

Case Study

Online Food Safety Modules, Resources and Training for local community groups working with food

Nutrition and Dietetic Health Improvement Team, NHS Forth Valley

Since the beginning of COVID-19 we as a department have been met with a range of different priorities from the community organisations that we work with. We have had to refocus and change the way we work in response to COVID-19.

At the start of lockdown we were getting an increased number of enquiries from local emergency food aid providers, local community and charity groups who had set up to provide either food parcels or cooked meals to vulnerable members in the local community. These vulnerable individuals and families were either shielding, self isolating or in desperate need of food due to financial constraints.

Due to the increased demands placed on these organisations and groups, they had to sign up extra staff and volunteers to help them meet the needs for providing food to those most vulnerable in the local area. A number of these volunteers and staff that were newly appointed had very little experience and knowledge about food, nutrition, food safety and food hygiene issues. We started to receive an increased number of enquiries from organisations asking about food safety issues, looking for clarity and information around food and it's link with coronavirus and how to ensure the food they were providing was not only nutritious but at the same time safe for their clients.

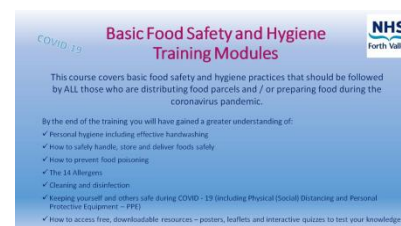
Food Safety Training and Package of Resources

In response to these requests we decided to develop a package of online food safety modules and resources and offer virtual support and training to local organisations delivering and handling food and food grocery parcels to vulnerable community members.

31 individuals from 12 local community organisations attended online Food Safety training, since the start of lockdown in March 2020. These modules are basic but contain general information which can be used as a stepping stone on to further food safety training courses. Two community members who have completed these modules have went on to sit their REHIS Elementary Food Hygiene exam.



- We created a '**Coronavirus and Food in the Community**' video to support those shopping and delivering food, groceries and medicines to self isolating or shielding individuals and families. This video was shared via social media avenues and has received over 1.4K views. Watch the video on You Tube - [here](#).
- We developed **7 Food Safety / Food Hygiene modules** that could be accessed by staff and volunteers free of charge, online via our [Community Nutrition](#) website. The training



modules cover a range of food safety related topics from an introduction to food hygiene safety and the 4 C's – cleaning, cooking, cross-contamination and chilling, effective handwashing and personal hygiene, storing and delivering food safely and COVID 19 specific advice to follow whilst shopping, preparing and delivering food and groceries. The modules were developed to be an effective guide for organisations and could be used as an ideal training aid or used for induction or refresher training, to insure that any individuals working with or around food had the most relevant and up to date food safety training.

Food Safety Training Modules

- Module 1 - An Introduction to these Food Safety Modules
- Module 2 - Effective Handwashing and Personal Hygiene
- Module 3 - Storing and delivering food safely to the community
- Module 4 - The 4 C's of Food Safety
- Module 5 - Allergen Awareness
- Module 6 - COVID – 19 Specific Advice – Physical (Social) Distancing / Personal Protective Equipment – PPE
- Module 7 - Shopping for groceries and medicine during COVID-19

Free Food Safety Resources
Posters and leaflets, online training, quizzes and useful websites.

- Each module presented the key messages and a **multiple choice quiz** was used at the end of each module to help test the participant's knowledge, it also helped add an interactive activity into the online training session. The quizzes can also be downloaded from our [Community Nutrition](http://www.nhsforthvalley.com/nutrition) website.

- To compliment the online modules a set of downloadable **Food Safety Posters** were designed. We sent all local community, charity groups and emergency food aid providers eg Food banks and larders a resource pack including a full set of Food Safety posters and a fridge and freezer thermometer to help them measure and record food storage temperatures. Organisations were encouraged to display these posters in prominent positions – in kitchens, packaging or entrance areas to remind staff, volunteers and visitors of the importance of hand hygiene, social (physical) distancing and storing and cooking foods at the correct temperatures.

Posters can be downloaded from our [Community Nutrition](http://www.nhsforthvalley.com/nutrition) website.



Food Storage
It's very important to store and deliver food at the correct temperature to keep it safe.

Stock Rotation

- Use-By and Best-Before dates
- Re-date opened pre-packed food

Chilled and Frozen Storage

- Temperatures - Fridge 1°C to 5°C and Freezer -18°C
- Record temperature checks, using an accurate fridge thermometer
- Store food in clean, food grade containers with lids or in sealed food bags
- Keep food covered and don't overload the fridge or freezer
- Keep the doors closed as much as possible

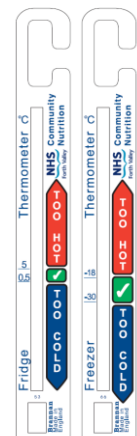
Produced by Nutrition and Dietetic Health Improvement Team, NHS Forth Valley, June 2020.
For Food Safety Modules visit www.nhsforthvalley.com/nutrition

Practice Physical (Social) Distancing
Protect yourself and protect others

2 metres

- Avoid all physical contact
- Keep roughly 3 steps away
- The length of a bed
- The width of a 3-seater sofa
- Two shopping trolleys apart

For further information and online Food Safety Modules visit www.nhsforthvalley.com/nutrition
Produced by Nutrition and Dietetic Health Improvement Team, NHS Forth Valley, June 2020



For further information please email fv.communitynutrition@nhs.scot

Visit our Community Nutrition Website www.nhsforthvalley.com/nutrition for more information on our work and to access our nutrition and healthy eating resources.

