

STUDY ON HYGIENE AND SANITATION USED IN COLLEGE CANTEENS

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Abstract : *Hygiene and Sanitation a very important aspect in the hospitality industry, due to lack of knowledge and responsibility by the food handlers can led to major food borne diseases and led to food poisoning.*

It is the responsibility of the food handler's, producers and food service to ensure quality, hygiene and food safety is maintained at all times.

Hygiene and Sanitation standards are set and maintained as per the standards operating procedures. To maintain the standards it needs effort to do counseling, supervision and guidance about the importance and implementation of personal hygiene and sanitation facilities to improve the knowledge, behavior and be responsible food handlers. This study aims to analyze personal and environmental hygiene and sanitation facilities to maintain quality and hygienic food which is served in the college canteens in the campus.

Index Terms: *personal hygiene, sanitation facilities, food handling, guidance and counseling.*

I. INTRODUCTION

The best definition of safe food is maintaining the standards in handling, preparation and storage of foods in ways that prevent food borne illness.

The problem is more noticeable due to poor food handling and sanitation practices, food safety laws are inadequate, weak regulatory systems and the lack of health education of food handlers. Persistently high food problems, due to lack of knowledge of how to process food and drinks in a safe and healthy as well as lack of control over food hygiene and safety. The need is an increase in knowledge, attitudes and perceptions related to food safety.

The college canteens used by the students, staff and faculty, makes it very vulnerable to getting bacterial contamination of food, both derived from raw food used and plates, spoons, cups, and cloth wipes, the washing water and the behavior of unhealthy food handlers.

Four basic steps need to be followed to keep food safe:

Clean: Wash hands and surfaces often

Separate: Don't cross contaminate

Cook: Cook to the right temperature

Chill-Refrigerate promptly.

Danger zone is between 4 ° to 63° C.

The highest risks of food borne illness are older adults, pregnant woman and young children vulnerable to food borne illness.

Food borne illnesses also known as the Big 5 include Norovirus, the Hepatitis A virus, Salmonella Typhi, Shigella spp. And Escherichia coli (E. coli) disease.

According to the Food Safety and Standards Act of India (FSSAI) it is an autonomous body established under the Ministry of Health & Family Welfare, Government of India which is a consolidating statute related to food safety and regulation in India.

FSSAI is responsible for protecting and promoting public health through the regulation and supervision of food safety (<https://en.m.wikipedia.org> FSSAI)

Under this regulatory body the catering establishments require to hold a valid license and to conduct training for food handlers in association with FSSAI in the importance of serving safe and wholesome food which is food and beverages prepared and / or sold by vendors on the streets and in public crowded places.

Hygiene can be related in two ways:

Personal hygiene and Food sanitation Hygiene

Personal Hygiene is having knowledge, attitude and have proactive measures to maintain and prevent the risk of disease and protect them from the threat of disease.

Food sanitation hygiene is an attempt to control the factors of food, people, places and equipment that can or may be able to cause disease or health problems.

II. OBJECTIVES OF STUDY:

- To educate the college canteens food handlers about hygiene and sanitation.
- To maintain good Sanitation Facility, use of correct Food handling procedures and proper and sanitized Equipment for Eating and Drinking.
- To maintain Standard Operating Procedure and have a continuous counseling and supervision done to maintain the hygiene standards.

III. FINDINGS & OBSERVATIONS: -

The college canteens food handlers are not implementing and practicing clean and healthy habits like:

- They do not wash their hands frequently when handling food and do not use detergents.
- The equipment's used to cook food & serve food is not washed properly.
- Same cloth is used to wipe the tables and then wipe the plates and cutlery.
- The food handlers are not wearing proper uniform like gloves and aprons and head gears when preparing and serving food.
- After handling money, the food handlers do not wash hands and start to handle the food which allows physical contamination.
- The food handlers do not use proper spoons or tongs to serve food.
- Some college canteens serve the food which is stale as the food handlers have no knowledge of the date of manufacture and its expiry date.
- Food displayed is not stored in right temperature and in appropriate shelves there by leading to cross contamination and spoilage of food.
- Food is not covered in appropriate containers or with food nets when on display at the counter thereby causing contamination of food from flies and other rodents.

The Sanitation Facility, Food Handling and Equipment for Eating and Drinking.

- Sanitation facilities are available in the college canteen are not maintained, they are not cleaned at regular intervals, sometimes there is no water and no lights fixed. Some issues regarding the Sanitation are:

- No clean water, latrines, sewer line, hand washing, garbage bins, bathroom, hand wash basin does not work and are without adequate or no lighting.
- The dried cloth used a clean cloth is used both for wiping tables and the equipments used for eating.
- None of the college canteen equipment that is used for storing is free of pollution and all is stored in open state .
- The canteen, do not have a garbage disposal. Where dry and wet garbage is segregated and is kept away from the canteen where not many flies and rodents can access.
- The garbage should be clean, with available clean bins and lids.
- The absence of visible garbage bins may lead to students leaving the food debris on the table causing it to be very vulnerable to contamination by rats, flies and cats.
- The college canteen should have a regular schedule to clean the floors and not when the canteen is at its peak period during the meal that the college canteen is being scrubbed when people are dining in.
- In the aspect of the use of water, canteen does not use water that is not flowing they use cistern water stored in large drums and then used when needed. Drums used are not covered thereby allowing certain materials contaminated or even form mosquito larva.

IV. SUGGESTIONS FOR IMPROVING THE HYGIENE & SANITATION PRACTICES IN THE COLLEGE CANTEENS

- The findings show there is a lack of basic knowledge regarding the handling food.
- To reduce the problem, improve consumer education and food vendors in particular, the basic approach on food safety Hazard Analysis Critical Control Point (HACCP).
- Regular counseling, guidance and enforcement of Standard Operating procedures related to hygiene and sanitation is to be implemented by the management and college authorities.
- For improving sanitation and personal hygiene facilities, providing workshops on food safety, personal hygiene and sanitation by the management, college authorities, parents and students committee to get involved in such practices by providing workshop and awareness among other students.
- Placing of posters, banners creating awareness will definitely bring awareness among the students.
- The first important step is to have a Standard Operating Procedure, followed with HACCP standards to be followed in the college canteens strictly to monitor food processing in the cafeteria.
 - Regular college canteens audits must be done by the management and faculty to check on the standards maintained.
 - Proper counseling and supervision of the college canteen staff must be done to check the personal hygiene and food sanitation hygiene standards are implemented and followed.
 - The existence of sanitation facilities such as hand washing, proper waste disposals, and maintaining a clean environment is required.

V. CONCLUSION

The study done on hygiene and sanitation in college canteens effecting the environment of the campus on the students is very crucial and strict and necessary action needs to be taken by the management and the college canteen committee to implement the Standard Operating procedure.

A college canteen is a place where students spend their time and have a good hygienic meal which is value for money. A clean and hygienic college canteen can create a healthier environment and can attract students to avail the facility.

Unhygienic and malpractices followed by the canteen owners like not washing hands not using proper equipment's for serving food and not covering and storing food in right temperature can lead to serious illness and food poisoning which will affect the students directly leading them not to use the college canteens and probably opt for having food from street vendors which might lead to more health hazards.

VI. BIBLIOGRAPHY

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