

Department of Civil and Environmental Engineering

Environmental Health



Scotland Chikwawa Health Initiative

# Health markets training report and development programme for Dembo and Mfera

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## Introduction

The safety and hygiene of markets is a key component of health settings approach which is being piloted in Mfera – Chikwawa district. Dembo and Mfera markets within Mfera have been earmarked for several initiatives to improve their hygiene and sanitation status. Recently, a 2 days training for the 2 main market committees and 3 days training for the vendors have been conducted.

In total 20 committee members (10 members from each market) including 2 village headmen have been trained about food safety and hygiene. In addition, they have been equipped with leadership skills on how to run a market premise. The committee training was conducted at Chikwawa District Education Office Hall from 20<sup>th</sup> to 21<sup>st</sup> November 2014.

The Main Committee training was officially opened by the Ward Councillor of the area who encouraged the participants to appreciate the importance of training and change it may bring to the market conditions in Mfera area. He thanked SCHI for supporting health markets program in the 2 markets saying that the support has come at the right time when the markets are in bad condition.



**Photo 1: The Ward Councillor opening the Main Committee training**

For the vendors' training, 70 vendors selling different food items including butcher men have been oriented on how they can keep their food commodities safe and hygienic both at home and at the market. The Vendor's training was conducted at Dembo from 4<sup>th</sup> to 6<sup>th</sup> December 2014.

Facilitation of the trainings was done by SCHI in collaboration with Chikwawa District Environmental Health Office and Chikwawa District Council.

### **Objectives of the Trainings**

- To provide knowledge and skills to the committee members about food safety and hygiene in markets
- To equip the committee members with leadership skills on how they can manage markets
- To develop plans that should facilitate sustainable improvement in food safety, hygiene and waste management in the markets

### ***Target group of the trainings***

Newly elected Market Committee members of Dembo and Mfera; 20 participants; including 2 Group village headmen (i.e. Mpokonyola and Chinkole) where Dembo and Mfera markets are located.

For the vendors' training, it targeted vendors who sell food items that were categorised in the following 3 groups:

- Day 1: 1<sup>st</sup> session – targeted all vendors who sell meat including butcher men. In total, 15 vendors attended the training.
- Day 2: 2<sup>nd</sup> session – targeted all vendors selling vegetables, tomatoes, fish, Regumes, patotoes. In total 28 participants attended the training.



**Photo 2: Training of vegetable, tomato vendors in progress**



- Day 3: 3<sup>rd</sup> session – targeted all vendors who sell ready to eat food items such as doughnuts, samosa, zigumu, mkate, mandasi, thobwa, fruits e.g. mangoes and kanyenya. In total, 27 vendors attended the training.



**Photo 3: Mr Kaude (AEHO) facilitating during training session for vendors who sell ready to eat food**

**Table 1: attendance breakdown for Main committees and Vendors' trainings**

Training	Market Name						
	Dembo			Mfera			Overall total
	Total participants	Male	females	Total participants	Male	Female	
Main committee training	10	7	3	10	6	4	20
Vendors' training – meat sellers and butcher men	8	8	0	7	7	0	15
Vendor's training – vegetables, tomatoes etc sellers	16	7	9	12	2	10	28
Vendor's training – ready to eat food sellers	23	0	23	4	0	4	27

### ***Training Methodology***

- The following approaches were used in delivering the training content:
- Plenary and group discussions
- Use of video - demonstrating recommended hygiene practices in food safety such as hand washing and cross contamination in food business
- Plenary facilitation
- Practical sessions

### ***Training Content***

#### **Introduction to Food Safety and Hygiene**

The participants with the guidance of facilitators discussed the importance of applying food safety and hygiene principles in their business. Specifically the participants discussed the benefits of food safety and hygiene to the vendors and clients. In addition, the four categories of hygiene were discussed which includes personal, water, market and environmental hygiene.



**Photo 4: Mr Ngondo, the EHO leading the discussion on the types of Hygiene and its significance at a market premise**

#### **Hand Washing**

The six recommended steps for successful hand washing were discussed. An emphasis was made on why it is necessary as vendors to follow such steps during food preparation, transportation and selling. To make it practical, a demonstration was conducted where the participants washed hands

following the six steps which include applying water in the hands, applying soap, rubbing hands including fingers, washing upper arms, rinsing and lastly air drying.



**Photo 5: One of the participants demonstrating on how she can wash hands following the six recommended steps**

Later, participants discussed why hand washing in their markets is still a challenge. It was noted that lack of HWF in both markets is a major contributor to the current status of hand washing in the markets. In addition, before the training, participants could not appreciate the significance of hand washing in their business and to the customers. During the discussion participants agreed that a hand washing facility should be installed in both markets so that vendors and customers can use at all required times such as after using the latrine.

### **Cross Contamination**

A video clip and Demonstration on how germs are spread through utensils and hands during food preparation and selling was done. This was followed by a discussion where participants suggested ways of minimising the spread of disease causing organisms in their markets.





**Photo 6: participants demonstrating on how germs are spread through hands**

Vendors who sell ready to eat foods such as mandasi agreed that they should be putting their food items in a transparent closed container to avoid contamination with dust. In addition when selling to a customer, food items such as doughnuts should be fully wrapped with a clean piece of newspaper or put in a small paper bag.

Meat sellers/butcher men have planned to re-construct their benches which are in bad state. To make their benches more hygienic and safe, the vendors agreed that a clean piece of paper should be used to cover the whole bench before they start selling meat and the benches should be cleaned in the morning and afternoon before and at the end of business everyday.



**Photo 7: Benches for selling pork at Dembo market**



**Photo 8: Benches for selling goat meat at Dembo market**



## **Waste Management**

The facilitators guided the participants in discussing the importance of managing wastes in their markets. Later the participants were left in groups to discuss current condition of waste management in their markets which included challenges and possible solutions. It was noted through the discussions that the rubbish pit at Dembo market is full while Mfera market has never had a rubbish pit; and at the time of the training, no mechanisms were put in place in both markets to address the absence of refuse pits. It was encouraging to note that the committee members for both markets have agreed to take action to improve waste management in their markets. Refer to table 3 and 4 for specific plans to be implemented in the markets.

The participants were told of the benefits of wastes. An emphasis was made that they may use the wastes as a source of manure in their gardens; and also as a source of energy as it is done in some parts of the world.

## **Leadership skills and the role of Market Committee**

Since the committee members were new, officers from the District Council who have the overall responsibility in managing markets briefed the participants on their roles. For instance the participants were told that it's their responsibility to link the vendors with the District Council on their needs. In addition, the main committees have the overall responsibility of ensuring that recommended food hygiene and safety standards are being followed in the markets.

The committee members were also oriented on how they can settle disputes among vendors and customers. More importantly, they were briefed on how they can mobilize resources for developmental activities at the markets from Government and other organizations.



**Photo 9: Mr. Dakamawu from Chikwawa District Council facilitating on leadership skills**

## **Pre and Post Test**

To assess the level of knowledge gained by committee members during the training, a pre and post-test was administered to the participants before and at the end of the training respectively. An improvement was noted to the participants when pre and post – test results were compared. For

instance during pre – test, the lowest and the highest mark was 30% and 100% respectively (table 2). while during post – test, the lowest and highest score was 50% and 100%. In addition during post – test nobody failed, while during pre – test, 6 participants failed to get half of the total score. With such results, adequate knowledge gained by the participants during the training need not to be overemphasized.

**Table 2: Pre and Post – Test Results**

	Candidate Number (CN)																					
	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN	CN
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Pre – Test (%)	60	75	45	65	45	100	55	80	90	90	60	40	85	100	65	40	80	65	80	30	35	55
Post – test (%)	70	90	50	80	90	100	65	70	90	95	80	50	100	100	60	65	95	100	85	85	55	55

### **Challenges and Mapping Way forward**

At the end of the training, participants appreciated the importance of having health markets. With respect to this, participants were divided into two groups depending on the market they represent and discussed their challenges and possible solutions as outlined in table 3 and 4 below.