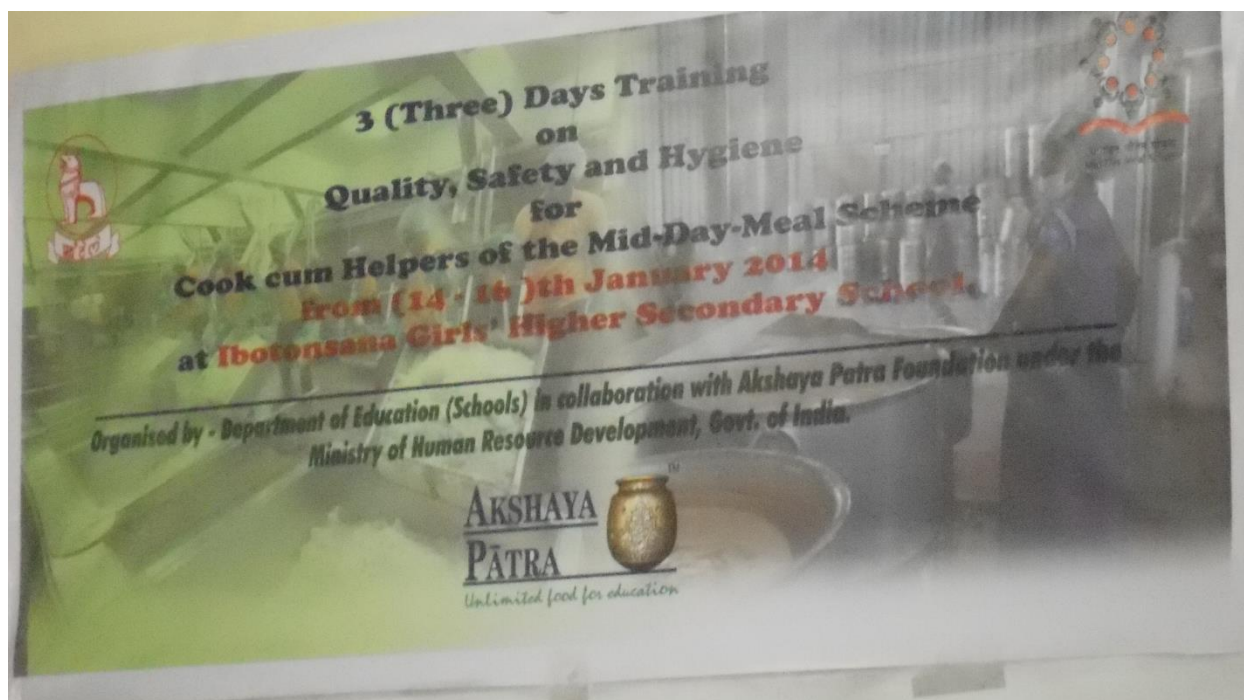




Workshop on Food Safety, Quality and Personal Hygiene for MDM Cook-cum-Helpers



Date: 14 January – 16 January 2014

Venue: The Ibotonsana Girl's Higher Secondary School, Uripok, Imphal



Introduction

After the successful series of training on Food Safety, Quality and Personal Hygiene for MDM Cook-cum-Helpers in 5 states; Ministry of Human Resource Development (MHRD) identified 3 more states as part of the 2nd phase of the training programme.

In this phase of training, Manipur was one of the three states identified for the training programme. In collaboration with MHRD and Department of School Education and Literacy, Government of India, and the Government of Manipur. The Foundation organised a series of three one-day workshops on food safety, quality and personal hygiene in The Ibotonsana Girl's Higher Secondary School, Uripok, Imphal from 13 – 16 January 2014. The Directorate of School Education Department of Manipur identified cooks from the 3 districts.

Inauguration

The programme was inaugurated by Shri. R K Tenedy Singh, Nodal Officer, MDM, Department of School Education, Manipur. He explained about the objective and purpose of the training programme. He said, "I need support from the entire Cook-cum-helper community, each one of you, to make the MDM programme an effective and successful one.

The officials present during the workshop were Shri. H Dolendro Singh, Sr. Graduate Teacher, Department of Education and other officials from the Government of Manipur.

Shri. H Deleep Singh, IAS, Director, Department of School Education, Manipur, gave a surprise visit during the training programme.

Training Sessions:

1. Introduction of the participants
2. Taking ownership of the responsibilities
3. Personal hygiene
4. Dos and don'ts before and after cooking, serving, etc
5. Training kit distribution
6. Hand washing training
7. Storage and handling of raw materials
8. Nutrition
9. Responding to emergencies
10. Certificate distribution

Introduction of the Participants

The cooks were asked to introduce each other by exchanging “*Navadanya*” (nine types of grains). Before exchanging, the trainer, Ujjwala Jatkar, explained the values of *navadanya* – the nine types of *danyas* (grains) which is used in daily cooking process. She described the nutritive value of each of the *navadanya* and how essential it is for adults and children. Further, she explained how the perfect balance of all *danyas* during cooking results in a nutrient-rich meal, which is essential especially for children.

Taking ownership of the Responsibilities as Cook-cum-Helpers

In the next session, the participants were quizzed if they knew any foster parents who were revered more than the biological parents. The question in an instant revealed a name – Yashoda. Yashoda was then considered as a mascot for all the three days.

Relating to Yashoda's story, the participants proactively took ownership of the children they fed and suggested the necessary precautions to be taken before commencing cooking. The suggestions were then depicted pictorially next to the picture of a 'women about to enter a kitchen'.

Personal Hygiene

The pictorial postcards developed by The Akshaya Patra Foundation were used to convey messages on Personal Hygiene – like importance of taking bath , trimming nails , wearing clean clothes, keeping hair covered while cooking, washing hands etc. Participants could relate themselves with the pictorial message and they shared suggestions on how they would ensure personal hygiene every day.



Dos and Don'ts

In the Dos and Don'ts session, participants were asked to share at least one activity that they should do and one activity they should not do before cooking, while cooking and after cooking. It was an interactive session, while helped to share best practices.



Training Kit Distribution

All participants received a training kit which contained an apron, bandana (head scarf), nail cutter, bar of bathing soap and a hand towel.



The participants were then asked to describe the utility of each item along with its relevance to the MDM programme. The trainer demonstrated the right method of wearing the apron and scarf and highlighting its need. Further the trainer explained how wearing apron and the head scarf becomes a very important identity of a cook.

Hand Washing Training

In this session, the purpose and importance of hand washing was communicated and demonstrated to the participants. The resource person from The Akshaya Patra Foundation demonstrated the steps involved in the hand washing process. 4 cooks were identified to demonstrate if they imbibed what was taught and to familise with the process.

Storage and Handling of Raw Materials

Storage and handling of raw materials is one of the important aspects of the MDM school-based cooking programme. In this session, the trainer explained how different type of raw materials need to be stored, for instance how rice needs to be stored in steel/aluminum containers with a covered lid and kept in a dry place. The session also focused on how chemicals, detergents, fuel like kerosene, etc, needs to be stored in designated areas to avoid chances of contamination during cooking / storage.

Nutrition

In this session, the trainer spoke on quality, safety and hygiene practices with a special emphasis on nutrition. The session focused on aspects like why sprouted pulses need to be used in recipes, why vegetables should be washed and then chopped, nutritional value of green leafy vegetables and pulses etc. Special emphasis was also given on how a combination of green, red, and root vegetables need to be used in cooking rather than the basic vegetables that is regularly used.

Participants were also taught on the significance of procuring raw materials certified with logos such as Agmark. A number of packaged food materials (chilly powder, turmeric powder, ghee, cooking oil) displaying the Agmark logo were shown to the participants. The importance of using rice from FCI was also discussed.

Responding to Emergencies

Shri, L. Nabachandra Singh, Divisional Officer, Manipur, briefed the cook-cum helpers on the necessary precautions to be followed to avoid fire accidents and the difference between flammable and inflammable materials. He also highlighted the causes of fire accidents, emergency measures to be followed in case of fire in the kitchen and first aid for burn related injuries.



Shri. Brogen Singh Akoijam, Prof. Community Medicine Dept., briefed the immediate first aid steps to be followed during health emergency situations such as when a child contracts diarrhea, faints, or is suspected with food poisoning.

The participants were also given details on the basic first aid kit that is required to be kept in the school.

Certificate Distribution

The day-long workshop concluded with the cook-cum-helpers taking an oath to reaffirm their support to the MDM programme to make it a successful one, after which the participants were awarded a certificate.

Participants Summary

State	Date	District	Number of Cook cum Helpers	Total
Manipur	14-Jan-14	Imphal West - Zone 1 Wangoi	38	122
	15-Jan-14	Thoubal - Kakching	33	
	16-Jan-14	Senapati	51	

Government Officials Present During the Workshop

Shri. H Deleep Singh, IAS, Director, Department of School Education, Manipur

Shri. R K Tenedy Singh, Nodal Officer, MDM, Department of School Education, Manipur

Shri. H Dolendro Singh, Sr. Graduate Teacher, Department of Education

Shri. Th. Nabachandra Singh, U D C, Department of School Education

Shri. Manmohan Jha, Lecturer, Philosophy



Shri, L Somorendro Singh, Sr. Graduate Teacher, Department of Education

Shri. Brogen Singh Akoijam, Prof. Community Medicine Department

Shri, L Nabachandra Singh, Divisional Officer, Manipur

Special thanks to **Ms. Neha Jha, M A, final year Student** who helped us as translator.

Testimonials

“First of all, I would like to thank MDM, for giving me opportunity to participate in the workshop. This is the first time I am attending this kind of training. I will implement what I have learnt here. The session on how to procure raw materials for cooking was very helpful.”~ **N Ranjana Devi, MDM Cook, S Mera Jr. School, West Imphal**

Photo Gallery



Shri. H Deleep Singh, IAS, Director, Department of School Education, Manipur



Shri. R K Tenedy Singh, Nodal Officer



One of the participants holding the pictorial post



During discussion on good and bad Kitchen



Shri L Nabachandra Singh, Fire Brigade Officer



Participants with their aprons and head scarfs