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## **TRAINING OF FUFU MILLERS AT TESHIE**



**By**

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## **SUMMARY**

The training was conducted using the manual on fufu milling/extrusion (**CSIR-FRI/MA/AA/2016/003**). The trainees (fufu millers) were made to appreciate the essence of implementing and observing basic food safety and Good Hygienic Practices (GHP) before, during and after milling. They expressed their appreciation to the team and requested for more of such training opportunities as they were oblivious of the consequences of their bad food handling practices on consumers.

## INTRODUCTION

Food is supposed to provide nourishment to the consumer. Unfortunately, foods have also been described as vehicles for the transmission of microbial diseases if not handled hygienically. It provides an ideal nutritional source for microorganisms and results in their proliferation. Poor environmental sanitation and poor personal hygiene are mostly responsible for these contaminations and causes diseases and fufu millers/extruders are no exception. Diseases caused to consumers may lead to loss of working days and productivity, expenses on medicines, distress and possible death.

The greater number of fufu millers just like food handlers in general have inadequate education and therefore, lack knowledge on appropriate handling practices. In the same vain, they are oblivious of the consequences their actions and inactions translate to in terms of transmission of food-borne pathogens to consumers.

In view of this, a one day training was organised for 18 fufu millers/extruders in and around Teshie Old Akpanja Road on the 20<sup>th</sup> of February 2017 to streamline the operation of these milling sites. Artimingo Fufu Milling Shop, which is owned by Mr. and Mrs. Annang was selected for the training based on the availability of space to accommodate other participants. The training was conducted by Mrs. Amy Atter and Mr. Theophilus Annan and were assisted by Mr. Felix Afotey and Mr. Nicholas Mamiya. Mr. Jonathan Ampah who is a team member was unable to make it due to unforeseen circumstances.

The training was delivered in two sections: lecture and practical demonstration. Training flip cards/charts extracted from the training manual on fufu milling/extrusion (**CSIR-FRI/MA/AA/2016/003**) was used for the lecture. This section was used to explain the essence of implementing and observing basic food safety and Good Hygienic Practices (GHP) before, during and after milling. The session was very interactive and participants were made to understand the need to adhere to these requirement. Most of the sites visited before the training were un-kept and their food handling practices were very poor and appalling. The trainees were implored to ensure that their immediate surroundings were kept clean, to intermittently wash the machine after milling, cover the hopper when not in use, desist from the use of soaked foam for cleaning the hopper during milling as it introduces microbes into the fufu among others.

The practical demonstration was conducted by going through the milling process in the appropriate dress code for operators. Aprons donated by Text Style Ghana Limited was given out to the millers for keeps.

### **Some pictures from the training:**

The team taking participants through essential Good Hygienic Practices as shown in figure 1 and 2.



Fig 1.



Fig 2.

Aprons and hair cover were distributed to participants to be properly dressed before the milling process as shown in figure 3 and 4.



Fig. 3



Fig 4.



A participant volunteered to lead the demonstration session. She was therefore guided through proper hand washing process before the start of work as shown in figure 5 and 6.



Fig 4.



Fig 5.

Participants ready in their aprons and head covers for the milling demonstration under the guidance of Mrs. Amy Atter whilst the others watched on as shown in figure 6 and 7.



Fig 6.



Fig 7



The cooked cassava and plantain pieces poured into the hopper and pushed through with a wooden ladle. The aluminum bowl receptacle for the milled fufu was placed on a table beneath as shown in figure 8 to 11.



Fig. 8



Fig 9



Fig. 10



Fig. 11

For double milling of a batch, a wet spoon was used to transfer the milled fufu back into the hopper for final milling and not the bare hands as shown in figure 12 to 15.



Fig 12



Fig 13.





Fig 14



Fig 15.



The stuck milled/extruded fufu in the machine was removed with the wet ladle as shown in figure 16 and 17 and not the bare hands as was previously done.



Fig. 16



Fig. 17

Participants were refreshed after the training session as shown in figure 18.



Fig 18.

## **CONCLUSION**

Participants expressed their gratitude to the team and requested for more of such training opportunities as they were ignorant of the consequences of their bad food handling practices on consumers. They assured the training team to henceforth observe Good Hygienic Practices and food safety and also transfer the knowledge acquired to their colleagues. Mr. and Mrs. Annang of Artimingo Fufu Milling Shop were advised by the team to apply anti-rust paint to the metallic stand of their fufu milling machines as they were rusted.

## **ACKNOWLEDGMENT**

The team wishes to express their gratitude to Text Style Ghana Limited popularly known as GTP for the Aprons they donated to undertake the training. The team also would like to express their appreciation to Mr. and Mrs. Annang of Artimingo Fufu Milling Shop for providing the venue at no cost to the team.