KRACHI EAST MUNICIPAL ASSEMBLY

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POST OFFICE BOX 1
DAMBAI
GHANA

Date: 14th OCT., 2021.

THE HON. MUNICIPAL CHIEF EXECUTIVE
KRACHI EAST MUNICIPAL ASSEMBLY
DAMBAI

KRACHI EAST MUNICIPAL ASSEMBLY
RECEIVED
14 OCT 2021
P.O BOX 1 DAMBAI O/R

Dear Sir,

SUBMISSION OF TRAINING REPORT ON SELECTED FOOD VENDORS AND SCHOOL FEEDING CATERERS 2021

I submit a training report on food vendors and school feeding caterers in the municipality for your consideration and necessary action.

Thank you.

ERNEST AGBOKLI
MUNICIPAL ENVIRONMENTAL HEALTH ANALYST

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KRACHI EAST MUNICIPAL ASSEMBLY

REPORT ON TRAINING OF FOOD VENDORS AND SCHOOL FEEDING CATERERS

Topics	• Nutrition/Portion Control • Health And Hygiene
Organizers	• Ghana School Feeding Programme Secretariat, Oti Region • Krachi East Municipal Assembly
Type Of Workshop	Training
Date	Thursday 14th October 2021
Participants	• Food Vendors • Ghana School Feeding Caterers
Venue	Municipal Assembly Hall
Facilitators	• Ernest Agbokli – Environmental Health • Md. Stella Anyina – SHEP Coordinmator
Objectives Of The Training Workshop	The Main Objectives Of The Workshop Were To: • Equip Participants With Knowledge On Nutrition • Equip Participants With Knowledge On Health And Hygiene In Food Preparation
Topics Discussed	• Portion Control/Nutrition • Recommended Menu For School • Health And Hygiene Practices Before Food Preparation • Factors To Consider When Buying Food Ingredients • Food Handling During Cooking • What Should Not Be Done During Food Preparation • Food Service

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	• Food storage NB: Find attached PowerPoint presentations
Training Format	• Oral presentation • Practical • Questions and answers
Reported By	ERNEST AGBOKLI Municipal Environmental Health Analyst
Signature And Date	14/10/21

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IMAGES OF TRAINING

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PORTION CONTROL EQUIPMENTS/ HANDY MEASURES

Solomon Konja
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Why handy measure?

- The use of scales for measures is not a common practice in Ghana
- Ghanaians have local units of measurements such as olonka, bowls, coke bottles etc
- The concept of handy measures is it to liken our local measurement units to what the scales do

BACKGROUND

- Most GSFP districts have menus without quantities
- To help improve menu planning, district level actors have been trained in the use of ration design tool.
- Based on the training, menus have been developed which indicates the quantities of food to cook.
- This would help children get enough nutrients for healthy life.

Meals commonly served in schools

- Jollof rice + Anchovies
- Waakye + Tomatoes stew
- Banku/Akple + Okro soup + Tuna/anchovies
- Boiled beans + Gari/Fried plantain
- Boiled yam + Groundnut soup + Tuna/anchovies
- TZ + Okro soup + Anchovies/Tuna
- Etc, etc.

WHAT IS PORTION CONTROL?

Portion control means controlling the size or quantity of food served to each child. The amount of food allowed per portion depends on the following three considerations:

1.The age of the child and level of activity

2.The quality of the food

3. Health state of beneficiary

Sample district

Jollof rice		
Ingredients	Quantity/child/ g	quantity for 100 children
rice	100	10,000
Vegetable oil	6	600
Tin tomatoes	15	1,500
Anchovies	10	1,000
onion	5	500
Pepper	to taste	
salt	iodised salt to taste	

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Sample cont'd

Gari and Beans

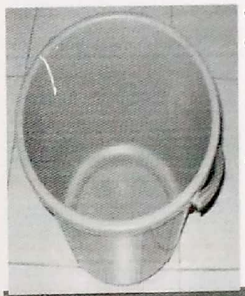
Ingredients	Quantity per child/g	quantity for
Gari	50	5,000
Beans	50	5,000
palm oil	6	600
onions	5	500
Pepper	to taste	
Salt	iodised salt to taste	

Paint bucket cont'd

- 343 School children could be served from one 'paint bucket' of palm oil.
- 337 school children could be served from one 'paint bucket' of vegetable oil

SOME PORTION CONTROL EQUIPMENTS/ HANDY MEASURES

bucket



- Measures 25L of water
- 1 bucket full of water and 2 paint buckets of palm fruits prepared = 75 children
- 1 bucket of water and 1 paint bucket of groundnut paste gives groundnut soup for 210 children

Paint bucket

- 33 servings of uncooked rice
- 38 servings of maize flour for banku or Tuo zaafi
- 32 servings of Gari
- groundnut paste with 25L of water = 210 servings
- 2 paint buckets of palm fruits prepared with 1 bucket of water (25L) = 75 portions

Small bowl

Height = 6.7cm
Circumference= 37.70cm
Volume of bowl= 370ml

For serving plain rice, wakye and jollof rice. (1 Serving)

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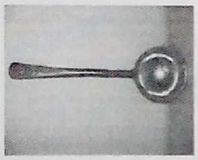
Plastic spoon

Length of spoon = 16.5cm
Volume = 8ml

Plastic spoon for oils.
(beans and gari)
2X = 1 serving

4 – 6	Banku / rice balls	2 medium orange sizes
1 – 3	" "	1½ medium orange size
KG	" "	1 orange size
4 – 6	Beans / kontomere stew	1 stew ladle
1 – 3	" "	1 stew ladle
KG	" "	1/2 stew ladle
4 – 6	Palmnut/groundnut /Neri / wirewire / okro soup	2 soup ladle
1 – 3	" "	1 ½ soup ladle
KG		1 soup ladle

Soup ladle



Length of soup ladle = 30.2cm
Circumference of soup ladle = 28.28cm
Volume= 100ml

For serving okro soup, groundnut soup, palmnut soup and okro stew.
2X = 1 serving

For serving boiled beans
(1 serving).

Thank you

SUGGESTED PORTIONS FOR SCHOOL AGE CHILDREN IN THE GHANA SCHOOL FEEDING PROGRAMME		
CLASS	COOKED FOOD	SERVING SIZE
4 – 6	Boiled rice / jollof / waakye	1 small bowl
1 – 3	" " "	2/3 small bowl
KG	" " "	½ small bowl

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Health and Hygiene in Ghana school feeding

Stella Anyina
SHEP Coordinator, KED.
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Definition of key terms

- **Health**: A state of complete physical, mental and social well being and not merely the absence of diseases or infirmity.
- **Hygiene**: A set of practices observed to preserve health.
- **Balanced diet**: A diet that contains the proper proportion of food from the various food groups.

Food preparation

- In food preparation ensure that the meal is prepared with foodstuffs from the three food groups: carbohydrates, proteins and vitamins.

Group Discussion

- Give examples of foods that belong to the following food groups:
- Carbohydrates
- Proteins
- vitamins

Health and hygiene practices before food preparation

- Take into consideration the food environment, the appearance of the food, and then finally whether it is safe and wholesome for consumption.
- When buying food items such as: **Fish, meat/poultry , Vegetables/Fruits, Gari, Maize, Beans, Canned fish/meat and Tin tomatoes:**
- Buy only from reputable suppliers
- Agree on the quality specifications for each raw food ingredients with the supplier.

Health and hygiene practices before food preparation cont'd

- Develop inspection criteria and inspect all incoming raw food ingredients for safety and quality
- Reject bad raw food ingredients
- Do not buy more perishable food ingredients than you need if you do not have good and appropriate storage facility
- Make sure pre-packaged foods such as canned foods are not expired, dented, blown in/out or rusty
- Do not buy food stuff displayed in the sun or on the bare floor

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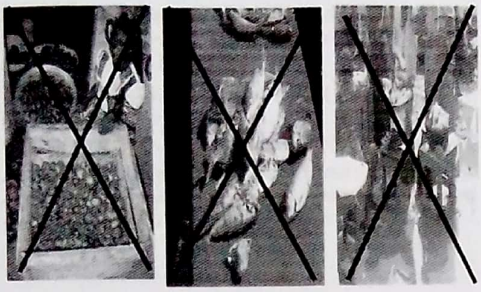
Health and hygiene practices before food preparation cont'd



GROUP DISCUSSION

List the factors to consider when buying/selecting:

- Vegetables - Eggs
- Fruits - Meat
- Chicken - Fish
- tin/gallon/canned foods

Food handling during to cooking

- Before handling food wash hands well with soap to prevent contamination of food
- Wash fruits well under running water then in brine before cutting
- Do not cut fruits and vegetable on chopping boards used for cutting raw meat and poultry or on boards with crevices

WHAT SHOULD NOT BE DONE DURING FOOD PREPARATION

Food handling during to cooking cont'd

- Some vitamins are easily destroyed by light, air, heat and water. To avoid vitamin loss, it is advisable to:
- Put food in boiling water to avoid loss of vitamins
- Use stock to prepare food e.g. from kontomire and garden eggs
- Not cut vegetables before washing

Food handling during to cooking cont'd

- use a little water as possible when cooking vegetables
- Avoid over browning of food, you lose the digestive juices
- Cook food at low temperatures
- Vitamins A,D,E and K are fat –soluble vitamins: i.e. not lost easily during cooking
- Vitamins B-complex and Vitamins C are water - soluble: i.e. dissolve in water & easily destroyed by air and cooking.

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FOOD SERVICE

- This should be done at a clean dining area and on a raised plat form or in the class room not in the open compound on the bare floor.
- Good practices e.g. clean plates, using clean plain polythene, food tong, etc
- Negative practices e.g. serving food with bare hand
- Left overs: The cooking operations should be so organized to ensure there would be no leftover food to be served again to the school children.

Food service cont'd

Sharing plates/ eating with bare hands

Food storage

- Do not place food ingredients on the bare floor. Keep bags of rice, gari or beans on a raised surface (e.g. pallet).
- Apply the principle of first -in –first- out (FIFO) in the usage of food stuff.
- Make sure all refrigerators and freezers are in good working condition, close doors tightly.
- Do not overload the refrigerator and freezers so that food stored in them can be properly preserved.

Food storage cont'd

- Keep raw foods such as raw fish, meat and poultry separate from ready-to-eat food.
- Make sure food storage containers have not been used to store things other foods. These should be washed and sanitized before use. If containers are not in good condition throw them out and do not re-use containers which are only meant to be used once.
- Never store food or water in containers that were originally used for poisonous materials.

conclusion

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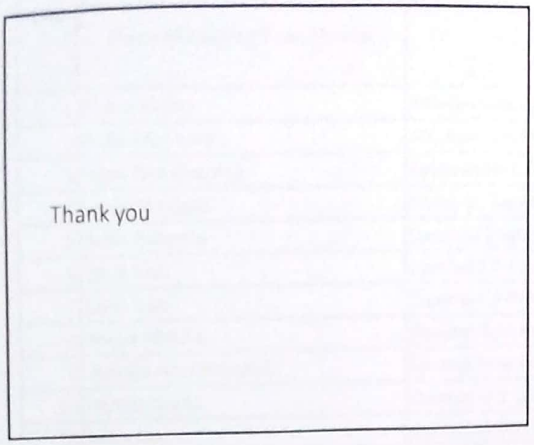

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TRAINING OF FOOD VENDORS AND SCHOOL FEEDING CATERERS

LIST OF PARTICIPANTS

S/N	Name of Caterer/Food Vendor	School/Community
1	Ntoso Mabel	Adonkwanta D/A Primary
2	Brabi Afua Ema	Anyabor D/A Primary
3	Nana Nim Gyamea	Asukawkaw E.P Primary
4	Janet Okoegye	Banka St. Aquinas Primary
5	Addo Patience	Dambai/ English Arabic D/A Primary
6	Edith Koki	Dambai E.P Primary 'A'
7	Edith Koki	Dambai E.P Primary 'B'
8	Bouya Abdulai	Dambai Holy Rosary 'A'
9	Victoria Afua Bakannor	Dambai Holy Rosary 'B'
10	Harriet Nsefo	Dambai Old Town Primary
11	Mina Adu	Dormabin D/A Primary A
12	Boame Beatrice	Dormabin D/A Primary B
13	Barikisu Issaku	Katanga E.P Primary
14	Florence Afua Adum	Katanga Rc. Primary 'A'
15	Florence Afua Adum	Katanga Rc. Primary 'B'
16	Mary Agbasa	Tokuroano D/A Primary 'A'
17	Mary Agbasa	Tokuroano D/A Primary 'B'
18	Kroantema Bernice	Kparekpare Kg-P2
19	Boame Faustina	Kparekpare P3-P6
20	Okoto Dora	Kpelema D/A Primary
21	Rakia Modasiru	Kudorkope D/A Primary
22	Salomey Oboadei	Kwame Akura D/A Primary
23	Fati Alhassan	Mepe Kope M/A Primary
24	Obeng Godwin Asare	Tokuroanu St. Francis Anglican
25	Amissah Veronica	Tokuroanu St. Pauls Rc
26	Asmiu Zariyatu	Yariga D/A Primary
27	Begyie Malateba	Bawa Akura Liberty Presby Primary
28	Salamatu Alhassan Kande	Dambai Lakeside M/A Primary 'A'
29	Salamatu Alhassan Kande	Dambai Lakeside M/A Primary 'B'
30	Dansoa Gladys Adwoa	Kparekpare Victory Presby Primary
31	Amina Salamatu	Dambai
32	Cicilia Bila	Dambai
33	Tafu Bernice	Dambai
34	Adonu Liticia	Dambai
35	Dzato Mary	Dambai
36	Wozuame Mary	Asukawkaw
37	Afusetu Issah	Asukawkaw
38	Sonyega Kushitor	Asukawkaw
39	Amegatse Diana	Asukawkaw
40	Rakaya Adam	Asukawkaw
41	Rebecca Fiadzorgbe	Asukawkaw
42	Mary Afuminaa	Asukawkaw
43	Abiba Moro	Asukawkaw
44	Appietu Kyerewaa	Asukawkaw
45	Pondikpa Salamatu	Dambai
46	Badiaku Bernice	Dambai

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47	Dauda Yahuza	Dambai
48	Fordjour Gladys	Dambai
49	Zariah Surakatu	Dambai
50	Esinam Fianyezia	Dambai
51	Adjei Doris	Dambai
52	Daima Ibrahim	Dambai
53	Abuyama Varo	Dambai
54	Dotse Rebacca	Dambai
55	Seidu Wasila	Dambai
56	Amadu Safia	Dambai
57	Samlator Mavis	Dambai
58	Amedza Patience	Dambai
59	Samuel Ndobinyi	Dambai
60	Nlendo Esther	Dambai
61	Ahakutor Jacob	Dambai
62	Donkor Yaa	Dambai

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