

Central Food Technological Research Institute (CFTRI)

Central Food Technological Research Institute (CFTRI) is one of India's most respected scientific institutions working in the field of food science and technology. Located in Mysuru, Karnataka, CFTRI was established in 1950 and operates under the Council of Scientific and Industrial Research (CSIR). The institute plays a key role in improving the quality, safety, and availability of food in India.

Food is a basic need for everyone, and CFTRI works to ensure that food is **nutritious, safe, affordable, and long-lasting**. Scientists at CFTRI study different types of foods—grains, fruits, vegetables, milk products, bakery items, and traditional Indian foods—and develop better ways to process, preserve, and package them. This helps reduce food waste and ensures that people get healthy food throughout the year.

One of CFTRI's most important areas of work is **food processing technology**. Fresh foods like fruits and vegetables spoil quickly if not handled properly. CFTRI develops methods to dry, freeze, can, or package foods so that they stay fresh for longer periods. These technologies are especially helpful for farmers, food industries, and small entrepreneurs, as they help increase income and reduce losses after harvest.

CFTRI also focuses strongly on **nutrition and health**. Scientists here work on improving the nutritional value of food by adding essential vitamins, minerals, and proteins. The institute has developed special foods for children,

pregnant women, elderly people, and patients with specific health needs. Such research supports national programs related to child nutrition and public health.



Another important contribution of CFTRI is in **traditional and indigenous foods**. India has a rich variety of traditional foods, and CFTRI studies these foods to improve their quality and shelf life without losing their taste or cultural value. This helps take Indian foods to global markets while keeping them safe and standardized.

Education and training are also a major part of CFTRI's mission. The institute trains students, food technologists, and entrepreneurs through courses, workshops, and internships. School and college students often visit CFTRI to see laboratories and learn how science is applied in everyday food items like bread, biscuits, noodles, and snacks.