

ENVIRONMENTAL HEALTH UNIT

ASANTE AKYEM NORTH MUNICIPAL ASSEMBLY

P.O. BOX AG 155 AGOGO

TEL: 0504069549

OUR REF: AANMA/

YOUR REF:



3RD MARCH, 2022

INVITATION LETTER

As part of improving the quality of food consumed by customers and pupils in the Municipality, the Environmental Health Unit of the Municipal Assembly is inviting you to a one day orientation on basic food nutrition.

You are kindly requested to present fifty (50) participants; 30 food vendors/handlers and 20 school feeding caterers for this all important programme.

Date: **21st March, 2022**

Time: **8:00am**

Venue: **Municipal conference Hall**

Counting on your usual cooperation.

SAMUEL TEYE

(ENV. HEALTH OFFICER GI)

For: MUN. ENV. HEALTH OFFICER

DISTRIBUTION

THE PRESIDENT

ASANTE AKYEM ADUANETONFOC KUO

AGOGO

ALL SCHOOL FEEDING CATERERS

ASANTE AKIM NORTH

ENVIRONMENTAL HEALTH UNIT

ASANTE AKYEM NORTH MUNICIPAL ASSEMBLY

P.O. BOX AG 155 AGOGO

TEL: 0504069549

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23RD MARCH, 2022

**REPORT ON ORIENTATION FOR FOOD VENDORS/HANDLERS AND SCHOOL
FEEDING CATERERS ON NUTRITION**

I hereby submit the report on orientation for food vendors/handlers and school feeding caterers on nutrition for your kind perusal.

Counting on your usual cooperation.

SAMUEL TEYE
(ENV. HEALTH OFFICER GI)
For: MUN. ENV. HEALTH OFFICER

THE MUNICIPAL CHIEF EXECUTIVE
ASANTE AKIM NORTH MUNICIPAL
AGOGO

ORIENTATION FOR FOOD VENDORS/HANDLERS AND SCHOOL FEEDING

CATERERS ON NUTRITION

PREAMBLE

Promoting Public Health is an important element for improving the living standard of every individual, community and the country as a whole. It is within this limelight that, food vendors/handlers and caterers need the necessary knowledge and skills to know some basic food nutrition. Environmental Health Unit of the Municipal Assembly is charged with the responsibility of ensuring the populace is protected from consuming unhygienic, unwholesome, adulterated and unbalanced diet in the Municipality. We took it upon ourselves to interact with food vendors /handlers and caterers through a one day seminar organized for them geared towards preparation of nutritious food for customers and students.

TARGET GROUPS

The target group for this orientation included; food vendors/handlers, caterers, cook Chop bars and restaurants operators. A total of 50 food vendors and caterers were invited for the programme.

TOPICS TREATED

Some food vendors/handlers and School Feeding Caterers were taken through the following topics;

- (i) Balance Diet
- (ii) Adulteration
- (iii) Food poisoning
- (iv) Food hygiene
- (v) Food preservation

BALANCED DIET

Balanced diet as we know refers to a diet that provides adequate amounts of all the food nutrients in proportion necessary for the growth and good health of the body.

Participants were educated on the six food nutrients namely; Carbohydrate, Vitamins, Proteins, Fats and Oil, Minerals and Water and the need to include all these food nutrients in appropriate proportions in foods prepared both at home and at school for customers and pupils.

It was further explained to them that eating a healthy, balanced diet is an important part of maintaining good health, healthy body weight, energy, allow better sleep and improve brain function. The six food group chart below was used to aid in easy explanation and teaching.



FOOD ADULTERATION

Adulteration of food refers to the process by which the quality or the nature of a given food is reduced through addition of adulterant or removal of vital substance. It is important to note that during food adulteration, small amount of non-nutritious substances are intentionally added to improve the appearance, texture or storage properties of the food.

Food vendors/handlers and caterers were taken through food adulteration and its health implication on the students and customers. It was made known that during the monitoring of food vendors and caterers prior to this programme, we observed that some food vendors and caterers adulterated food by adding colour and additives, e.g. flour to groundnut, sugar to beans, foam to honey, “kanwo” to beans, curry powder solution to unfried yam. There was the need to orient food vendors and caterer to avoid using these artificial spices which have negative health implication on the heart and other majors body organs.

FOOD POISONING

Food poisoning as explained by the facilitator is caused by eating food which has been contaminated with bacteria, parasites, viruses, or the toxins made by germs.

This happens when food is not well cooked or reheated thoroughly, is not stored correctly, and handled by not washing the hands. Participants were taken through processes of contamination of food. Food contamination can happen at any stage from delivery, preparation, handling, transportation, and storage to service but the risks factors are associated with food borne diseases and food poisoning originated from human influences. Therefore there is the need to be vigilant and careful when handling food. Most cases are caused by common bacteria such as staphylococcus.

They were oriented on the most common symptoms of food poisoning which

Includes the following;

- Abdominal cramps
- Diarrhea
- Vomiting
- Loss of appetite
- Mild fever
- Weakness
- Nausea
- Headaches

FOOD HYGIENE

Participated were educated and advised on proper washing and arrangement of bowls, cups spoons, proper washing of vegetables, proper refuse storage and disposal, use of fly proof nets, washing and tidying of floors, proper food preservation and arrangement to make it unattractive to rodents and vermin invasion. It was emphasized that utensils that are used in preparing food should be clean and well-kept to avoid contamination. It should also be an odour free environment. These should be observed during the production, processing, storage, distribution and preparation of food. This breaks the chain of any infection, sickness or illness from getting to the Consumer. A clean and tidy environment free from Odour and other harmful substance attract buyers and consumers and also increases patronage.

Your dressing and how you look attracts costumers as have been observed over the years by most researchers. It is therefore imperative that it is sent to where one sells and prepares food. And to avoid the risks that may arise through poor personal hygiene practices, we must take into account different prevention remedies to maintain proper food hygiene since the most frequent sources of transmission of microorganisms are through the hands, mouth, mucous membrane etc. therefore a high level of personal hygiene must be maintained, which includes

- Covering of hair
- Wearing of appropriate and clean apron
- Trimming of nails
- Bathing
- Covering of mouth and nose, limit talking whiles selling
- Proper hand washing with soap under running water after visiting the loo etc.
- Frequent changing of towels and napkins

FOOD POISONING

The food vendors were oriented on food poisoning. Food poisoning, also called foodborne illness caused by eating contaminated food. Infectious organisms including bacteria, viruses and parasites or their toxins are the most common cause of food poisoning.

FOOD PRESERVATION

Food preservation is the process of treating and handling food to stop or greatly slow down spoilage (loss of quality, edibility or nutritive value) caused or accelerated by micro-organisms.

The participants were educated on why food preservation is necessary.

Food preservation prevents large amount of food from being wasted.

They were also taken through the food preservation methods which included;

- ❖ Drying/dehydration
- ❖ Refrigeration and freezing
- ❖ Canning
- ❖ Salting and curing
- ❖ Food additives

The facilitators advised the participants to desist from reheating and long keeping of foods in refrigerators in order to maintain its nutritional value. Food can only be kept in the refrigerator for one week, after that it should not be in use again.

OBSERVATIONS/FINDINGS

1. It was observed that some food vendors lacked the basic knowledge on nutrition.
2. Some food vendors lacked basic knowledge on food and personal hygiene.
3. There was no proper food safety measures observed by the food vendors.

RECOMMENDATIONS.

- ❖ Foods prepared should contain all the basic nutrients.
- ❖ Raw foods should be separated from cooked ones in order to prevent cross
- ❖ Rotten or spoiled food should be discarded immediate.
- ❖ Cook food should be flies-proof to prevent food borne diseases.

CONCLUSION

The orientation programme was successful and the participants assured the facilitators that the knowledge and skills acquired will be put to use to promote their businesses and improve the health conditions of the customers and students.



SAMUEL TEYE
(ENV. HEALTH OFFICER GI)