



# Food Safety & Hygiene for Supplementary Nutrition under ICDS

## Introduction

- ◆ Food safety includes food handling, food preparation, and storage of food in proper manner so that the food should be acceptable and safe for human consumption.
- ◆ Contamination of food may take place due to poor personal hygiene, unsafe source of food, or due to poor environmental hygiene.
- ◆ Biological, physical and chemical agents cause food borne illness if not controlled.
- ◆ Contamination of food leads to conditions of diarrhoea, nausea, vomiting, fever and infection and even death in severe cases.
- ◆ Pregnant mothers, infant and young children are especially vulnerable to infection hence utmost care should be taken at all stages of managing supplementary nutrition.



## Do's For Safe Food

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- ✓ Keep food covered to protect from dust, flies and dirt at all times.
- ✓ Thoroughly rinse/wash all fruits and vegetables in clean water to remove soil, insects and chemicals.
- ✓ Clean and sanitise all equipment and slab where the food is kept.
- ✓ Wear clean protective clothing and keep your head covered while cooking and serving food.
- ✓ Wash hands before and after handling food.
- ✓ Keep raw fruits and vegetables away from cooked food.
- ✓ Use gloves when handling food.
- ✓ Store dry foods such as flour pulses, rice, spices and oil in cartons, tins or containers with tight fitting lids.
- ✓ Check for signs of dampness, the use-by date, dented or rusty cans, and holes in packaging.
- ✓ Store food on shelves off the floor and store food in a separate area.
- ✓ Rotate stock – first in, first out rule.

## General Tips for Maintaining Hygiene & Sanitation at the AWC

- ◆ To prevent contamination of Supplementary Nutrition all equipment and utensils must be cleaned as frequently as necessary and disinfected whenever circumstances demand.
- ◆ Adequate precautions must be taken to prevent the food item from being contaminated during cleaning or disinfecting of rooms, equipment or utensils, by use of water, detergents or disinfectants.
- ◆ Floors should never be cleaned whilst cooking / serving / distribution of food is in process.
- ◆ The floors of kitchen and the slabs should be cleaned every day before and after the food is served.
- ◆ Food handlers mainly AWWs/ AWH/ SHG members should maintain a high degree of personal cleanliness. Fingernails of the AWW/helper must be trimmed and special attention should be given to clean them when washing hands.
- ◆ Nail polish or artificial nails should not be worn because they can become foreign bodies and may compromise on hygiene.
- ◆ Before entry into food preparation area footwear should be removed.
- ◆ Hair should be tied up neatly and covered.
- ◆ Any person who has cut or injury or wound should not be allowed to work till fully recovered and cleared by the Health Officer.
- ◆ If any server or food handler is unwell, he/she should not be in charge of the food distribution. The task should be given to others.
- ◆ Do not sneeze, or cough over the food to be distributed. Touching of hair or other bodily parts should be avoided, if not then hands should be washed prior to serving food.
- ◆ The food server and the children should wash their hands before and after meal time.
- ◆ The utensils used for the distribution of the food, should be cleaned & dried properly.
- ◆ Provision of soap should be there outside the toilet for children to wash hands after each visit.
- ◆ Water storage tanks/ buckets should be cleaned periodically. Safe drinking water should be available and kept covered or in containers with a tap, hands should not be dipped while taking out water.
- ◆ Stale food should not be mixed with the fresh food on any account.
- ◆ Food remaining should be disposed or discarded appropriately and as fast as possible. Left overs should not be kept in the AWC and allowed to spoil.

### Hand washing Technique to be followed at the Anganwadi Centre



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right



8 Rinse hands with water;