

NUTRITION EDUCATION TO FOOD VENDORS AND COOKS IN ADAKLU DISTRICT, 2020

During the year under review, the District Health Directorate in collaboration with the Environmental Health Department organized an orientation /education session on **Good nutrition and food hygiene practices** for all food vendors in schools and in the communities as well as cooks for schools under the school feeding program.

These various topics were handled.

- Location/vending site
- Personal hygiene
- Sanitary conditions of the vending site
- Food safety and handling practices
- Health screening and permit

The orientation was organized in zones due their numbers. The district used the opportunity to conduct health screening for all participants in all the zones.

LOCATION/VENDING SITE

Facilitators made it clear that, vending site should not be close to refuse dump, open gutters with filth, stagnant water, etc. where site is close to gutter, the gutter should be kept clean and covered.

SANITARY CONDITIONS

Food vendors were cautioned to maintain good environmental hygiene. Food sold should be on high table with mesh net to prevent flies. They should have dustbins with lid, to keep their waste. Water storage container with lid containing potable water for use, frequent changing of water used to wash bowls.

PERSONAL HYGIENE

Vendors and Cooks are to cover their hair when cooking and serving as well as wear apron when selling or serving food and should dress neatly. Finger nails are to be kept short and clean.

FOOD SAFETY AND HANDLING PRACTICES

Participants were also taking through proper handling of food stuffs, good preservation practices, buying fresh and wholesome food stuffs.

NUTRITIOUS/ HEALTHY FOODS

Participants were also taking through the various food groups and were encouraged to prepare and sell nutritious and healthy meals (4-star diet) especially for those under the school feeding program.

HEALTH SCREENING

At the end of the session at each zone, participants were screened and those without health issues had their health permit while those with health conditions for which they were screened were referred to the hospital for treatment.