



# Safe Food Handling: Food Handlers & Storage

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# Outline

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- Personal Hygiene
- Reporting illness
- Unhygienic habits
- Principles of Safe Food Storage
- Types of food storage
- General rules of storage
- Conclusion

# Introduction

- ▶ People can be a source of pathogenic bacteria, so everyone who works with food (food handlers) must have and maintain a high standard of personal hygiene and cleanliness
- ▶ Food handlers must be clean and tidy when working with food giving the customers a good impression as well as helping to protect food from contamination
- ▶ Food storage plays an important role in maintaining the quality (nutritional value) and safety of food for consumption
- ▶ Proper food storage helps minimize the potential of contamination

# Personal Hygiene: Before Work Starts

- Start work clean & tidy
- Take a bath or shower daily to remove bacteria found on the skin and hair
- Do not wear jewellery in food area at work (bacteria could live on and under straps & earrings can drop into food)



# Appropriate Clothing

- ▶ Do not wear outdoor clothes into food area
- ▶ Put on clean and appropriate protective clothing when entering food area e.g. overalls, aprons, hair nets, hats, gloves, non-slip shoes, beard nets, moustache nets



# Appropriate Clothing (1)

## Hair Nets



## Appropriate Clothing (2) Beard and Moustache Nets



# Hand Washing (1)

- ▶ Use a wash hand basin provided for this purpose
- ▶ Use comfortably hot water and soap
- ▶ Use liquid soap
- ▶ Rinse your hands
- ▶ Dry hands using disposable paper towels or clean roller towels





# Hand Washing (2)

- Wash hands regularly & properly
- Before you start work
- Before you handle any food
- Between tasks
- After handling raw food
- After dealing with waste/rubbish bins



# Hand Washing (3)

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- After you use the toilet
- After coughing or sneezing
- After touching your hair or face
- After eating, drinking or smoking (at designated areas)



# Cuts and Spots

- ▶ Cover cuts, scratches and spots with waterproof plaster
- ▶ Waterproof plaster should be brightly coloured
- ▶ If plaster falls into food, report to your supervisor/manager immediately
- ▶ Report septic cut or weeping spot or boil to your supervisor/manager before you start work

# Reporting illness

- ▶ Tell your supervisor/manager if you have any food-borne illness or any illness with similar symptoms (diarrhoea, vomiting, nausea, ear/eye/nose discharges, septic cut, wound or other skin condition that leaves open wound and infection)
- ▶ Tell your supervisor/manager if any member of your family has symptoms of food-borne illness



# Unhygienic habits

- ▶ Never pick your nose or wipe your nose on sleeve
- ▶ Cough or sneeze over food
- ▶ Spit around food areas
- ▶ Taste food with your fingers or with spoon not properly washed
- ▶ Handle food without washing your hands
- ▶ Eat or smoke around food areas
- ▶ Fail to wash your hands after using the toilet, eating, smoking or dealing with rubbish

# Principles of Safe Food Storage 1

The aim of food storage is to

- ▶ Prevent food-borne illness
- ▶ Provide adequate supplies when needed
- ▶ Avoid spoilage and wasted food
- ▶ Keep to the budget

# Principles of Safe Food Storage 2

## Types of food storage areas

- ▶ Dry foods storage- must be cool, dry and well ventilated. Use for short and long term storage
- ▶ Refrigerators and cold storage- for high risk and perishable foods for short term storage
- ▶ Freezer storage- for keeping foods for long term storage



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## Dry foods storage

Canned & Bottled foods, Cereals, Grains, Spices, Tea, Coffee





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## Refrigerator Storage

High Risk/Perishable foods-Cooked meat, poultry, fish, seafood (prawns, shrimp, lobster). Contents of opened cans of meat, Milk, Dairy, Eggs, Salads, Fruits &Vegetables



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## Freezer Storage

Place raw foods below high risk foods. Place stock with longest shelf life below stock with short shelf life. Keep the food in the supplier's packing if it is clean and unbroken

# Safe Food Handling and Storage (1)

## General rules for safe storage

- ▶ Store food immediately after delivery has been checked
- ▶ Store the high risk, frozen perishable foods before the dry and canned foods
- ▶ Keep the high risk and perishable foods out of the temperature danger zones(5°C-60°C)



## Safe Food Handling and Storage (2)

- ▶ Handle everything with care to prevent acceleration of spoilage
- ▶ Place food in appropriate storage areas following any storage instructions
- ▶ Store food off the floor (on shelves and pallets)
- ▶ Stack shelves carefully without overloading



## Safe Food Handling and Storage (3)

- ▶ Use clean, dry containers and wrappers if food needs to be stored in smaller quantities or rewrapped
- ▶ Keep storage areas clean and dry, clean up any spills immediately
- ▶ Check food regularly and also before use

# Safe Food Handling and Storage (4)

- Rotate stock- First In First Out (FIFO); First Expiry First Out (FEFO)
- Use product with shorter shelf life before similar with longer shelf life
- Separate any food that could be spoiled or has gone past date mark
- Tell your supervisor/manager about any signs of pests
- Store cleaning chemicals and materials in separate clearly labelled areas

# Conclusion

- Food handling and storage are very important in ensuring food safety. Food handlers should therefore be aware of their key role in offering food that is safe for consumption by observing all the necessary food safety practices .

THANK YOU  
FOR YOUR LISTENING!!

