



अखिल भारतीय तैरापंथ महिला मंडल

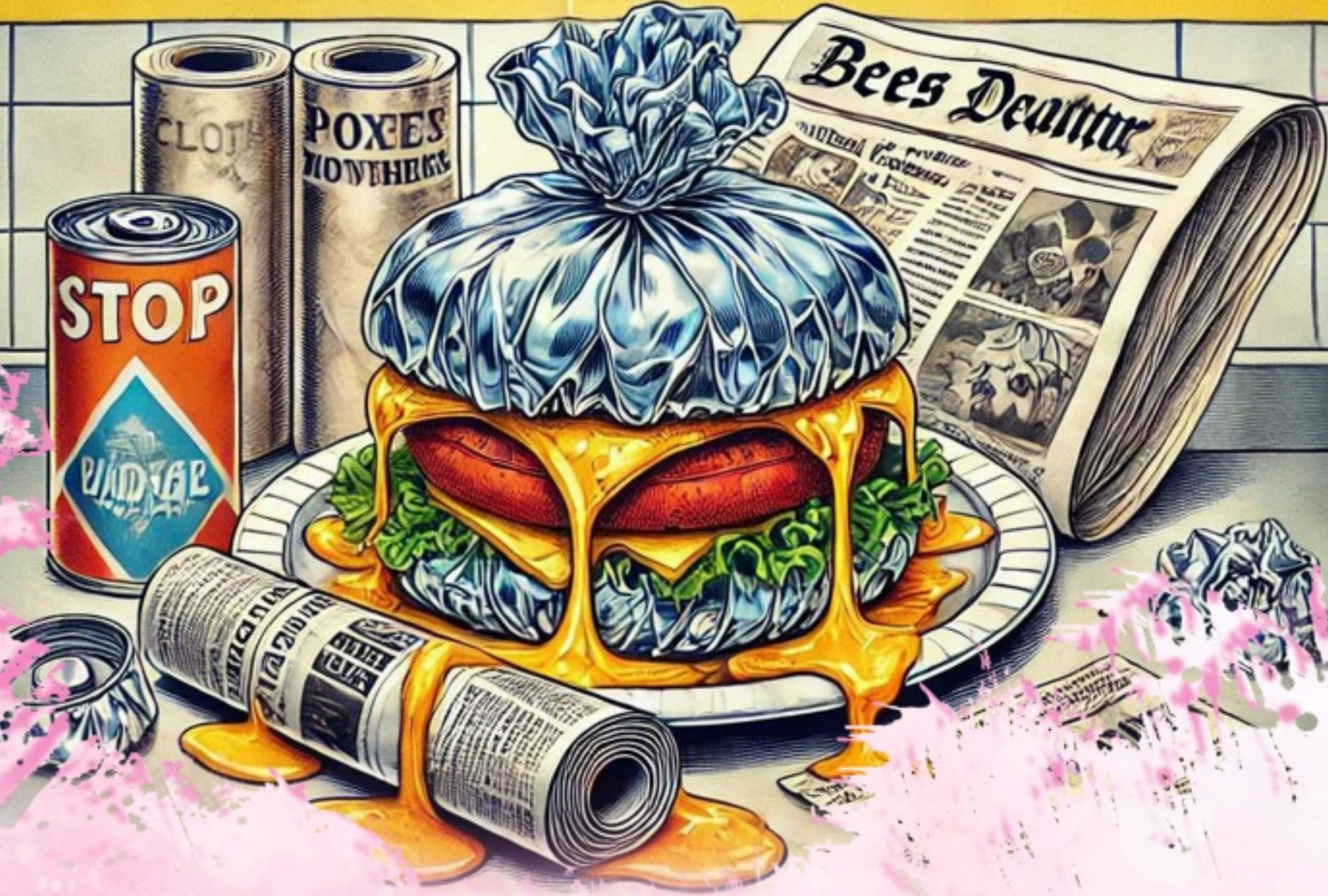


Under the guidance of

AKHIL BHARTIYA TERAPANTH MAHILA MANDAL

CANCER AWARENESS PROGRAM

**STOP USING WAX
ALUMINUM FOIL AND NEWSPAPERS
FOR FOOD WRAPPING!**



ORGANISED BY:

TERAPANTH MAHILA MANDAL

AKHIL BHARTIYA TERAPANTH MAHILA MANDAL

Under the aegis of the Akhil Bhartiya Terapanth Mahila Mandal, the ongoing year-long cancer awareness campaign focuses on every subtle topic and point that could contribute to cancer disease. The campaign aims to educate people on how a little more awareness can lead to a healthier life.

For example, we often notice in our homes or surroundings that many people still use **aluminum foil or newspapers to wrap food**, whether in the kitchen or from the market.

Based on insights from doctors, it has been found that using newspapers and foil paper to pack food can be harmful to health and could be one of the main causes of cancer. Let's explore this in detail:

1. Why should newspapers not be used for wrapping food?

- Harmful chemicals in printing ink:**
The ink used in newspapers contains harmful chemicals such as lead and cadmium, which can leach into food and pose serious health risks.
- Lack of hygiene:**
Newspapers are neither clean nor hygienic; they may carry dust, dirt, and bacteria, which can contaminate food.
- Violation of food safety standards:**
The use of newspapers for food packaging is legally banned in many countries due to its adverse effects on health.

2. Why should aluminum foil not be used for wrapping food?

- Chemical reaction with food:**
Aluminum foil can react with acidic or spicy foods, causing aluminum particles to leach into the food. These particles can accumulate in the body and lead to health issues.

Safe alternatives:

- Use food-grade materials, such as butter paper or parchment paper.
- Opt for food-grade plastic bags or containers.
- Wrap food in butter paper first and then use foil paper if necessary.

Action Plan:

All local branches of the organization are encouraged to distribute free food-grade paper or parchment paper to nearby markets and roadside food vendors. Posters should be put up in various locations, and detailed information should be shared with the public.

Posters related to this campaign are available on the Akhil Bhartiya Terapanth Mahila Mandal website. For further information, you can contact the campaign coordinator, **Anita Bardia, at 9500464089.**