



Food Law and Legislation Requirements

Caution: According to the Tanzania Food, Drugs and Cosmetics Act 2003 it is an offence for someone to produce for sale or promotion any food product without it and premises in which it is produced, being registered by the Tanzania Food and Drugs Authority

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PROTOCOL FOR MANGO BARS PREPARATION FOR TRAINERS AND PROCESSORS

Prepared

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PROCESSING FOR COMMERCIAL EXPLOTA- TION OF SELECTED TREE FRUITS AND VEGETABLES IN TANZANIA AND RWANDA PROJET

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Mango Bar Preparation Steps

1. Fresh and fully ripened mangoes without bruises and any signs of rotting must be used.



2. Sort the mangoes by removing any foreign Under-ripe mangoes- undesirable for mango bars

Ripe mangoes- desirable for juice



Proper tools and dress is necessary



3. Dismantle the mango fruit pulp extractor machine and clean it inside and outside using clean and safe water. Assemble the machine and let it drain.

Appropriate machines are necessary for achieving quality and efficiency

4. Switch on the machine; add about a small amount (about 2kg) at a time (approximately every 30 seconds) of the sliced mangoes.
5. Store the extracted pulp (9.5% Brix) in a safe and clean container .



Quality control a very important component of the value chain



NOTE



Good Hygienic practices

Personal hygiene

Good personal hygiene is primarily directed towards preventing both disease and discomfort. Therefore, food handlers should be clean and practices high level of hygienic habit. Basic requirements for personal hygiene include:

Health status

- Food handlers should have health certificates from recognized health department.
- Routine medical examination of food handlers is generally recommended
- Sick food handlers should be exempted from processing if suffering from an illness that includes symptoms such as jaundice, diarrhoea, vomiting, fever, coughing, sore throat, skin rash or skin lesions such as boils or cuts. They should report this to their supervisor before starting work

Hands

- Hands should be washed regularly with soap in clean water, but especially before starting to handle food, after going to the toilet or changing a baby, receiving a phone call and after handling raw food, food waste or chemicals
- Finger nails should be kept short, clean and free from nail polish during processing
- Jewellery such as rings and bangles should be removed as dirt can become lodged under these and may be difficult to remove

Dressing and body cleanliness

The food handler should do the following:

- Dress appropriately e.g. wear laboratory/dust coats, gloves, head covers gumboots etc. depending on the nature of processing.
- Avoid walking to the streets with processing clothes.
- Avoid rubbing their hands on coats and apron.
- Maintain personal cleanliness including body and clothes.

Personal behaviour

The food handler should do the following

- Minimise talking in the processing room and encourage use of mouth masks.
- Not tasting or eating food being processed or other food during processing
- Avoid coughing into their hands, food or touching their hair, nose or mouth while handling food without washing their hands afterwards.
- Not smoking in food processing area

Training

All personnel should receive appropriate hygiene training and be made fully aware of their individual responsibilities. Such training should be repeated and updated as required.

Good personal hygiene practices

Equipment hygiene

The following should be done to ensure equipments' hygiene

- All equipment, utensils, and seams with which food comes into contact or may come into contact with, should be properly cleaned before and after use
- Wooden equipment, e.g. tables and benches should be scrubbed with soap, water and brushes and then rinse thoroughly.
- Equipments and utensils should be dried on a dish rack or wipe them dry with a clean cloth and store them in a dust free place.