



TRAINING MODULE

Module 1

Hygiene & Food Safety



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How To Use This Manual Book

Audience: 10–15 Market Vendors



5 min

Introduction – Why Food Safety Matters

- Welcome vendors. Ask about market problems (flies, dust, sickness, etc.)
- Explain why food contamination can cause disease



10 min

Types of Contamination

- Biological
- Chemical
- Physical
- Show examples
- Ask group for their own examples



10 min

Demonstration – Germ Spread Activity

- Sprinkle glitter/flour on hands, money, produce
- Invite 2–3 volunteers to try



10 min

Causes of Contamination in Markets

- Use chart to discuss common practices
- Ask which causes are most seen



3 min

Solutions & Group Discussion

- Ask vendors for simple fixes
- Reinforce best practices
- Discuss 1 action vendors can start today



Hygiene & Food Safety

Introduction & Warm-Up

(5 minutes)

- Greet vendors and introduce session:
- “Today we are learning how to protect ourselves and our customers with hygiene and food safety.”
- Icebreaker question: “What do you think makes customers trust your food?”



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Understanding Contamination Risks (10 minutes)

- Explain 3 types of contamination:
 - Biological: flies, dirty hands, unsafe water.
 - Chemical: pesticides, detergents.
 - Physical: stones, hair, dirt.
- Ask: “Which of these do you see most often at Lizulu Market?”

BIOLOGICAL



BIOLOGICAL

CHEMICAL



CHEMICAL

PHYSICAL



STONE

Hygiene & Food Safety

Personal Hygiene

(10 minutes)

- Demonstrate 6 steps of handwashing with real water station.
- Explain hygiene standards: clean apron, head cover, trimmed nails, wounds covered.
- Invite 2 vendors to practice in front of group.



1 Wet hands with safe water



2 Apply soap



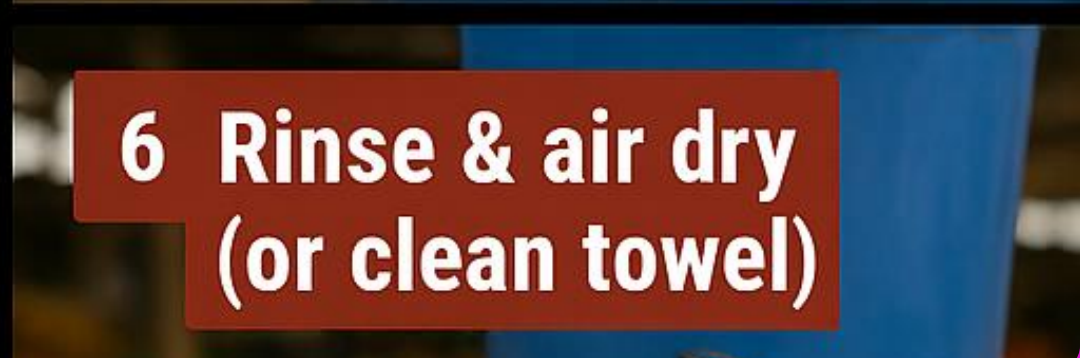
3 Rub palms & backs



4 Between fingers & thumbs



5 Nails & wrists



6 Rinse & air dry (or clean towel)

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Safe Food Handling

(10 minutes)

- Show covered vs uncovered food displays.
- Demonstrate separation: raw meat vs vegetables (using props).
- Roleplay: One vendor handles money then food. Pause and ask group “What went wrong?” → Correct with handwashing or tongs.



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Group Reflection & Challenges

(5 minutes)

- Ask: “What makes hygiene difficult in your stalls?”
- Collect answers: lack of water, soap cost, time pressure.
- Encourage vendors to suggest practical solutions (shared soap, peer reminders).



Wear a clean apron



Cover hair with a headwrap



Use off-ground display



Provide a waste bin



Hygiene & Food Safety Recap & Reinforcement (5 minutes)

- Repeat Out comes, 3 Key Messages:
 - a. Wash hands before handling food and after touching money.
 - b. Cover and separate food to prevent contamination.
 - c. Maintain clean personal hygiene and stall setup daily.
- Group pledge: “Clean hands, safe food, healthy market!”

Healthy Stall Checklist		
	Waste bin with lid	☒
	Clean water for handwashing/drinking	☒
	Clean tools & surfaces	☒
	Covered food display	☒
	Vendor hygiene (clean apron, short nails, hair covered)	☒
	Show participants how to tick daily items	☒