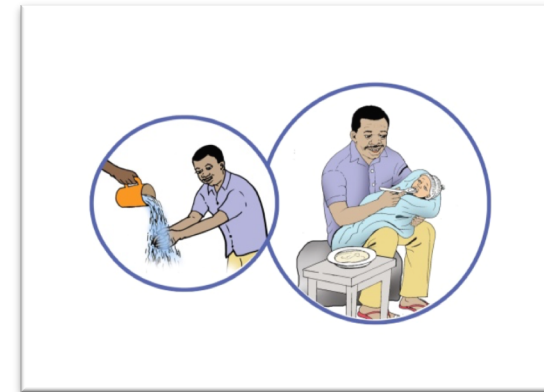


FOOD HYGIENE PROMOTION TOOL

“Food Hygiene matters”



First cluster meetings to Second Household visits

2018

Aim of the tool

- To empower caregivers to wash utensils with soap and protect their children from Diarrhoeal diseases

By the end of the cluster meetings and households visits in this tool, caregivers are expected to:

1. Be able to always wash utensils with soap
2. Have confidence in always washing utensils with soap regardless experiencing other challenges
3. Have confidence in continuing washing utensils with soap regardless forgetting or being in hurry
4. Be able to understand that their relatives and other villagers always wash utensils with soap and be motivated by it

FIRST CLUSTER MEETING - Food preparation process (hand washing with soap inclusive)

Activity 1: Cards game-Food preparation process *(to emphasize hand washing with soap critical times and set the pace for food hygiene promotion)*

Materials needed

- A set of cards with images showing food preparation process. There should be several images so that when put together it should show a complete set of food preparation process
- Irrelevant images should be included in the set of cards just to allow the caregivers think
- The cards should have images showing the following:

1. Mother washing hands with soap

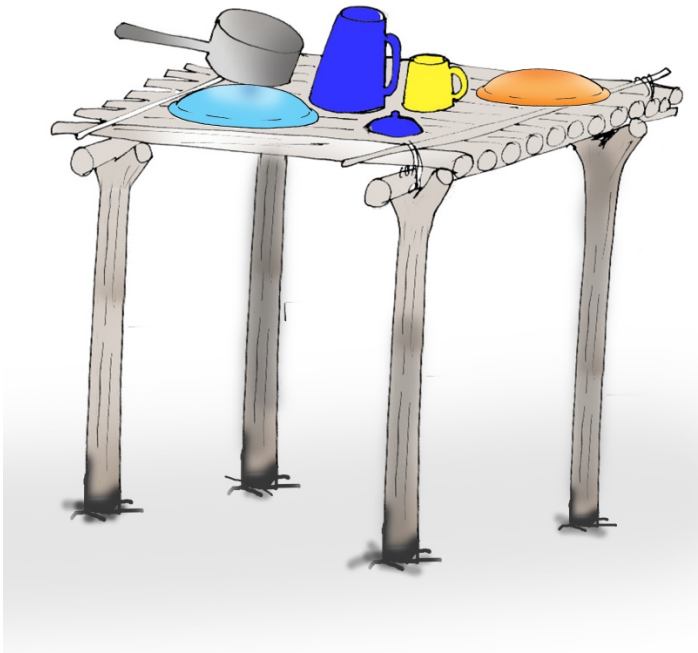


2. Mother washing utensils with soap (pots, plates, spoons, cups, cooking stick)

3



3. Clean utensils on a dish rack to dry (plates or pots or cups or cooking stick should be similar with what was being washed)



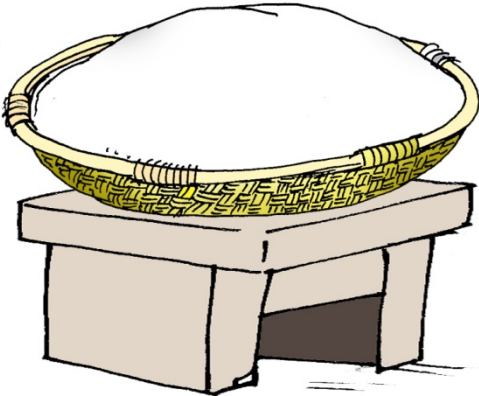
4. Mother setting up fire (kitchen setup to be maintained with all other kitchen related images)



5. Mother washing hands with soap before taking flour from a basket



6. Flour in a winnower on a raised platform



7. Mother washing hands with soap before food preparation



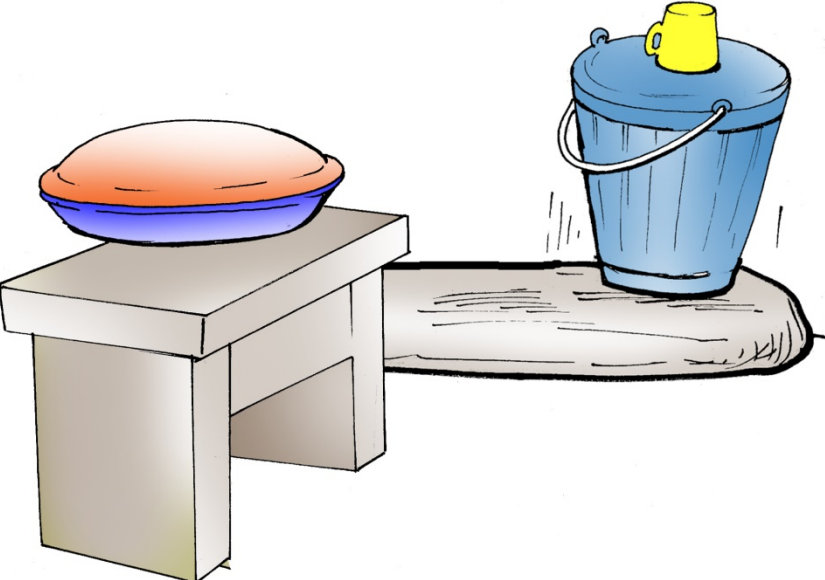
8. Pot on the fire, mother adding flour while stirring (kitchen setup should be the same)



9. Mother pouring cooked porridge in the plate (kitchen setup should be the same)



10. Plate with porridge covered with another plate (kitchen setup should be the same)



11. Mother sitting on a clean mat, child lying on a baby blanket smiling and playing as he waits to be fed. Mother should be washing hands with soap. Someone should pour water for her using jug and basin. The covered plate of porridge should be visible. A well covered cup of water should be visible and a basin with water and a mango in it.



12. Same setup like on illustration 10 but here the mother who is sitting on a mat should put the child on her lap and she should be uncovering plate with porridge to feed the porridge



13.Mother sitting on the mat; feeding the child using a spoon



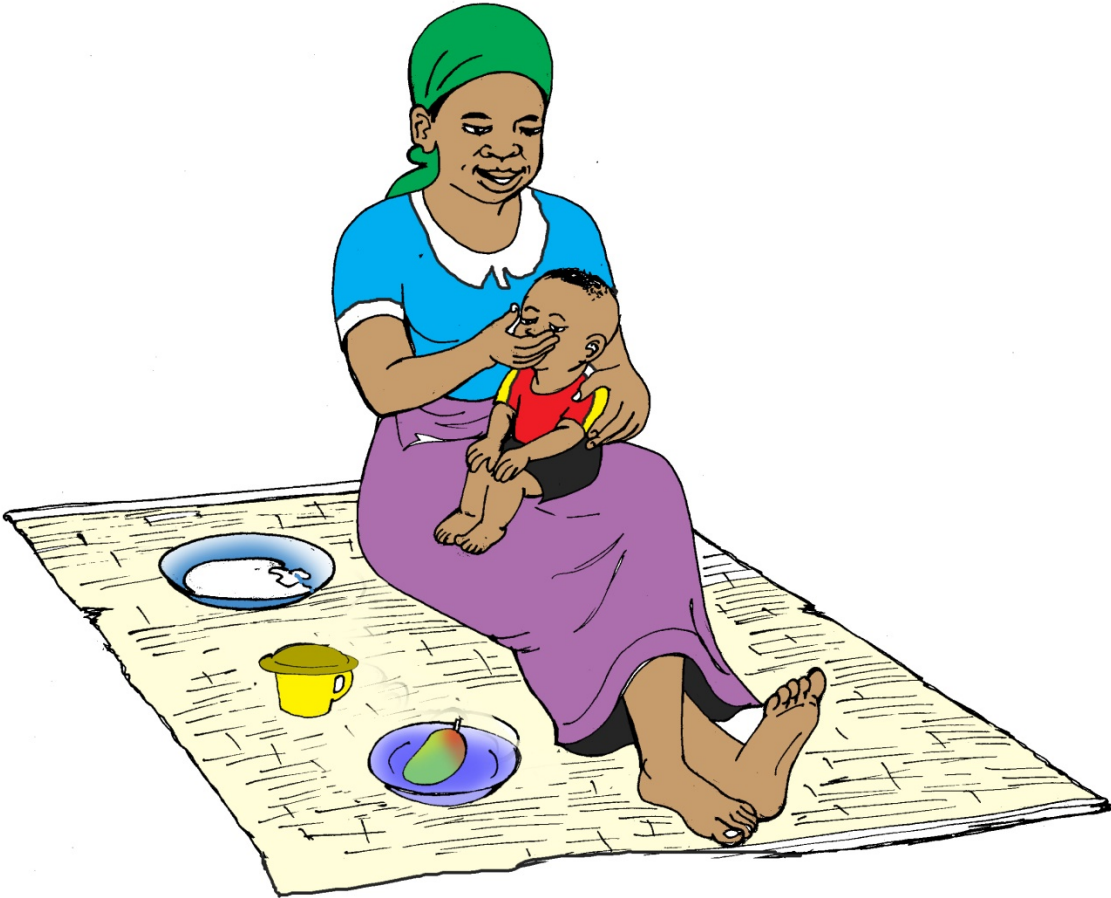
14.Mother helping a child who is able to feed himself washing hands



15.Mother watching over a child who is able to feed himself



16.Mother sitting on the mat; feeding the child with bare hands



17. Dog feeding from the pot that was used for cooking porridge



18.A child sleeping on the mat



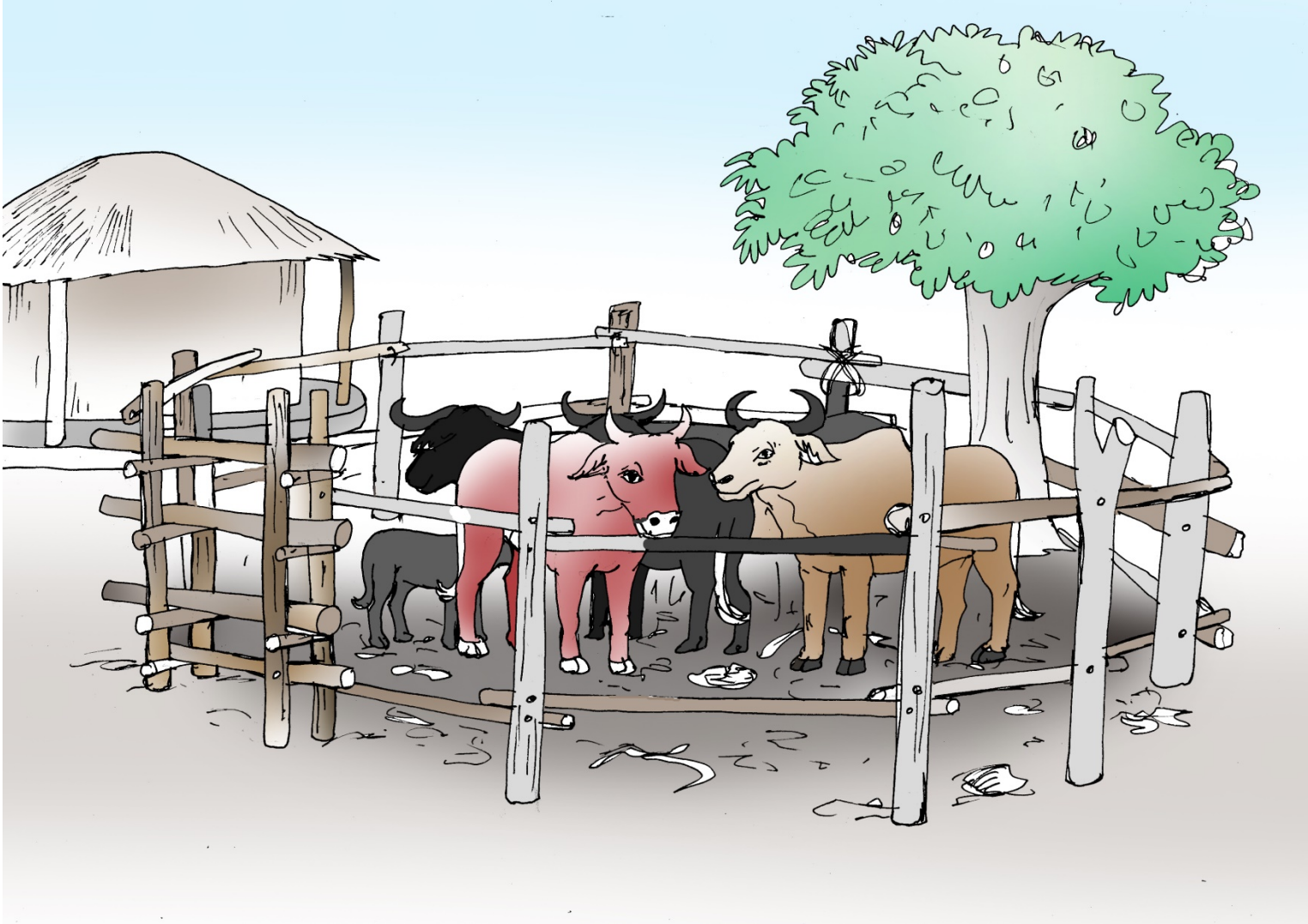
19. A child eating mangoes



20. A man and a woman in a garden farming



21. A kraal of cattle



22. Basin uncovered with utensils

15



23. Unwashed plate with some porridge left on the ground



24. Child playing with a shoe



25. A mother sweeping



26. A plate (uncovered) with porridge left on the mat; a child sitting on the mat waiting to be fed the porridge



Procedure

- Ask caregivers to pick up the cards. Each caregiver should pick one card
- When they are done ask each caregiver to share what the image on their card mean. They should comment whether the image they have represents a stage within food preparation process
- Also ask the members to explain why that stage is necessary in the food preparation process.
- All images that form part of food preparation process should be put in order starting with the first activity of food preparation. To be participatory, let all caregivers with images representing food preparation process make a line while showing their images. The line should start with a caregiver carrying an image that represent first activity of food preparation
- Following a circle, let the caregivers continue picking up the cards until all cards get finished

Note: *Let the caregivers correct/criticize one another in this discussion while they rearrange themselves forming a correct line that represent the correct food preparation process.*

Discussion

- The facilitator should verify if the line indeed represents the food preparation process
- Let each caregiver explain the relevance of the image she is carrying in the food preparation process
- Those with images not representing food preparation process should also explain why they are not part of the line
- Was hand washing with soap included anywhere in the food preparation process? If yes why and if not why not?

Correct order for Community Key Informant verification of the food preparation process:

1. Mother washing hands with soap

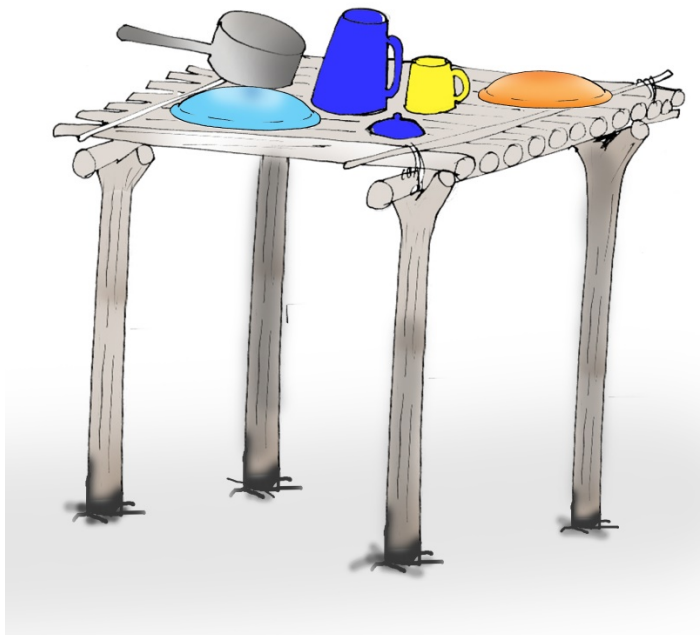


2. Mother washing utensils with soap (pots, plates, spoons, cups, cooking stick)

3



3. Clean utensils on a dish rack to dry (plates or pots or cups or cooking stick should be similar with what was being washed)



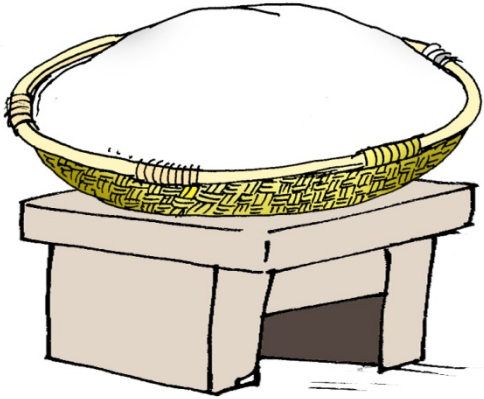
4. Mother setting up fire (kitchen setup to be maintained with all other kitchen related images)



5. Mother washing hands with soap before taking flour from a basket



6. Flour in a winnower on a raised platform



7. Mother washing hands with soap before food preparation



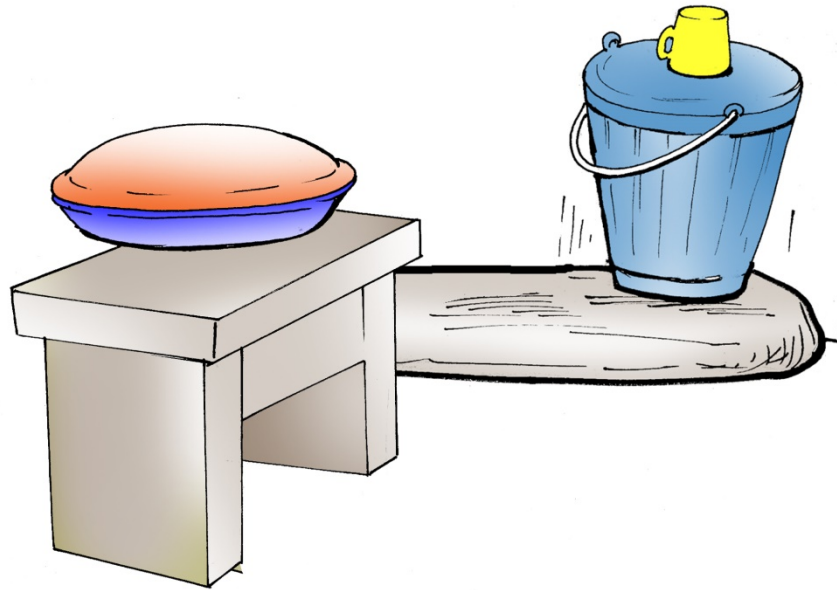
8. Pot on the fire, mother adding flour while stirring (kitchen setup should be the same)



9. Mother pouring cooked porridge in the plate (kitchen setup should be the same)



10. Plate with porridge covered with another plate (kitchen setup should be the same)



11. Mother sitting on a clean mat, child lying on a baby blanket smiling and playing as he waits to be fed. Mother should be washing hands with soap. Someone should pour water for her using jug and basin. The covered plate of porridge should be visible. A well covered cup of water should be visible and a basin with water and a mango in it.



12. Same setup like on illustration 10 but here the mother who is sitting on a mat should put the child on her lap and she should be uncovering plate with porridge to feed the porridge



13.Mother sitting on the mat; feeding the child using a spoon



14. Mother helping a child who is able to feed himself washing hands

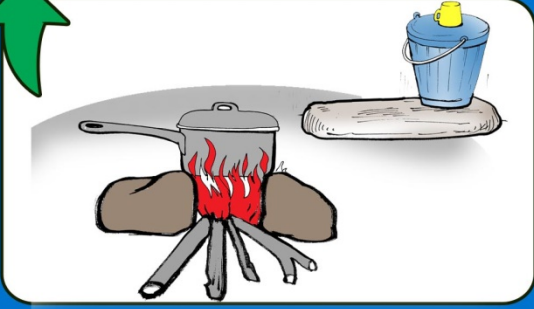


15. Mother watching over a child who is able to feed himself



After the discussion, summarize by explaining to them the common food preparation process for the area. This should be made in reference to the images. The illustration below should just assist showing the flow of activities within the food preparation process. (Note that this drawing will always be available in all the cluster meetings)

Kakonzedwe ka Chakudya Chamwana



Activity 2: Paint game – *(to enhance confidence in performance continuation-time and empower caregivers not to forget hand washing with soap before and during food preparation)*

Materials needed

- A tin of water paint (any bright color)
- Soap
- Jug and basin
- Pot with water
- Flour
- Plate
- Wooden spoon
- Matches
- Firewood
- Salt

Procedure

- Ask one care giver to dip her hands in a tin of paint and let the whole group know that (paint will symbolize pathogenic faecal matter). This can be related to a situation where the caregiver starts preparing food after changing baby nappy without washing hands.
- Then ask the caregiver to demonstrate preparation of porridge using the pot, water, wooden spoon and flour.
- After cooking, let the caregiver serve the porridge in the plate
- Then ask caregivers to wash hands without soap

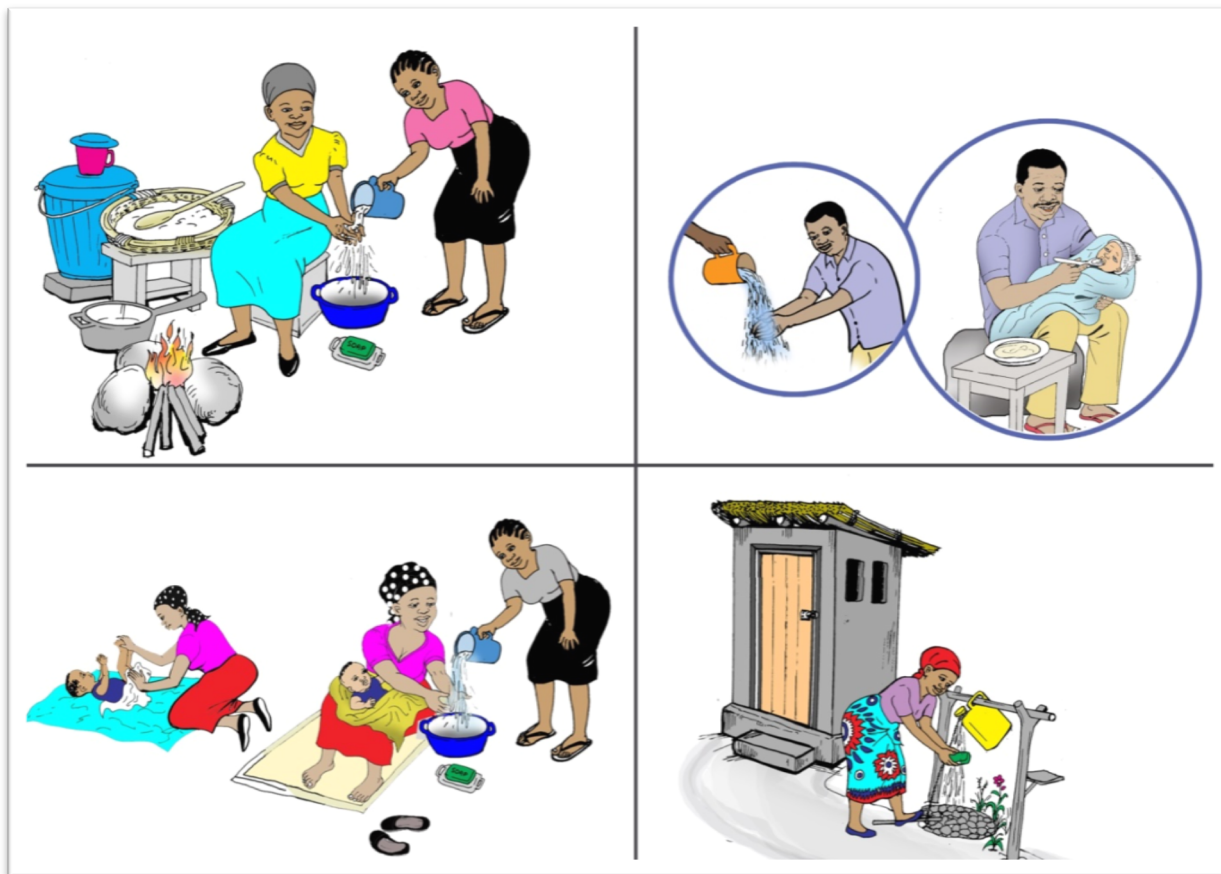
Facilitate discussion with the following points:

- Let the caregivers comment on what they have observed.
- What good practice have they observed and why?
- What bad practice have they observed and why?
- What does this activity demonstrate?
- As good mothers to their children, what does this demonstrate? (emphasis should be on nurture and caring)

- **Ask the caregivers to be in pairs:**
 - In pairs, ask them to discuss what prevents them to wash hands before and during food preparation
 - In pairs they should share to each other what each one of them can do at her household to ensure that they follow what they have learnt

- **In plenary:**
 - Let each one of the caregivers share what their friend said about the two points above
 - At this emphasize the importance of washing hands with soap before food preparation using the HWWS poster (below) and the following points
 - Hand washing with soap is a must not miss activity in the food preparation process
 - Hands act as a transporter of pathogens to food
 - Various Diarrhoea disease-causing organisms can be spread through hands
 - Hand washing with soap is one way of breaking the pathway of transmission of Diarrhoea causing organisms as some particles in the soap kills the pathogens
 - As such care givers need to create time and always remember to wash their hands with soap before food preparation and during food preparation

Show participants this image and emphasize that they should always remember to wash hands with soap at all critical times



Commitment

- Let the caregivers commit to wash hands with soap before food preparation and before feeding the child. The commitment should be based on what the solutions they identified in their discussion.
- Give each caregiver a **certificate** to indicate their commitment in hand washing with soap (from previous package). This will also motivate them to continue washing hands.
- Give each caregiver a **bracelet** as this will act as a reminder to influence habit formation from the onset.
- Ask the mothers to put on this bracelet always even when preparing food and child feeding as it will always remind them about hand washing with soap

FIRST HOUSEHOLD VISIT-hand washing and food preparation process

Community Key Informant (CKI) should visit each caregiver's household. Make sure it is a surprise visit to avoid behaviour pretence. Always remember the main purpose of the household visit is to mentor caregivers.

Purposes of the Household Visit

Observations

1. To observe if any food hygiene issues which were learnt in the first cluster meeting are being implemented and to identify if there are any challenges affecting implementation.
 - Hand washing with soap before food preparation
 - Hand washing with soap before feeding
2. To observe if the caregiver is washing utensils with soap **(identifying performer for next cluster meeting)**

Discussion

1. To remind and encourage caregivers about integrating hand washing with soap in the food preparation process (specifically before food preparation and before child feeding).
2. Discuss if there are any challenges being experienced in integrating hand washing with soap in the food preparation and feeding process. And discuss solutions to address the challenges.
3. Reinforcing Hand washing with soap and food hygiene messages depending on observations and discussion outcomes.
4. Observe if the caregivers are putting on the bracelets especially during the day as they prepare food and feed the child
5. Get comments from the caregivers about use of the bracelets (positive and negative comments).

Use the guide below and record outcomes of your household visit

Household visit 1			
Household ID			
Cluster Name			
Name of CKI			
Date of HH visit			
Time of HH visit			
Number	Activity	Observed comments	CKI comments
1	Have you observed the caregiver washing hands with soap during any step of food preparation?		
2	Use the illustration on page 1 of Hand washing with soap training manual (hand washing critical times) to mentor care givers about the following: <ul style="list-style-type: none"> • Hand washing with soap critical times • Also emphasize on the need of hand washing with soap during the food preparation process i.e. <ul style="list-style-type: none"> ○ Preparation of raw materials (vegetables, porridge flour) ○ Before feeding the child 		
3	Have you observed any challenge which is affecting the caregiver to implement the following practices: <ul style="list-style-type: none"> ○ Washing hands with soap before food preparation ○ Washing hands before feeding the child 		
4	Have you observed the caregiver washing utensils with soap?		

SECOND CLUSTER MEETING – washing of utensils with soap while sustaining hand washing with soap

Activity 1: Puzzle game *(create affiliation and habit formation)*

Materials needed:

- Mixed images showing different stages and activities (hand washing inclusive) involved in food preparation (use same set of cards in activity 1 of first cluster meeting).

Procedure:

- Let each caregiver get one image.
- Caregivers should rearrange themselves in a line carrying images to show food preparation process.

Each caregiver should be given a chance to explain what they see in the picture and explain the importance of the activity she is representing (*This will help in habit formation and remind themselves about good practices needed during food preparation process*).

Activity 2: Role modelling *(to build confidence in performance-soap , confidence in continuation-time/forgetting and to encourage that others are supporting and are washing utensils with soap all the times-relatives & villagers)*

Procedure

- Invite to the front caregiver (s) who were observed washing utensils with soap during the first households visit (**role model**)
- Congratulate the caregiver (s) for washing utensils with soap at their household
- Ask them to share the following to the whole group:
 - What makes them wash utensils with soap?
 - How do they manage to always wash utensils with soap?
 - Are there times that they fail to wash utensils with soap? And what are the some of the reasons
- Ask the rest of the group to ask the role model if they have questions

Summarize

- Washing utensils with soap is very important and washing utensils with soap before serving food is essential
- Always remember to wash plates, spoons, cups and other kitchen utensils after using them and before serving food
- Yes!! Forgetting is possible. We all forget some details in our lives but it doesn't mean we cannot not stand again and remember. So remember to wash utensils with soap.
- You might say I forgot to wash utensils with soap because I was in a hurry. Don't give up start again and when you fail and realize it do it again you will notice you won't be skipping washing utensils with soap.
- You might have done this before but due to other challenges you stopped. It doesn't mean you are done. No way you still can start again and continue washing utensils with soap.
- Challenges may be there but you are all winners you can still do it and protect your child from Diarrhoea.

- Your fellow caregivers are doing it, your relatives wash utensils with soap and even your chiefs might be washing utensils with soap. It means you all can wash utensils with soap always.

Activity 3: Demonstration of washing of utensils with soap *(to build confidence in performance-soap and a joyful and pride feeling in washing utensils with soap all the times)*

Materials:

- 1 bucket with unwashed utensils
- Water in bucket
- Soap
- Cooking oil
- Sand and soil *(Note: sand and soil for washing utensils should be taken from the ground)*

Procedure:

- Select 4 caregivers to wash utensils.
- One caregiver to wash utensils (plates) using sand or soil. Others should just watch
- Then ask another caregiver to wash utensils (pots) using sand (or soil) mixed with soap. Others should just watch.
- Ask another caregiver to wash utensils (plates) with water only.
- Ask another caregiver to wash utensils (plates) with water and soap.

Note: *Washing of the utensils should not happen at the same time but one at a time to allow the caregivers to observe all the 4 in full.*

Discuss with the caregivers guided by the following: *(don't lead the discussion, let them criticize amongst themselves what they have observed)*

- Ask the caregivers to comment on what they have observed
- Ask them to comment what difference they have noted. Is there any significant differences? Why?
- Which method of washing utensils do they prefer? Why?
- Which methods do they not prefer? Why?
- Ask each caregiver who performed in the washing of utensils-(What feeling did they had?)

Summarize

- Washing utensils with soap is the best. It's not hard work like the other options and it gives a good feeling. And once you do it properly you are assured that disease causing organisms are removed.
- Wash your utensils with soap and be satisfied
- Use of sand can contaminate the utensils and lead to Diarrhoea
- And use of water only makes it hard for dirt to be removed and create room for growth of disease causing organisms
- If you have used sand to wash your utensils , remember to wash with soap again after rinsing off the sand

Activity 4: Paint game-(to build confidence in performance-soap)

Materials:

- Bucket of water
- Tin of paint
- 3 Plates
- Dish washing sponge

Procedure:

- Ask one caregiver to stain 1 plate with paint. Then ask another one to wash the plate with water only. Let others observe the appearance of the plate
- Ask another caregiver to stain another plate with paint. Then ask another caregiver to wash with water and sand or soil. Let others observe the appearance of the plate
- Ask another caregiver to stain another plate with paint. Then ask another caregiver to wash with water and soap. Let others observe the appearance of the plate.

Discussion

- Ask 3 caregivers to show the 3 plates to the group.
- Ask the group members to notice the difference.
- Which one looks cleaner and believes it's free from germs. Why?
- Which one looks dirty? Ask them to explain why?

Summarise:

Encourage them to always wash utensils with soap.

- Washing of utensils with sand or soil increases the germ load although the plates may appear clean. The germs are in sand from the animal feces, but also from child feces. Remind them that defecation takes place in the household yard.
- Tell them that the plates washed with sand or soil may look clean but germs can also be there. *Remind them about the UV glow germ where they could not visibly see the germs.* Its only soap that removes germs.
- For those that may want to use sand to remove dirty from pots, encourage them do so but they should rinse with soap and water at the end.
- Soap is not just for washing clothes or bathing, utensil hygiene is also important.

Group oral Commitment on washing utensils with soap

Note: the CKI should lead the caregivers in making the oral commitment below

<p>Washing of utensils with soap Commitment</p> <p><i>I (Name).....commit myself to wash utensils with soap to protect my child and family from diarrhoea. I might be in a hurry or forget to but I will not give up. I will try my best to wash utensils with soap before I serve food for my child and also after using the utensils.</i></p>
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SECOND HOUSEHOLD VISIT – Washing of utensils with soap

Community Key Informant (CKI) should visit each caregiver's household. Make sure it is a surprise visit to avoid behaviour pretence. Always remember the main purpose of the household visit is to mentor the caregivers.

Aims of the Household Visit

Observations

1. To observe if caregivers are washing utensils with soap and to identify if there are any challenges affecting implementation.

Discussion

2. To remind and encourage that they can sustain washing utensils with soap
3. Discuss if there are any challenges being experienced in relation to washing utensils with soap. And discuss solutions to address the challenges
4. Reinforcing washing of utensils with soap messages depending on observations and discussion outcomes.
5. Observe if the caregivers are putting on the bracelets especially during the day as they prepare food and feed the child
6. Get comments from the caregivers about use of the bracelets (positive and negative comments).

Use the guide below and record outcomes of your household visit

Household visit 1			
Household ID			
Cluster Name			
Name of CKI			
Date of HH visit			
Time of HH visit			
Number	Activity	Observed comments	CKI comments
1	Have you observed the caregiver washing hands with soap during any step of food preparation?		
2	Have you observed the caregiver doing the following: <ul style="list-style-type: none"> • Washing utensils with soap before serving food • Washing utensils with soap at any other time 		
3	Have you observed any challenge which is affecting the caregiver to implement the following practices: <ul style="list-style-type: none"> • Washing utensils with soap • Washing hands with soap before food preparation • Washing hands before feeding the child 		
4	Discuss with them if there are any issues which they feel are challenging and how they are addressing them. Encourage them on how they can address them. Mentor them.		
5	Observe if the caregiver is wearing the hand washing with soap wrist band		
6	Ask if there are any issues regarding the wristband		

