EMPOWERING
FOOD SAFETY CHAMPIONS

A Guide to Good Hygiene and Manufacturing Practices for NYSC Members



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Empowering Food Safety Champions: A Guide to Good Hygiene and Manufacturing Practices for NYSC Members, 2025

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FOREWORD

With great pride, we present this manual on food safety, designed to empower the National Youth Service Corps (NYSC) members to raise awareness and promote safe food practices within Nigerian communities. Food Safety is a critical issue in Nigeria, with numerous challenges that impact public health and economic stability.

Food safety is a critical issue in Nigeria, with recent statistics revealing that foodborne illnesses remain a significant concern, especially with outbreaks of diseases such as Cholera, Typhoid, and Lassa fever posing serious health risks. Through health education awareness campaigns, we have seen promising results in improving health outcomes. These campaigns educate the public on preventive measures, promote healthy behaviours, and encourage early detection and treatment of diseases. For instance, public awareness and sensitisation campaigns on HIV/AIDS have significantly reduced the spread of the disease by informing the public about preventive measures and treatment options.

The campaign to raise awareness on food safety is a strategic component of the National Policy on Food Safety and Quality and its Implementation Plan, 2023. This manual provides NYSC members with the tools and knowledge to support the Federal Government in making a significant impact in educating food vendors and consumers about safe food handling practices. Through workshops, community engagement, and education campaigns, NYSC members will serve as champions of food safety, educating food vendors and consumers on proper hygiene practices and fostering healthier communities.

Corps member participation in this initiative will contribute to reducing foodborne illnesses and provide them with invaluable leadership and public health skills for future endeavours.

Together, we can achieve the vision of a safer, healthier Nigeria.



Prof. Muhammad Ali Pate CON
Coordinating Minister
Federal Ministry of Health and Social Welfare
2025

ACKNOWLEDGEMENT

This manual is an adaptation of the Unified Food Safety Training Manual on Requirements for Good Hygiene and Manufacturing Practices (GHP/GMP) Along the Food Supply Chain, 2021.

The Federal Ministry of Health and Social Welfare extends its heartfelt gratitude to our partners, especially the National Youth Service Corps (NYSC) who has graciously approved that the NYSC members will be useful in the dissemination of this manual. You have shaped the idea behind the development of this manual.

Our profound gratitude also goes to our partner, the Research Supporting African MSMEs To Provide Safe and Nutritious Food (RSM2SNF) Project, who were influential in the development of this document. Their immense financial and technical support, as well as their collaboration throughout this process, have been critical to the success of the document's development.

These guidelines have significantly benefited from the exceptional leadership of several individuals, including the Director of the Food and Drug Services Department, Pharm. (Mrs) Olubunmi Aribeana; the National Coordinator of the Food Safety and Quality Programme, Mr. Atanda O. John; the Project Lead, Mr. Oluwafemi Stephen; the dedicated Food Safety and Quality Programme team, as well as the staff of the Food and Drug Services Department. Their coordination in the formation, development, and finalisation of this document has been exemplary.

We are deeply grateful to all who have contributed technically and financially to the success of this important work.



Daju Kachollom S. mni
Permanent Secretary
Federal Ministry of Health and Social Welfare
2025

1.0 INTRODUCTION

Food Safety is a critical issue in Nigeria and across Africa, where foodborne illnesses continue to pose significant health risks. According to the World Health Organization (WHO), an estimated 91 million people in Africa fall ill from foodborne diseases each year, resulting in 137,000 deaths with Nigeria contributing significantly to this figure.

The high prevalence of foodborne diseases in Nigeria can be attributed to several factors, including poor hygiene practices, inadequate food handling and storage, and lack of awareness about food safety.

This manual has been adapted from the Unified National Food Safety Training Manual on the Requirements for Good Hygiene and Manufacturing Practices (GHP/GMP) Along the Food Supply Chain, 2021 and aims to equip National Youth Service Corps (NYSC) members with practical skills to promote food safety. By educating food handlers, vendors, and consumers, corps members will play a pivotal role in creating awareness and reducing the prevalence of foodborne illnesses. This initiative aligns with the broader goals of the NYSC programme to foster national development and unity.

By participating in this initiative, corps members will not only enhance their understanding of food safety but also become key advocates for public health. They will be trained to educate food handlers, vendors, and consumers on the importance of maintaining proper hygiene and following safe food handling procedures. This collective effort will contribute to reducing the incidence of foodborne diseases and improving overall public health in Nigeria.

The manual covers a range of topics, including personal hygiene, facility cleanliness, equipment maintenance, pest control, food storage, and safe cooking practices. It also includes practical examples relevant to the Nigerian context, making the content more relatable and effective.

Through targeted workshops, interactive activities, and community engagement, this manual provides the necessary tools to drive positive

changes and foster a culture of food safety awareness. By participating, corps members will contribute to Nigeria's health and economic stability while developing their leadership skills – paving the way for a future where food safety is prioritised, and public health is safeguarded.

1.1 Scope of Manual

This manual follows a food chain approach, offering guidelines on Good Hygiene Practices (GHP) and Good Manufacturing Practices (GMP) from production to consumption. It provides actionable steps for corps members to:

1. Conduct training sessions to educate communities on safe food practices.
2. Collaborate with local leaders to foster a culture of food safety.
3. Serve as advocates for sustainable food safety policies beyond their service year.

1.2 Role and Expectations of Corps Members

1. Raising Awareness at the Grassroots Level
    - **Workshops and training**: Conduct interactive sessions to educate communities on food safety.
    - **Informational materials**: Distribute brochures and posters highlighting key food safety practices.
    - **Engage local leaders**: Collaborate with community leaders and institutions to promote food safety.
    - **Social media**: Use social media to share food safety tips and success stories.
    - **Monitoring and reporting**: Identify and report food safety incidence to authorities[1].
2. Becoming Food Safety Champions Post-NYSC Year
    - **Advocacy**: Advocate for stronger food safety regulations and policies.

[1] Please see the list of food safety authorities at national and sub-national levels.

- **Mentorship**: Mentor new corps members and community members interested in food safety.
- **Professional development**: Pursue careers in food safety or related fields.
- **Community leadership**: Lead and implement food safety initiatives within communities.

By fulfilling these roles, corps members can significantly improve food safety in Nigeria, ensuring healthier, safer communities.

2.0 UNDERSTANDING FOOD SAFETY

2.1 Definition and Importance

Food Safety is the holistic means of ensuring that the production, preparation, handling, transportation, distribution, marketing, storage and every food chain passes to get to us is safe[2]. The primary goal is to ensure that food remains safe from contaminants like bacteria, viruses, and chemical substances that can cause health issues when consumed.

The importance of food safety cannot be overstated, as it directly impacts public health and well-being. Unsafe food is linked to the deaths of an estimated 420,000 people annually worldwide, according to the World Health Organization (WHO). Foodborne diseases can cause a wide range of symptoms, from mild gastrointestinal discomfort to severe conditions that can lead to long-term health problems or even death.

Foodborne illnesses can lead to significant economic losses due to healthcare costs, lost productivity, and damage to the food industry. For a country like Nigeria, where a substantial portion of the population is involved in food production and sales, ensuring food safety can help stabilise the economy by promoting consumer confidence in locally produced food.

Lastly, food safety is essential for social equity. Unsafe food affects vulnerable populations, including children, the elderly, and those with compromised immune systems. By promoting food safety practices, we can protect these at-risk groups and ensure that everyone has access to safe and nutritious food, thereby supporting broader goals of public health and social justice.

2.2 Key Concepts and Terminology

The general principles of Good Manufacturing Practice (GMP) and Good Hygiene Practices (GHP) provide operators with the basic rules of processing

[2] National Policy on Food Safety and Quality and Its Implementation Plan, 2023.

and guarantee compliance with food safety and quality of the derived product, guarantee consumers' health, as well as minimise weight and quality losses.

Good Hygiene Practices (GHPs) cover the minimum sanitary and hygiene practices for food processors such as hotels and restaurants, to ensure that food is safe and suitable for human consumption, including:

1. Personal hygiene and employee health conditions,
2. Maintenance of plant and equipment hygiene such as food contact surfaces, pest control, waste disposal, water quality, toilet and hand wash facilities, and the prevention of cross-contamination.

Good Manufacturing Practices (GMPs) are sets of operational requirements that are necessary to enable a food business to produce food safely. These requirements include supplier control, Specifications, Calibration of equipment, Traceability and recall, equipment designs where conditions for food safety can be achieved, maintained and monitored; lighting and ventilation systems, storage conditions as well as control of operations.

3.0 GOOD HYGIENE PRACTICES (GHP)

Food is a primary source of infection to man while man is a primary source of food infection. The food–man–food cycle can be broken by a combination of cleaning and personnel hygiene.

Personal hygiene is a critical requirement and is most important for preventing cross-contamination. It must always be emphasised and properly supervised. Personal hygiene therefore involves ensuring the following:

1. Washing hands thoroughly with soap and water before handling food and after any contamination risk.
2. Provision of clean toilets and hand-washing facilities in all farms, food processing, food storage and food markets.
3. Keeping nails short, clean, and unpolished - avoid wearing jewellery.
4. Cover cuts, wounds, or sores with waterproof bandages.
5. Refrain from behaviour which could result in contamination of food such as smoking, spitting, chewing and eating, talking, sneezing or coughing over unprotected food.

3.1 Handwashing and Techniques

Personnel should always wash hands before handling food, after using the toilet, or after handling raw food. Use warm water and soap, scrubbing all parts of the hands, including between fingers and under nails for at least 20 seconds, and dry hands with a clean towel or air dryer.

3.2 Protective Clothing

1. Food handling personnel should wear clean, appropriate clothing, including aprons[3] and hair coverings.

[3] Aprons help prevent contaminants from getting onto a food handler's clothing. By wearing aprons, food handlers can ensure food safety by minimising the risks of cross-contamination and adhering to strict good hygiene practices.

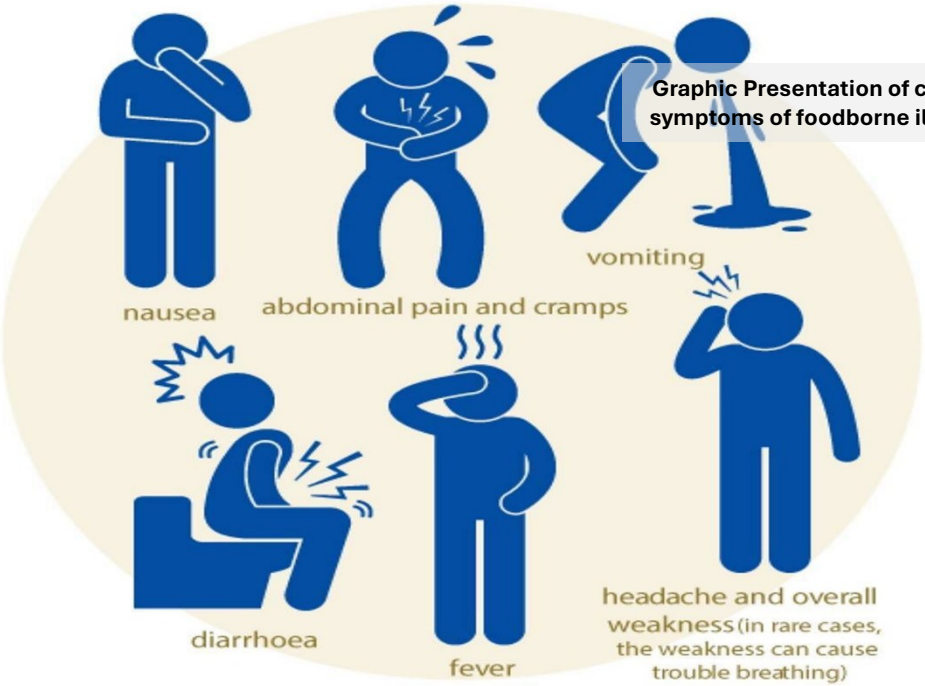
2. Food handling personnel should use disposable gloves, appropriate to the operations, and change them regularly to prevent cross-contamination.
3. Food handling personnel should avoid wearing personal items like watches or bracelets.

3.3 Illness and Reporting[4]

1. Food managers/supervisors must prevent sick individuals from handling food to avoid contamination risks.
2. Food handlers with symptoms of illness (e.g., vomiting or diarrhoea) must report to supervisors immediately.
3. Food handlers should report to their supervisor if:
   - ✓ S/he is having symptoms of illness, such as vomiting, diarrhoea, or fever,
   - ✓ S/he has an infected cut or sore,
   - ✓ S/he was sick while on holiday, and
   - ✓ S/he has anyone who is sick in his/her household.

[4] More details on this can be found in the National Guideline for Food Handlers' Medical Tests, 2024.





Graphic Presentation of common symptoms of foodborne illnesses

4.0 GOOD MANUFACTURING PRACTICES (GMP)

Good Manufacturing Practices (GMP) are crucial for maintaining consumer trust and protecting public health. By adhering to GMP, food manufacturers can minimise the risk of foodborne illnesses, product recalls, and legal issues. It also enhances the efficiency and reliability of production processes, leading to high-quality products that comply with safety standards.

4.1 Facility, Equipment and Utensils Cleanliness and Maintenance

The maintenance of clean and sanitary conditions in a food plant (clean and sanitary environment, structures, facilities, and equipment) is essential to ensure that food is produced under hygienic conditions, to prevent contamination and to prevent breeding of pests. There should be adequate facilities for cleaning and disinfecting utensils and equipment. Here are some key practices:

1. **Location of Equipment**: Equipment should be located such that it allows easy, adequate and effective maintenance and cleaning
2. **Regular Cleaning Schedule**: Develop and adhere to a regular cleaning schedule for all areas of the facility. This includes food preparation areas, storage areas, and dining areas. Cleaning can be carried out by the separate or combined use of physical methods, such as heat, scrubbing, turbulent flow, vacuum cleaning, etc
3. **Equipment Sanitisation**: Use approved sanitisers to disinfect surfaces and equipment. Wash and rinse with clean potable water to remove dirt, debris and residues of detergent. Use separate cleaning tools for different types of equipment to avoid cross-contamination.
4. **Floors and Walls**: Wash and rinse with clean potable water and sanitise floors and walls frequently to prevent the buildup of dirt. Pay special attention to corners and hard-to-reach areas.
5. **Ventilation and Lighting**: Ensure proper ventilation to reduce humidity and prevent mould growth. Maintain adequate lighting to facilitate thorough cleaning and inspection.

6. **Maintenance of Fixtures**: Regularly inspect and maintain fixtures such as sinks, drains, and ventilation hoods to ensure they are functioning correctly and are clean.

4.2 Pest Control

Implement measures to prevent pests from entering the facility as they pose a major threat to the safety and suitability of food. Pest infestations must be prevented in all food handling premises using appropriate pest control methods such as:

1. Inspection of incoming materials,
2. Keeping buildings in good repair and condition to prevent pest access,
3. Preventing the accumulation of food residues and water to avert pest harbourage and infestation,
4. Regularly monitor establishment and surroundings to detect and identify evidence of infestation practices,
5. Eradicate pest infestation using various methods: physical (e.g. bait/traps), biological (e.g. bio-insecticide) or chemical (e.g. insecticides).

4.3 Waste Management

1. **Timely Disposal**: Waste material should be kept separate from work in progress or final products and removed from the workplace daily or more frequently when required.
2. **Waste Segregation**: It is recommended that each type of waste container be clearly marked to show the type of waste that should go into the container.
3. **Bin Cleaning**: Waste bins should be on a cleaning schedule to prevent bacterial growth or pest attraction.
4. **Covered Bins:** It is recommended that all waste bins have lids, and only covered bins are to be used to store waste, both inside and outside the facility. Ensure that bins are kept closed to prevent any pest activity from becoming an issue within the facility.



Regular Cleaning of cooking utensils and equipment are vital.



Application of insecticides are important for the control of pests in a food establishment.

5.0 FOOD PREPARATION, HANDLING, STORAGE AND TRANSPORTATION

Safe food preparation and cooking are essential to ensure food safety and prevent foodborne illnesses. This chapter focuses on safe cooking practices, proper food storage techniques to avoid contamination, and maintaining a proper temperature control for cooking and storage. Additionally, it emphasizes the importance of water and ice quality in the preparation and cooking process.

5.1 Safe Cooking Practices

Following safe cooking practices is critical to ensure that food is prepared in a hygienic and safe manner. Consider the following guidelines:

1. **Cleanliness**: Wash hands thoroughly with soap and water before and after handling food. Clean and sanitise all surfaces, utensils, and equipment used in food preparation.
2. **Water and Ice Quality**: Use only clean, potable water for cooking and washing food. Ensure that ice used in food and drinks is made from safe water sources to prevent contamination.
3. **Separate Raw and Cooked Foods**: Use separate cutting boards, knives, and utensils for raw and cooked foods to prevent cross-contamination. Store raw meats away from ready-to-eat foods.
4. **Thorough Washing**: Rinse fruits and vegetables under running water before eating, cutting, or cooking to remove any dirt, bacteria, or chemicals.

5.2 Proper Food Storage Techniques

Food storage facilities should be designed and constructed to ensure the following:

1. **Prevent Deterioration and Spoilage**: Use appropriate measures, such as temperature, humidity, and other controls, to minimise spoilage as much as possible.

2. **Non-Toxic Containers**: Ensure containers that come into contact with food during handling, storage, preparation, processing, packaging, and serving are made of corrosion-free materials that do not impart toxicity to the food. These containers should also be easy to clean and disinfect.
3. **Separation of Food and Ingredients**: Sort food and ingredients to separate raw materials from finished or ready-to-eat products to avoid cross-contamination.
4. **Protection from Hazards**: Protect food and ingredients from pests, chemical and physical hazards, or other objectionable substances during handling, storage, and transportation.
5. **Adequate Space**: Ensure the layout of all food processing structures allows sufficient space for the storage of materials and products, preventing contamination and cross-contamination.
6. **Maintenance and Cleaning**: Allow for adequate maintenance and cleaning of storage facilities to uphold hygiene standards.

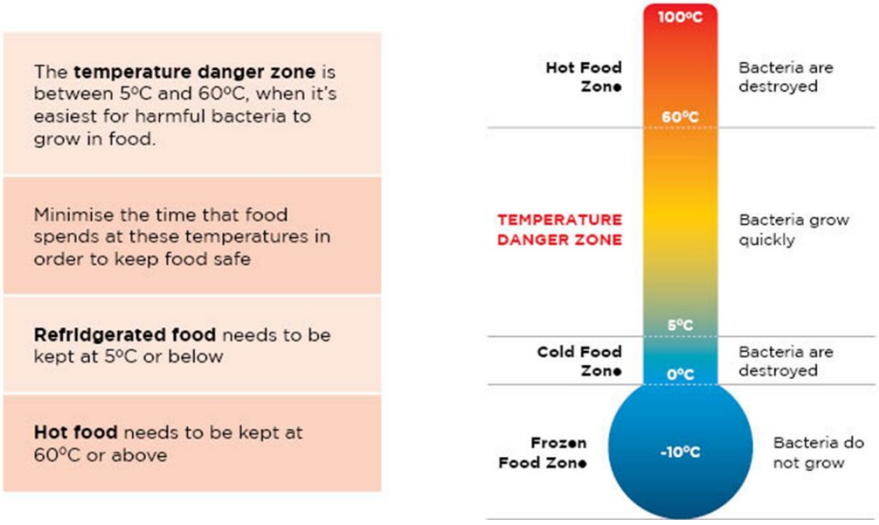


Fruits and Vegetables properly separated and displayed appropriately.

5.3 Temperature Control

Temperature control is a critical aspect of food safety that helps prevent the growth of harmful microorganisms in food. Proper temperature control involves maintaining food at safe temperatures during storage, transportation, preparation, cooking, and serving. A facility for transporting and storing food under temperature control must be provided. A cold storage facility must be available if required. The key principles of temperature control include:

1. **Cold Storage**: Keep perishable foods refrigerated at 5°C or less to slow down microbe growth. Preferably, use a thermometer to monitor and ensure consistent temperature in the refrigerator, especially during power cuts.
2. **Freezing**: Store frozen foods at -18°C (freezer temperature) or lower to stop bacterial growth. Properly wrap and label foods before freezing to maintain quality and safety.
3. **Cooking Temperatures**: Cook poultry and beef to at least 75°C and reheat leftovers to a minimum of 74°C to kill harmful microorganisms.
4. **Hot Holding**: Keep cooked foods hot at or above 60°C until served to prevent bacterial growth. Hot-holding equipment like food warmers or steam tables can be used for this purpose.
5. **Cooling**: Rapidly cool cooked foods to safe temperatures by dividing them into smaller portions and placing them in shallow containers. Refrigerate or freeze within two hours of cooking.





Open display of foods on the floor by the roadside in such manner should NOT be encouraged.



Poor method of transporting perishable vegetables and fruits. Encourage cold transportation vans.

6.0 FOODBORNE DISEASES[5]

The incidence of foodborne disease in the African continent has been attributed to poor environmental hygiene and sanitation, inappropriate transportation of food and food products, poor food storage, poor food safety practices including deliberate food adulteration, poor personal hygiene of food handlers, and purchase of unsafe food for economic reasons.

6.1 Foodborne Hazards

Foodborne hazards are agents that can cause foodborne diseases or injury when present in food. These hazards can be biological, physical, or chemical in nature, and they pose significant risks to public health. Contaminants (Food Hazards) can be categorised as:

1. **Biological Hazards**: These include bacteria, viruses, or parasites that are generally present in air, food, water, soil, animals, or humans. Examples are *Salmonella, E. coli*, Norovirus and *Ascaris*.
2. **Chemical Hazards**: These include chemicals used for cleaning and sanitising food contact surfaces, paints, water treatment chemicals, pesticides, insecticides, fertilisers, fungicides, and naturally occurring harmful chemicals like mycotoxins.
3. **Physical Hazards**: These are foreign bodies in food usually due to accidental contamination and/or poor handling practices. They are visible particles like pebbles, stones, metal, glass, wood, insects, soil, dirt, jewellery, hair, and fingernails.

6.2 Symptoms of Foodborne Diseases

Foodborne diseases can cause a range of symptoms, depending on the type of pathogen involved. Common symptoms include:

[5] More details on this can be found in the National Integrated Guidelines for Foodborne Disease Surveillance and Response, 2023.

1. **Gastrointestinal issues**: Diarrhoea, nausea, vomiting, stomach cramps, and abdominal pain.
2. **Fever**: Some foodborne illnesses can cause fever as the body's immune response to infection.
3. **Dehydration**: it can occur due to vomiting and diarrhoea, especially in young children and the elderly.
4. **Neurological symptoms**: In severe cases, foodborne diseases can affect the nervous system, with symptoms such as blurred vision, tingling, numbness, and muscle weakness.
5. **General malaise**: Weakness, fatigue, and headache are common symptoms.



2021 investigation of foodborne disease outbreak in Kano.

7.0 PRIORITISING HEALTHY FOODS

Prioritising the consumption of healthy foods is essential for maintaining overall well-being. With the development of new National Guidelines for Sodium Reduction and the need to reduce the consumption of sugar, alcohol, trans-fatty acids (TFA), and tobacco, it's crucial to make informed dietary choices. By prioritising healthy foods, you can reduce the risk of conditions such as obesity, diabetes, heart disease, and hypertension. This chapter explores the importance of healthy eating and provides practical tips for incorporating nutritious foods into your daily routine.

7.1 Reducing Sodium Consumption[6]

High sodium intake is a significant contributor to hypertension and cardiovascular diseases. The new national guidelines emphasise the reduction of sodium consumption to improve public health. Here are some tips to help you lower your sodium intake:

1. **Choose fresh, minimally processed foods**: Fresh fruits, vegetables, and lean meats are naturally low in sodium.
2. **Read food labels**: Look for products labelled "low sodium" or "no salt added" and compare different brands to find the lowest sodium option.
3. **Cook at home**: Preparing meals from scratch allows you to control the amount of salt used.
4. **Use herbs and spices**: Enhance the flavour of your dishes with herbs and spices instead of salt.

7.2 Reducing Sugar Consumption

Excessive sugar intake is linked to obesity, diabetes, and dental problems. Reducing sugar consumption can have a positive impact on your health. Consider these strategies:

[6] More details on this can be found in the National Guideline for Sodium Reduction, 2024.

1. **Limit sugary drinks**: Replace soda, energy drinks, and sweetened beverages with water, herbal tea, or unsweetened drinks.
2. **Choose whole fruits**: Instead of reaching for sweets/candy or pastries, opt for fresh fruits as a natural source of sweetness.
3. **Read ingredient lists**: Be aware of hidden sugars in processed foods and choose products with minimal added sugars.
4. **Use natural sweeteners**: When baking or preparing foods at home, use natural sweeteners like honey, dates, etc.

7.3 Reducing Alcohol Consumption

Excessive alcohol consumption can lead to liver disease, heart problems, and other health issues. To reduce alcohol consumption:

1. **Complete Abstinence:** Refrain entirely from consuming alcoholic beverages
2. **Set limits**: Establish a daily or weekly limit for alcohol intake and stick to it.
3. **Choose lower-alcohol options**: Opt for beverages with lower alcohol content, such as light beer or wine.
4. **Avoid binge drinking**: Spread your alcohol consumption over several days rather than consuming large amounts in one sitting.
5. **Seek support**: If you find it challenging to reduce your alcohol intake, consider seeking support from a healthcare professional or support group.

7.4 Eliminating Trans-Fatty Acids (TFA) Consumption[7]

Trans-fatty acids are harmful fats that increase the risk of heart disease. To reduce TFA consumption:

1. **Read labels**: Look for "no trans-fat" on food labels.
2. **Choose healthier fats**: Opt for unsaturated fats found in olive oil, avocado oil etc.

[7] More details on this can be found in the Fats, Oil and Food Containing Fats and Oil Regulation, 2022.

3. **Home cooking**: Prepare meals using healthy cooking methods such as baking, grilling, or steaming instead of frying.
4. **Limit processed foods**: Processed and packaged foods often contain trans fats, so choose whole, unprocessed foods whenever possible.

8.0 COMMUNICATION AND AWARENESS

Effective communication and raising awareness are crucial components of promoting food safety practices within communities. This chapter guides communication techniques, organizing workshops and training sessions, and engaging the community to ensure widespread understanding and adoption of food safety measures.

8.1 Effective Communication Techniques

To effectively communicate food safety information, it is important to use techniques that are clear, concise, and engaging. Consider the following methods:

1. **Clarity and Simplicity**: Use simple language (preferably the local language) to ensure that your message is easily understood by all audiences.
2. **Visual Aids**: Incorporate visual aids such as charts, infographics, and videos to illustrate key points and make information more accessible.
3. **Active Listening**: Engage in active listening by giving full attention to the speaker, acknowledging their points, and responding thoughtfully.
4. **Feedback and Questions**: Encourage questions and feedback from your audience to ensure that they understand the information and feel involved in the conversation.
5. **Cultural Sensitivity**: Be aware of cultural differences and tailor your communication style to respect and address these variations.

8.2 Organizing Workshops and Training Sessions

Workshops and training sessions are effective ways to educate communities about food safety. Here are some steps to organise successful events:

1. **Identify Objectives**: Clearly define the goals of the workshop or training session, such as raising awareness, teaching specific skills, or addressing common food safety issues.

2. **Plan the Agenda**: Develop a detailed agenda that outlines the topics to be covered, the duration of each segment, and any activities or demonstrations.
3. **Engage Experts**: Invite knowledgeable speakers or trainers who can provide accurate and relevant information on food safety.
4. **Interactive Activities**: Incorporate hands-on activities, group discussions, and real-life scenarios to make the sessions interactive and engaging.
5. **Provide Resources**: Distribute informational materials, such as flyers, stickers, and handouts that participants can refer to after the session.
6. **Evaluate and Follow-Up**: Collect feedback from participants to assess the effectiveness of the session and identify areas for improvement. Follow up with participants to reinforce key messages and provide ongoing support.

8.3 Engaging the Community[8]

Building strong community engagement is essential for the successful implementation of food safety practices. Consider the following strategies:

1. **Community Leaders**: Collaborate with local leaders, religious institutions, and schools to gain support and amplify your message.
2. **Public Campaigns**: Launch public awareness campaigns using various media platforms, such as social media, radio, and newspapers, to reach a broader audience.
3. **Events and Activities**: Organise community events, such as health fairs, food safety demonstrations, and cooking classes, to promote food safety in an engaging and practical manner.
4. **Partnerships**: Partner with local organisations, businesses, and government agencies to strengthen your efforts and resources.
5. **Continuous Engagement**: Maintain regular communication with the community through social media updates and community meetings to keep them informed and involved.

[8] More details on this can be found in the Multi-Hazard Risk Communication Guideline, 2023.



Awareness creation by a Food Safety expert during 2024 World Food Safety Day



Street Sensitization a great way to raise awareness on Food Safety.

9.0 INTEGRATING DIGITAL ACCESSIBILITY, FEEDBACK MECHANISM, AND SUSTAINABILITY

9.1 Digital Accessibility

To enhance accessibility and wider reach, an electronic version of this manual will be made available through the official websites of the Federal Ministry of Health and Social Welfare and the National Youth Service Corps (NYSC). This will allow corps members and other stakeholders to access the guide on mobile devices and laptops, ensuring broader implementation of its recommendations.

9.2 Feedback Mechanism

Feedback from corps members is essential to improve the implementation and effectiveness of this initiative. Mechanisms include:

1. **Online Reporting**: Corps members will be provided with a dedicated portal or email address to share their experiences, challenges, and success stories.
2. **Social Media Engagement**: Use designated hashtags (e.g., #FoodSafetyChampions) to document and showcase efforts in real time.
3. **Periodic Surveys**: Corps members will be encouraged to participate in surveys to provide structured feedback, enabling continuous improvement of the programme.

9.3 Sustainability and Long-Term Impact

To ensure the longevity of these food safety initiatives, corps members are encouraged to:

1. **Collaborate with Local Government Agencies**: Partner with state and local authorities to integrate food safety education into community health programmes.

2. **Mentorship Programmes**: Mentor incoming NYSC corps members and local volunteers to sustain efforts beyond their service year.
3. **Build Community Partnerships**: Work with schools, religious organisations, and NGOs to establish long-term food safety awareness campaigns.
4. **Advocate for Policy Support**: Advocate for stronger food safety regulations and increased funding for public health programmes.

10.0 LIST OF KEY FOOD SAFETY COMPETENT AUTHORITIES

10.1 National Food Safety Authorities

1. **Federal Ministry of Health and Social Welfare (FMHSW)**: Oversees public health policies and programs, including food safety initiatives.
2. **Federal Ministry of Agriculture and Food Security (FMAFS):** Responsible for formulating and implementing policies to ensure food security, promote agricultural sustainability, and support farmers.
3. **Federal Ministry of Environment (FMEnv)**: Ensures environmental protection, natural resources conservation, and sustainable development.
4. **Federal Ministry of Livestock Development (FMLD):** Oversees the development and regulation of the livestock sector, aiming to enhance livestock production and improve animal health.
5. **National Agency for Food and Drug Administration and Control (NAFDAC)**: Responsible for regulating and controlling the manufacture, importation, exportation, distribution, advertisement, and sale of food, drugs, cosmetics, medical devices, chemicals, and packaged water in Nigeria.
6. **Standards Organisation of Nigeria (SON)**: Develops and promotes standards for products and services, including food safety standards.
7. **Federal Competition & Consumer Protection Commission (FCCPC)**: Promotes fair, efficient, and competitive markets in the Nigerian economy, facilitating access to safe products and protecting consumer rights
8. **Nigeria Council of Food Science and Technology (NiCFoST)**: Oversees the professionalisation of food scientists and technologists.

10.2 Subnational Food Safety Authorities

1. **State Ministries of Health**: Each state has a Ministry of Health responsible for implementing food safety regulations and monitoring compliance at the state level.
2. **State Ministries of Agriculture**: Work alongside health ministries to ensure food safety in agricultural practices and food production.
3. **State Consumer Protection Agencies**: Protect consumers by ensuring food products meet safety standards and addressing consumer complaints related to food safety.
4. **Local Government Health Departments**: Responsible for enforcing food safety regulations and conducting inspections at the local level.

11.0 DEFINITION OF TERMS

Contaminant	Any substance not intentionally added to food, which is present as a result of the production, manufacture, processing, preparation, treatment, packaging, transport, or holding of such food, or as a result of environmental contamination.
Cross-Contamination	The transfer of harmful microorganisms from one surface or food item to another, leading to contamination.
Facility	Any building or area that houses food production, processing, storage, or distribution (transport vehicle) activities, designed and maintained to ensure the safety and quality of food.
Food	Any substance, whether processed, semi-processed, or raw, intended for human consumption, including drinks and chewing gum.
Food Additive	Any substance not normally consumed as a food by itself and not typically used as a typical ingredient of food, intentionally added to food for a technological purpose.
Food Hygiene	Conditions and measures necessary for the production, processing, storage, and distribution of food to ensure a safe, sound, wholesome product fit for human consumption.
Food Safety	A science-based discipline, process, or action that prevents food from containing substances that could harm a person's health.
Foodborne Disease	Illnesses caused by consuming contaminated food, leading to symptoms such as diarrhoea, nausea, vomiting, and abdominal pain.
Good Agricultural Practice (GAP)	The nationally authorised safe uses of pesticides under actual conditions necessary for effective and reliable pest control.
Good Hygiene Practices (GHP)	Procedures to ensure cleanliness and prevent contamination during food handling and preparation.
Good Manufacturing Practices (GMP)	Guidelines that ensure food products are consistently produced and controlled according to quality standards.
Pesticide	Any substance intended for preventing, destroying, attracting, repelling, or controlling any pest during the production, storage, transport, distribution, and processing of food.
Pesticide Residue	Any specified substance in food, agricultural commodities, or animal feed resulting from the use of a pesticide.
Trans-fatty Acids (TFA)	Harmful fats that increase the risk of heart disease and should be minimised in the diet.

12.0 QUICK REFERENCE CHECKLIST

12.1 Top 10 Tips for Food Safety:

1. Always wash hands before and after handling food.
2. Keep raw and cooked foods separate to prevent cross-contamination.
3. Use clean utensils and disinfect surfaces regularly.
4. Refrigerate perishable foods at 4°C or below.
5. Cook food to recommended temperatures (e.g., poultry at 75°C).
6. Store food in non-toxic, easy-to-clean containers.
7. Dispose of waste promptly in covered bins.
8. Use only clean, potable water for food preparation.
9. Educate food handlers on illness reporting and hygiene practices.
10. Engage communities through workshops, demonstrations, and social media campaigns.

12.2 Key Resources for Further Guidance:

1. Requirements for Good Hygiene and Manufacturing Practices (GHP/GMP) Along the Food Supply Chain, 2021
2. NAFDAC Guidelines for Food Hygiene Practices (NGFHP)
3. WHO Global Strategy for Food Safety 2022-2030
4. Food Safety Strategy for Africa 2022 – 2036
5. Fats, Oil and Food Containing Fats and Oil Regulation, 2022
6. National Policy on Food Safety & Quality and Its Implementation Plan, 2023
7. National Integrated Guidelines for Foodborne Disease Surveillance and Response, 2023
8. Multi-Hazard Risk Communication Guideline, 2023
9. Nigeria Infodemic Management Operational Guideline, 2023
10. National Guidelines for Sodium Reduction, 2024
11. National Guidelines for Food Handlers' Medical Test, 2024.


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