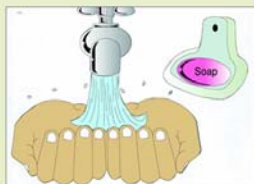


# Food Safety & Hygiene Messages



Funded by The Rockefeller Foundation



**1. Make sure that anyone who will touch food always washes their hands properly using soap and clean water.**

**Hakikisha mtu yeyote ambaye anabuniwa kugusa vyakula, anabudi kuosha mikoni yake kwa maji masafi na sabuni.**

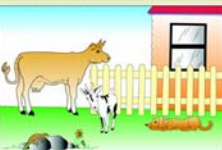
**Neni jogo duto mamulo chiemu olwoko lwetegi gi sabun kod pi maler.**



**2. Do not sleep in any room where food is prepared or stored.**

**Usitake kwenye chumba cha matayarisho ya vyakula.**

**Kik indie eot mifosoe chiemu.**



**3. Keep all animals, (even pets), out of the food room. Do not allow animals to stay near to the building.**

**Wanyama na hata mifugo wa nyumbani wazuliwa kukaribia vyakula. Wanyama hao wazuliwe mbali na chumba cha matayarisho.**

**Kik iwe jamni kata le mopidhi osud machiegni gi kar lesa chiemu.**



**4. Keep the food room clean before work, during production and after you have finished. Take all wastes outside at regular intervals. Hang brushes and clothes up to dry after work.**

**Chumba cha matayarisho lwekwe kwenye hali ya usafi hapo kabla na baada ya matayarisho. Taka zitupwe kila baada ya muda. Fagio na nguo za kupunguzia zianikwe mara tu baada ya matumizi.**

**Kar tet okat ebed maler kapod kochak tedo, ekinde tet to kata bang' tet. Chilo duto opuk ekinde ka kinde kaka dwarore. Gige tich machalo kaka ywech gi nengni magler mondo omo otwo bang tich.**



**5. Never spit in a food room, or even near it. Do not cough over foods.**

**Usitemeteme mate wala kukohoa ukiwa kwenye chumba cha matayarisho.**

**Kik ing'udh olzawo eod tet; kata fuwolo kama chiemu nitile.**



**6. Wash all equipment as soon as it has been used. For rinsing use only clean water. Boil water if it is likely to be contaminated.**

**Hakikisha vyombo vyote vimeosha mara tu baada ya kumaliza matayarisho. Vikamue kwenye maji masafi. Panapatashwishi na maji yachemhe maji ya kukama ili kusa vilini. Vyombo vilivyo na tilafu yafaa virekebishwe.**

**Gigtedo duto maosetik godo mondo olwok maler. Lawgi gi pi maler. Ka ok ingi adiera gi pi to chwaki.**



**7. Make sure that there is a separate room for food handlers to change their clothes and wash their hands before work.**

**Hakikisha kuwa kuna chumba maalum cha kubadilishia nguo na kunawa mikono kabla ya kuanza kazi.**

**Jogo mamulo chiemu mondo omi et mabathe (mathenge) maginyalo looke tegi to gi logo kapok gichako tich.**



**8. Make sure that all equipment is properly repaired. Do not use rusty, dirty or broken equipment to process foods as these can cause accidents as well as contaminate the food.**

**Jiepushe na kutumia vyombo vilivyoshika kutu au vile vilivyovunjika kwa kuwa yawa zuleta madhara na hata pia kugandamiza vyakula.**



**9. Wear suitable clothing for handling foods. Keep hair tied up to prevent contamination of foods.**

**Hakikisha umevaa nguo halisi ya kutayarishia chakula. Funga nywele ili kuzulia kugandamiza chakula.**



**10. Keep the food room and storeroom clean at all times. Do not let dirt gather on window sills, around table legs, work surfaces or equipment. Clear up spills as you work.**

**Hakikisha chumba cha kutayarishia chakula kiko safi wakati wote.**



**11. Do not use printed newspaper to wrap food as the print is poisonous. Always use clean white paper or greaseproof paper next to the food. Newspaper can be used for outer wrapping if necessary.**

**Usitumie magazeti ama karatasi ile imechaagihwa kufungia chakula. Wino hiyo huenda ikagandamiza chakula na kuleta madhara.**



**12. Make sure that your food room has a supply of clean water for washing equipment and use in processing. If water is not clean it will contaminate the food.**

**Hakikisha kuwa chumba cha matayarisho kina maji masafi ya kuosha vyombo. Kama maji hayo si masafi, yatagandamiza chakula.**



**13. Do not handle foods if you have a stomach upset or a skin disease, or even if you are looking after someone with these illnesses.**

**Jiepushe na kugusa vyakula ikiwa unaugua ugonjwa wa tumbo; maradhi ya ngozi au ukiwa unamugua mgonjwa.**

**Kik imul chiemu ka ingi two ich kata two del; kata ka itwogo jatwo.**



**14. All cuts or wounds should be covered by a water proof dressing, even if they are not on the hands.**

**Vidonda vyote vifunikwe na plasta, hata kama haviko mikononi.**



**15. Do not smoke in the food room or chew betel nuts, cola nuts, or anything.**

**Usivute sigara wala kutafuna miraa au mbugu zoote kwenye chumba cha matayarisho.**



**16. Make sure that there is good lighting and ventilation in the food room to help stop accidents and make work easier.**

**Hakikisha kuna mwangaza wa kutosha katika chumba cha matayarisho. Mwangaza unasaidia kazi iwe nyepesi bila matatizo.**



**17. Keep all chemicals, poisons and pesticides away from food.**

**Hakikisha kemikali, vibaazi na madawa ya kuwawa wadudu yamewekwa mbali na chakula.**



**18. Keep all food covered in your food room. Keep all wastes in covered bins. Do not let wastes lie on floors or in drains. Toilets should not open directly into the food room.**

**Hakikisha chakula chote kimefunikwa kwenye chumba cha matayarisho. Funika taka yote. Vyumba vya kujisaidia visivye karibu na chumba cha matayarisho.**

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