



Takeaway: M10 S35 Milk Preparation

Key Contents:

IPC measures for the milk station and the kitchen

General measures:

- **Only authorised people** have access to the milk station/kitchen
- **Water** should be available for handwashing and cleaning of the material
- The area must always be clean, with cement or plastic sheeting on the floor
- The **appropriate detergent** should be used: Floors and surfaces should be cleaned with Surfianos.
- The **appropriate cleaning equipment** should be used: soap, cloth, sponge, wet mopping.
- The structure must be **protected from sun, dust and vectors**.

Frequency of cleaning and disinfecting of the milk station and kitchen:

Utensil/location	Frequency
The table, knives, chopping board, frying pan, oven	After each use
Hand wash station and floors	At the end of the service (3 times a day)
Kitchen trolleys	Once a day
Freezer, knife drawer	Once a week
Kitchen walls, doors, shelves and cupboards	Once every three weeks

How to clean kitchen utensils for meal preparation:

- Respect the forward flow principle; **The area where dirty equipment is placed should be separated in space from where clean equipment is stored**
- A double stainless-steel sink (for washing and rinsing).
- Each sink should have a draining rack for placing dishware, dirty or washed
- Washing:
 - Washing is done with **detergent (dishwashing liquid) and with a scraper/brush/dish cloth, etc.**
 - Remove residual food waste and discard in the trash bin
 - Remove detachable parts from utensils, if necessary
 - Sort the utensils by category (do not store sharp objects in the dishwashing sink)
 - Wash **from cleanest to dirtiest**, using a brush if necessary
 - Change the water used for washing and rinse sinks frequently
 - After rinsing, prepare a tub with **0.1% chlorine solution** and immerse utensils for 5 minutes
 - Rinse well in running water

- Drain vertically and let dry
 - Never stack wet dishes on top of each other – use the drying rack
 - Arrange by category, upside down, on clean shelves in the furniture provided for that purpose (e.g. a cupboard, shelves etc)

- **To clean the washing utensils** (sinks, brushes, draining racks, etc.), after each use:
 - Wash and brush with a detergent
 - Rinse
 - Disinfect by soaking or contact **with a 0.1% chlorine solution** for 5 minutes
 - Rinse with running water (if stainless steel: use cold water and rinse well)
 - Wash, rinse and disinfect the gloves and apron, then rinse again and leave to dry.

- **Location and characteristics of the milk station/kitchen:**
 - **Two different spaces should be available** (ideally two different rooms well separated): **one for milk preparation (milk station) and one for caregivers' food (kitchen).**
 - Assure in each space an **adequate ventilation** to allow proper diffusion of smoke (open space between roof and walls) and put up nets to avoid insects, especially at night.
 - Ensure the **proper circuit of the following areas** is respected:
 - water point,
 - chlorine or boiling water area,
 - storage area
 - preparation & cooking area
 - distribution area
 - cooking utensils cleaning space
 - Waste area: Separate organic waste (leftover food) from other waste (packaging, etc.) in clearly marked dustbins so that it can be disposed of in an organic pit or incinerator.
 - **Allow one stove per 25-50 children** depending on the size of the stove; it is important that enough stoves are available.
 - **Location of the kitchen and milk station:**
 - The kitchen and the milk station should not be too far from the ward.
 - The kitchen and the milk station should be at least 50 m from the latrines (if possible).

Hygiene during meals

- **General rules-caretakers health promotion messages:**
 - In ATFC and in ITFC: Explain to the caretakers that they must use soap to **wash their hands** and their child's hands and face before eating or preparing any food
 - Make sure the **cups have a lid to cover them**

- Once the milk is distributed to the patients, remove **the cup of milk after 1 hour** to avoid the risk of bacterial growth.
 - Prevent patients, caretakers and visitors from storing fresh food in the ITFC
 - **The therapeutic milk must be given in a cup or through a gastric tube. Spoons or feeding cups (nifty cup)** should only be used for **small infants** who cannot manage to drink from a cup.
- **How to wash patient dishes:** This will depend on the project. Some projects will ask caretakers to wash their own dishes, cups and spoons in the dishwashing area. Other projects will instruct the staff to do this. Whoever does the task, the steps are the same:
 - The equipment used is: **Scraper, brush, dish cloth, etc.**
 - First, they **remove the residual food or milk** waste and discard it in the trash bin
 - Then, the utensils are washed with **water and soap from the cleanest to the dirtiest (first milk jars and then cups used by patients)**
 - Rinse using the hottest water possible: **If hot water is not available, a disinfection step is required :**
 - After rinsing, **prepare a bucket with Chlorine 0.1%** (logistic team will provide you with this)
 - **Immerse the utensils for 5 minutes**
 - **Rinse well in running water**
 - Drain vertically and let dry. If wiping is absolutely necessary, use clean and dry dish towels
 - Never stack wet dishes on top of each other – use the drying rack
- **Strict hygiene rules for the staff during food/milk preparation and distribution** are essential to avoid food/milk contamination
 - Use **chlorinated and boiled water** that has been brought to room temperature to dilute the milk.
 - The staff should use **specific cloth** (e.g. cleaning gloves, apron etc.)
 - To prepare the milk **do not use gloves, just clean hands!**
 - **Wash your hands with soap and water** on entering the milk station and in the kitchen, before and after handling food. If hands are not visibly soiled, the nutrition assistant must use as a first option Hydro alcoholic solution to wash their hands
 - Wash your hands with soap and water **after visiting the toilets.**
 - **Keep your fingernails short and clean** (have nailbrushes available). They should be free from nail polish.
 - **Do not wear jewellery** e.g. bracelets, watches, rings.
 - Inform your line manager when you are ill.
 - Do not handle food if you have infected wounds, especially on your fingers – inform your manager.
 - **Do not cough, sneeze, spit, eat or smoke** in the milk station.
 - **Protect the food from flies, insects and dust** (cooking pots with lids).
 - Consume cooked food as quickly as possible after preparation and do not keep it for longer than the duration of the meal.
 - **Consume therapeutic milk within 2 hours of its preparation.** Always **keep the milk covered.**

- **Clean kitchen utensils and the milk station/kitchen between each preparation.**

Note: For milk preparation and distribution: The nutrition assistants are usually the staff responsible to prepare and distribute the milk and the cook is responsible to boil the water whenever it is needed

Food storage conditions

Hygiene warehouse cleaning procedures must be in place to maintain storage conditions needed for preserving product quality

- **Organization:**
 - **Make sure the food is properly organised and stored:**
 - **Specialised nutritious products** (another name for therapeutic foods) **and normal food** should always be stored **separate from logistic items.**
 - Specialised nutritious products must always be stored **on pallets** to keep them raised off the floor and to allow air circulation). Each palette should hold only one product, all from the same batch (bearing the same batch number).
 - Specialised food should **never be stored against the wall:** a space of at least 30 cm should be left.
 - Pallets should be arranged to **allow stocktaking, inspections, cleaning, outgoing and incoming stocks.** There should be **corridors between the rows of pallets**
 - **Products should be stored according to item category, expiry dates, outgoing frequencies, and weight/volume.**
 - **Clearly label the pallets** with the batch number and the expiry date (to be done upon receipt of product).
 - **For sacks** (e.g. of fortified blended flour): the first row should be slightly spaced out to ensure stability.
- **Temperature:**
 - **Therapeutic products (F-75,F-100and RUTF should always be stored below 30°C** as the vitamin content is very important and this starts to deteriorate above 30°C. In order to achieve that, they should be stored in the pharmacy.
 - **Supplementary food** and other specialised nutrition food (RUSF, emergency food rations, fortified blended flour, etc.) should also be stored below 30°C if possible, but they can be exceptionally stored between **30°C and 40°C.**
 - The temperature must be checked at least once a day, at the hottest hours of the day (use a Log Tag)
 - To improve temperature control, the warehouse needs to be ventilated and the walls protected from direct sunlight
- **Contamination prevention:**
 - Make sure pests (rodents, insects...) are prevented from entering the storage areas in order to not contaminate food (e.g. use of traps).

- **The use of cats is forbidden** as they pose hygiene problems. Poisons are also forbidden as a poisoned rodent may contaminate the food.