

# Module 2: Best practice on farm to factory handling of grains

Best practices to handle traditional grains  
at factory level - The safe food handler



Eric Muthomi- Founder and CEO  
Stawi Foods and Fruits Limited  
Nairobi, Kenya

# Workers and contamination

**Workers can introduce bacteria, viruses, and parasites into food and beverages.**

Workers contaminate food by:

- Working while sick
- Touching pimples or sores
- Touching hair
- Not wearing a band-aid and single-use gloves over sores and wounds
- Not washing hands properly

# Basics of Handwashing

- Accessible **handwashing station**.
- **Hand soap** - liquid, powder, or bar and does not have to be antibacterial.
- Way to **dry hands** -disposable towels, continuous towel system, or a hand dryer.
- Instant **hand sanitizer** - always accessible at entry points.



# Worker clothing

Clothing can be a source of contamination so all food workers must wear:

- a clean hat or hair restraint.
- clean clothing.

While processing food, workers cannot wear jewelry on their hands and forearms.

- This includes medical information jewelry on arms and hands.
- The only exception is a well-fitting plain wedding band.





# Excluding or Restricting Workers

## **Excluding**

A worker is not allowed in the establishment except for those areas open to the general public.

## **Restricting**

The activities of the worker are limited so there is no risk of transmitting a disease through food.

The worker should not handle exposed food, clean equipment, utensils, linens; and unwrapped single-service or single-use articles.

# Excluding or Restricting Workers

## **When to exclude a worker:**


Workers serving the general population who have one or more of the following symptoms:

- Vomiting
- Diarrhea
- Jaundice
- Has been diagnosed with Salmonella Typhi, Shigella, Shiga-toxin producing E. coli, Hepatitis A virus, or Norovirus.

## **When to restrict a worker:**

Workers serving the general population who have a sore throat with fever can be restricted.

A restricted food worker can handle packaged food, wrapped single-service or single-use articles, or soiled food equipment or utensils.

A wide-angle photograph of a field of tall, golden-brown grass. Scattered throughout the field are numerous red poppies, some in full bloom and others as buds. The background shows a distant line of trees under a pale, hazy sky. The overall lighting is soft and warm, suggesting a sunrise or sunset.

Start-up food companies and also those aiming to scale up their operations will need to attract capital. In the last chapter of the training we cover this topic.