

REPORT ON NUTRITION AND FOOD SAFETY TRAINING FOR SCHOOL FEEDING CATERERS

Introduction

A Nutrition and Food Safety Training Workshop was organized for school feeding caterers to improve their knowledge and skills in food preparation, hygiene, nutrition, and safe handling of food served to school children. The training aimed at promoting healthy feeding practices and preventing foodborne illnesses in schools.

Objectives of the Training

The objectives of the training were to:

- Educate caterers on proper nutrition for school children.
- Promote food hygiene and safety practices.
- Improve methods of food storage, preparation, and serving.
- Reduce cases of food contamination and food poisoning.
- Encourage balanced meal preparation under the school feeding programme.

Date and Venue

The training was held on Friday, 5th September, 2025 at Nsawam Adoagyiri Municipal Assembly Hall.

Participants

The programme was attended by school feeding caterers, kitchen assistants, health officers, nutrition officers, and representatives from the education sector.

Topics Covered

The following topics were discussed during the training:

- Importance of balanced diet for school children.

- Personal hygiene and hand washing practices.
- Safe food handling and storage.
- Kitchen cleanliness and sanitation.
- Prevention of food contamination.
- Proper cooking temperatures and serving methods.
- Waste disposal and environmental cleanliness.

Activities Carried Out

- Presentations by nutrition and health officers.
- Demonstrations on proper hand washing and food handling.
- Group discussions and question-and-answer sessions.
- Practical sessions on hygienic cooking methods.
- Outcomes of the Training

The Training helped participants to:

- Understand the importance of nutritious meals for children.
- Improve hygiene and sanitation practices in their kitchens.
- Learn safe methods of storing and preparing food.
- Commit to maintaining high standards of food safety in schools.

Conclusion

The Nutrition and Food Safety Training was successful and beneficial to the school feeding caterers. Participants gained valuable knowledge and skills that will help improve the quality, safety, and nutritional value of meals served to school children. Continued training and monitoring are recommended to sustain the progress made.

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