity of the food product:

- 1) It bans the production of such food products which are harmful for the human intake e.g. product that can cause food poisoning.
- 2) It forbids the import and export or selling of hazardous food products.
- 3) Certain hygiene criterion.
- 4) It facilitates the laboratory analysis of the food samples which cohere to set criterion. It is the responsibility of the government to implement the law. The laws about the food safety vary from area to area and the Panelist also has different criteria according to that area.

The pure Food ordinance 1960 is not applicable troop areas. There is separate law for troops known as “**The Cantonment Pure Food Act, 1966**”. There are no major differences between the Pure Food Act 1960 and Cantonment Pure Food act 1966. Even the operational rules are very much similar.

4 Public Monitoring

The existing laws have greatly contributes in the public monitoring implementation of food safety. Following are the points for public monitoring of food safety laws:

- 1) According to pure food ordinance 1960, it the right of the citizen to analyze food sample. If the sample is dubious for contamination, the person can write the application to the food inspector or health inspector asking him to buy the sample of food product from specified person mentioned in the application for inspection. The applicant has to pay for the sample being purchased and if the sample is found to be adulterated, the money paid by the applicant will be refunded.
- 2) The pure food ordinance 1960, bans the production, preparation or storage for the

purpose of sale for such product that are unfit for the consumption. It is the foremost responsibility of the citizens to look around them and inform the local authority about the person who is found of preparation and production of such products which are harmful for the potential users.

- 3) Any person running hotel, restaurant, sweetmeat shop or any other eating place should have a health certificate from health officer of the area. It should be mentioned in the certificate that he/she is selling food safe for consumption. A person can ask for the certificate, in case of failure he/she can write a complaint to the health inspector of the area.

5 Food Safety & Write to Information

If proper information provided to the government, so it will use that information to take make measure in solving the public issues about the food safety. It is the right of the citizen to access the information the government department under **Freedom of The Ordinance 2002**. This law is also applicable to Federal government and departments attach to it. However the federal government is not acted this legislation about information on provinces and not publically issue the data about any information.

In Pakistan departments are working for the testing of water and other components which are used for the preparation of products in industry or home. For instance **National Institute of Health (NIH) & Pakistan Council for Research in Water Resources (PCRWR)**, these departments has conducted laboratories test for bottle water brands, many times and they found many brands inappropriate for the consumption but they never leaked out the information about these brands as it is illegal in accordance to law. Different types of test are performed on comestible oil and Banaspatti

ghee by **Pakistan Standards and Quality Control Authority (PSQCA)** being prepared in Karachi, but PSQCA never exposed the names of these brands which are unfit for consumption.

Pakistan food imports are controlled by Federal government and the measures to fulfill Food Safety Standards are insured by the Provincial governments.

5.1 Pure Food Laws (PFL)

In 2011, PFL of 1963 were revised and now, they are considering as basics for the trade related food quality and the safety framework. Under this law 9 apparent groups of food products are made which covers 104 food items. Following are the classes of these products:

- 1) Milk and Milk products.
- 2) Edible oil and Fat Products.
- 3) Beverages.
- 4) Food grains and Cereals.
- 5) Starchy food spices and Condiments.
- 6) Sweetening agents.
- 7) Fruits and vegetables & miscellaneous foods.

5.2 Provincial Government

Following are the departments having responsibility to have a check and balance of the raw material being used in the production of food products:

1. Department of Health.
2. Department of Plant Protection.
3. Livestock/Dairy Depart

6 Punjab Food Authority

In Pakistan under the government of Punjab an agency named as **Punjab Food Authority (PFA)** is running to facilitate the citizens of the Punjab with hygiene food products & to aware the people about the awareness of food safety & its importance. It was founded in 2011. It was the first department of its type in our country. Two acts were passed in 2011, named as “Punjab Food Authority Act 2011” & “Pure

Food Rules 2011” to enforce the rules for Quality standards as described in the laws.



6.1 Responsibilities of PFA

Following are the responsibilities which are fulfilled by the PFA in accordance to the Act 2011;

- 1) They have to monitor the activities of different industries dealing with food product manufacturing, to ensure the supply of safe food for the consumers.
- 2) They have to maintain standards & create new rules & standards for different types of food products & also for the food additives & packaging.
- 3) They have to maintain the standards of their Testing Laboratories & have to Upgrade their Procedures & Equipments according to new rules & technology.

- 4) They play an important role in the organizing the training sessions for the citizens & stakeholders.
- 5) To trace the production lines of different food products & hygiene measures of the industry.



6.2 Enforcement Mechanism & Tools

Different types of methods are used by PFA to enforce the standards discussed in the PFA act 2011.

Following are the methods;

- 1) Sending Notice to the Stakeholder.
- 2) By Fining the Industry.
- 3) Seize a specific product or the whole industry.
- 4) Recall in the food product light of Laws.

7 Conclusion

According to the recent conditions of food safety in the Pakistan, it's a big challenge for the economy of country to overcome these conditions. To safe country from worst conditions it is necessary to take safety measures on time. Food borne diseases are the alarming conditions for the country among which diarrhea is most common in the children, we have to overcome this issue because our future is based on our children. The improvement of farm hygiene will also contributes food safety major concern of food quality. Food is one the basic necessities of human. The number of variety of scientific techniques have been developed to protect consumers and also to screen adulteration in food. Advanced tools and research effort should continue to be applied to address all food quality and to ensure brand and consumer protection. Food integrity includes primary production, storage, processing, packaging, distribution, retail, product consumption to recognize or analyze unwanted food ingredient in the food supply line that would impact public health and food safety. moreover, to control of contamination minimize the risk of unfit consumption of food . the best way to stay healthy well informed about the basic principle of food handling and safe food production.

6.3 Punjab Food Authority Act 2011

According to the PFA act 2011 a Food or Food Product will be adulterated if;

- 1) Which is not Natural.
- 2) Substance that effect the Environment & Health of Consumer.
- 3) Which is not Processed according to standards & have additives beyond the standard limits.
- 4) Any product that contain Poisonous components.
- 5) Which is kept in unhygienic conditions.