

International Online Training Program

FOOD HYGIENE AND SANITATION FOR FOOD HANDLERS



Project: International Online Training Program on Food Hygiene and Sanitation for Food Handlers

Duration: 2 weeks (August 16-27, 2021)

Location: Mekong Institute (MI), Khon Kaen, Thailand

I. INTRODUCTION

Globalization has stimulated growing consumer demand for a wider variety of foods, resulting in an increasingly complex and longer global food chain. The production of safe food is becoming increasingly important for protecting consumers from hazards of foodborne illnesses, which occur at different stages of the food chain, starting from primary production to consumption stage. According to the World Health Organization (WHO), a large proportion of foodborne disease incidents is caused by foods improperly prepared or mishandled by food handlers at home and in food business operations. Health authorities need to strictly implement the laws and regulations dealing with hygiene practices in food handling. This is to ensure that food handlers follow the required rules and regulations for proper hygiene and sanitation.

All consumers have the right to expect and demand safe and good quality food. As increasing number of consumers eat outside on a daily basis, practicing good hygiene in food service operations helps reduce the burden of food borne illnesses in Southeast Asia which is already the 3rd highest in the world according to the WHO.

Implementing Good Hygiene Practices (GHP) covers the minimum sanitary and hygiene practices for food handlers to ensure that food is safe and suitable for human consumption. Food borne illnesses can result from contamination due to improper practices such as lack of environmental hygiene and poor sanitation, poor control of food processes, mixed and inappropriate transportation, poor storage, poor personal hygiene, and unsafe sources of food.

This food safety training course introduces the participants to the basic principles of food safety, hygiene and sanitation. It discusses the food safety hazards and how to adequately control them, and lays the foundation for other food safety management systems to build upon.

The 10-day online training course also includes action planning for the participants to be able to help them apply their gained knowledge and skills in their place of work.

This course is designed for government officials who need to gain insights and knowledge to better provide assistance and guidance to food business operators with regards to conformance and compliance with food safety and hygiene requirements. This will likewise benefit the food business operators in getting a deeper understanding of their responsibilities with regards to handling and producing food that is safe for the consumers, including guidance on relevant legislation, control of food safety hazards, temperature control, food storage, food preparation, pest control, personal hygiene, and cleaning and sanitation of food premises.

II. LEARNING OBJECTIVES

After completing this course, participants will:

- Understand the importance of food hygiene and recognize the types of health issues poor food hygiene may cause;
- Be able to identify the various types of food safety hazards and control measures;
- Understand what regulations say about food hygiene and how businesses can comply;
- Explain the principles of food safety management systems and the requirements of Good Hygiene Practices (GHP);
- Explain the role of personal hygiene in preventing contamination and foodborne illness;
- Identify and follow the steps of proper hand washing; and
- Increase networking and interaction among participants for collaborative work on food safety.

III. TRAINING METHODOLOGY

Due to movement and travel restrictions in response to the COVID-19 pandemic, an online/virtual training approach will be used to deliver this training program.

A variety of training methods will be employed in this online training such as short lectures, exercises, and online workshops in order to enhance learning and gain cooperation and active participation in a virtual setting. Each session will use a combination of power point presentations and workshops/exercises. Suggested readings will be distributed to the participants.

Online learning instructions will be shared with participants along with the technical requirements for uninterrupted sessions.

IV. COURSE CONTENT

The training program will cover the following modules:

Module 1: Introduction to Food Safety and Hygiene

This module introduces the participants to the importance of good food hygiene practices and why it is crucial in food business. The module tackles important aspects of food safety and health issues that consumers may develop from contaminated food.

- What is safe and suitable food?
- Food safety definitions
- Why is food hygiene important?
- Impact of food safety in the foodservice sector
- Causes and types of foodborne illness

Module 2: Food Safety Hazards and Controls

This module focuses on the four most common food safety hazards that may be present in a workplace and the risk they pose to consumers if they get into food. This module also introduces various techniques in controlling cross-contamination and food safety hazards with proper food hygiene practices.

- Food Safety Hazards
 - Physical Hazards and their control
 - Chemical Hazards and their control
 - Biological Hazards and their control
- Food Allergens and Contamination
- Control Measures for Microorganisms - food preservation
 - Conditions for bacterial growth
 - Temperature control
- Low and high risk food

Module 3: Legal Framework Governing Food Hygiene Standards

This module explains the key food safety legislation that food business operators must comply with, including food handling and regulation, and Codex General Principles of Food Hygiene. The module also highlights the food hygiene regulation and controls in different countries, particularly sharing the experiences of Thailand.

- International and regional initiatives (WHO- FAO and ASEAN)
- Codex Principles of Food Hygiene (CAC/RCP 1-1969 (Rev. 1 – 2003))
- Sanitation standard operating procedure (SSOP)
- Available standards for catering industry in the region (Good Restaurant Practices (GRtP) and Good Street Vending Practices (GSVP))
- Food hygiene regulations and controls in Thailand

Module 4: Good Hygiene Practices (GHP) for Food Handlers

Good Hygienic Practices are minimum sanitary and food handling requirements necessary to ensure the production of safe and suitable/wholesome food. The system is based on four prescribed requirements:

- Personnel Practices
- Premises Controls - building facilities, equipment and utensils (including design, layout/flow, construction, maintenance, cleaning and sanitation, calibration, pest and waste management)
- Products – understanding food safety characteristics of foods (e.g. potentially hazardous foods)
- Process Controls – including food preservation methods (cook-chill-serve cold, cook-serve hot, cook-chill-reheat-serve hot, assemble prepared foods etc)

GHP specifies process control requirements to be satisfied at each step of the food handling process. Some requirements relate to the receipt, storage, preparation/making of foods, display and/or service. This module introduces a set of GHP applications dealing with food hygiene and sanitation in the food service sector.

- Sourcing Foods
- Establishment Design and Facilities
- Control of Operations
- Maintenance and Sanitation (cleaning, pest control, waste management, re-usable item controls)
- Personal Hygiene
- Product Information and Consumer Awareness
- Allergen Management
- Training
- Inspection of a Foodservice Premises

Module 5: Food Hygiene and Sanitation Practices: Thailand Experiences

Participants will be exposed to food business operators who have food hygiene certification or food safety assurance systems in place, so participants can directly learn from the current practices of Thai food handlers in implementing GHP and HACCP. The Thailand’s certification scheme, Clean Food Good Taste, will also be introduced to the participants.

Module 6: Action Planning

In order to apply the gained knowledge and skills from this training course, food business operators are required to develop action plans for the implementation of GHP and food safety management system in their respective food business. For government officials, their action plan will focus on improving food hygiene regulations and guidelines, delivering localized GHP training and developing education materials for food handlers and consumers.

V. TARGET PARTICIPANTS

This course is designed for mid- and senior-level officials from government agencies who are responsible for controlling, supervising, developing, or facilitating food safety in food service industry. The course also targets food business operators interested in establishing food safety management system in their food businesses.

VI. PROGRAM SCHEDULE

The course will be conducted on August 16-27, 2021. The tentative schedule is given below:

	Mon, Aug 16	Tue, Aug 17	Wed, Aug 18	Thu, Aug 19	Fri, Aug 20
W1 AM - PM	<ul style="list-style-type: none"> Opening Ceremony Getting to Know Each Other Exploring Expectations Guidance for Online Training Pre-test <p>Module 1: Introduction to Food Hygiene and Sanitation</p>	Module 2: Food Safety Hazards and Controls	Module 3: Legal Framework Governing Food Hygiene Standards	<p>Module 4: Good Hygiene Practices (GHP) for Food Handlers</p> <ul style="list-style-type: none"> Sourcing Foods Establishment Design and Facilities 	<p>Module 4: Good Hygiene Practices (GHP) for Food Handlers (con’t)</p> <ul style="list-style-type: none"> Control of Operations Maintenance and Sanitation .
	Mon, Aug 23	Tue, Aug 24	Wed, Aug 25	Thu, Aug 26	Fri, Aug 27
W2 AM - PM	<p>Module 4: Good Hygiene Practices (GHP) for Food Handlers (con’t)</p> <ul style="list-style-type: none"> Personal Hygiene Product Information and Consumer Awareness Allergen Management 	<p>Module 4: Good Hygiene Practices (GHP) for Food Handlers (con’t)</p> <ul style="list-style-type: none"> Training Inspection of a Foodservice Premises 	Module 5: Food Hygiene and Sanitation Practices: Thailand Experiences	Module 6: Action Planning	<p>Module 6: Action Planning (con’t)</p> <p>Post-test</p> <p>Course evaluation</p> <p>Closing Ceremony</p>