



Hygiene & Food Safety Training Highlights

**Strengthening Fresh Food
Markets for Healthier Food
Environments Project**

Why It Matters



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“Healthier markets mean healthier communities.”

Markets feed our cities — but every uncovered tomato or unwashed hand can spread disease.



Through ICLEI Africa’s urban food systems initiative, NutriCare is helping vendors turn daily habits into tools for safer, healthier cities.



What We Did



14 peer leaders (5 women) trained on:

-  Food contamination prevention
-  Safe handling & hygiene
-  Clean water and waste management
-  Six-step proper handwashing routine

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Delivered in Chichewa — simple, relatable, and practical.

Action in Motion



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- 💧 Vendors practised handwashing with buckets and soap.
- 👤 Peer trainers demonstrated good hygiene.
- 💬 Real stories sparked new ideas —

like shared washing points and better waste control.





Tools for Change

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NutriCare distributed:

-  Aprons for safe handling
-  Handwashing buckets
-  checklist for tracking cleanliness

These tools turn learning into habit — one stall at a time.



Early Impact

**Vendors now start each day
with handwashing**

- ✓ **Cleaner stalls attract customers**
- ✓ **Trust and hygiene go hand-in-hand**

**“Clean hands. Healthy markets.
Stronger cities.”**

#FoodSafety #HealthyMarkets #ICLEIAfrica
#NutriCare #UrbanHealth

