



## PRESS RELEASE

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### **Deputy Commissioner of Food Safety Clarifies Safety of Fish and Eggs Tested Across Meghalaya**

**Shillong, February 03:** The Deputy Commissioner of Food Safety Smti. D.B.S. Mukhim on 2<sup>nd</sup> February 2026 clarified that fish samples from Meghalaya tested for heavy metals have been found to be safe and in conformity with prescribed standards, dispelling concerns raised on social media.

Mukhim informed that around 45 fish samples collected from across the state were sent to accredited laboratories in Kolkata for analysis. The test reports confirmed that all the samples met Food Safety and Standards Authority of India (FSSAI) norms and did not contain any heavy metals.

She said the samples were collected from various districts in accordance with FSSAI rules and standards. Apart from laboratory testing outside the state, the Commissionerate of Food Safety also conducts regular on-the-spot testing through its 'Food Safety on Wheels' initiative, under which officials visit markets, collect samples and carry out preliminary tests.

She also noted that routine testing conducted by the department has not detected the presence of formalin in fish, confirming that it is safe for consumption. The department has nevertheless remained in touch with authorities in neighbouring states on the matter.

The Deputy Commissioner advised consumers to take basic precautions such as washing fish properly before use. She also informed that egg samples collected recently from all districts were tested and found to be within prescribed standards, assuring the public that there was no cause for concern.

Mukhim reiterated that the Commissionerate of Food Safety conducts such testing exercises regularly to ensure food safety across the state.