

# Quudinta Dadwaynaha ee Shaqooyinka Xaaladaha Degdega ah

## Mass Feeding for Emergency Operations

### HELITAANKA IYO QALABAYNTA BARTA QUUDINTA DADWAYNAHA

#### FINDING AND EQUIPPING A MASS FEEDING SITE

##### Somali

##### Badbaadada Cuntada

- Ku hay cuntooyinka dhaqso ku halaaba heerkulka caadiga ah muddo 30 daqiiqo ah ama ka yar. Haddii kale, cuntada qaboow ha ahaato 41°F ama hoos, ama cuntada kulul ha haato 135°F ama ka badan.
- Ha bixin cuntada xakamaynta heerkulka badqabka (cuntada TCS) sida hilibka la shiiday ama saanwiijka saladka ukunta, digaaga ama salad kale oo fuul, baradho leh salar iyo doolshe kareem leh iyo macmacaanka buskudka.
- Agabka cuntada ee saxda ah waxaa ku jira subaga lawska iyo saanwiijka mal-malaadada, hilibka ama burcadka la uumateeyay, iyo miraha la gaseecayay iyo khudaarta.
- Ha siin dadka cunto guriga lagu diyaarshay ama cunto kulul. Cuntooyinka aan ahayn TCS ee guriga lagu diyaarsho sida macmacaanka la dubay, baararka, miraha la farsameeyay ama doolshaha waa la aqbali karaa.

**CUNTADA KULUL KULAYL HA AHAATO 135°F AMA KA BADAN.**

**CUNTADA QABOOW HA AHAATO 41°F AMA KA HOOS.**

##### English

##### Food safety

- Keep perishable foods at room temperature for periods of 30 minutes or less. Otherwise, maintain cold food at 41°F or below, or hot at 135°F or above.
- Do not serve time/temperature control for safety food (TCS food) such as ground meat or egg salad sandwiches, chicken or other fowl, potato salad and cream-filled desserts and pastries.
- Appropriate meal items include peanut butter and jelly sandwiches, smoked meat or cheese, and canned fruits and vegetables.
- Do not serve home-prepared meals or hot dishes. Home-prepared non-TCS foods such as baked cookies, bars, fruit pies or cakes are acceptable.

**KEEP HOT FOODS HOT AT 135°F OR ABOVE.**

**KEEP COLD FOODS COLD AT 41°F OR BELOW.**

## Jeermis dilida maacuunta cuntada lagu karsho laguna cuno

Adeegso saxuun la tuuri karo iyo maacuun markay suuragal tahay. Dib ha u isticmaal in agabka caaga ah ama xaashida. Hadday qasab tahay inaad adeegsato saxuun la dhaqaayo iyo maacuun, ku nadiifi waaskada heerka sadexda qaybood ah, ama waaskad leh sadex xirmo oo kala duwan kaasoo noqon kara waaskad sadex qaybood ah oo la nidaamshay.

## Habraaca jeermis dilida maacuunta cuntada lagu karsho laguna cuno

1. Ku dhaq sheey kasta waaskada koobaad, adoo adeegsanaaya saabuunta caadiga ah ood ku dartay biyo nadiif ah, oo kulul.
2. Ku biyo raaci waaskada labaad, adoo adeegsanaayo biyo nadiif ah, oo kulul. Ka biyo raaci haraaga saabuunta, si aad u hubiso in talaabada ugu danbaysa ee nadiifintu ay waxtar leedahay.
3. Jeermiska uga saar maacuuntaada waaskada sadexaad. Adeegso dareere ka samaysan hal qaado oo cadeeye ah oo lagu daraayo halkii galaan oo biyo ahba. Tani waxay dhalinaysaa baraxa koloriinta oo ka kooban 200 oo qaybood halkii milyanba, taasoo ku filan inaad ku sifayso saxamuuntaada, xataa haddii biyaha aad adeegsanayso jeermis galo. Xaqiiji inaad biyaha aad weelasha ku dhaqayso ay yihiin kuwo nadiif ah oon lahayn wasaq ama sun.
4. Hawada ku qalaji dhammaan saxamuunta iyo maacuunta.

## Sanitizing cooking and eating utensils

Use disposable dishes and utensils whenever possible. Do not reuse plastic or paper items. If you must use washable dishes and utensils, clean them in a standard three-compartment sink, or a sink equipped with three separate containers that can serve as an improvised three-compartment sink.

## Procedure to sanitize cooking and eating utensils

1. Wash all items in the first sink, using a household detergent solution in clean, hot water.
2. Rinse in the second sink, in clean, hot water. Remove all detergent residues, to ensure that the final sanitizing step will be effective.
3. Sanitize your utensils in the third sink. Use a solution made with one tablespoon of bleach for each gallon of water. This will yield a chlorine concentration of 200 parts per million, which should be adequate to sanitize your dishes, even if the water you are using is contaminated. Make sure your dishwashing water is clear and free of sludge or sediment.
4. Air dry all dishes and utensils.

## Shaqaalaha adeegga cuntada

Dhammaan dadka ku tabarucaaya inay ka shaqeeyaan xaruntaada quudinta bulshada waa inay helaan tababar wanaagsan kahor intaysan shaqada bilaabin.

### Nadaafada shaqsiga

- Shaqaalaha cuntadu waa inay u farxashaan si joogto ah, si gaar ah kadib markay galaan musqusha, ama ay ka shaqeeyaan agabka ama qalabka laga yaabo inuu jeermis leeyahay.
- Nadiifi jirkaaga iyo dharkaaga. Nadiifintu waxay muhiim u tahay dhammaan dadka ka shaqaynaaya xarunta quudinta bulshada.
- Dadka qaba astaamaha xanuunka ee mataga, shubanka, qandhada, ama neef qabadka waa inaan loo ogolaan inay ka shaqeeyaan shaqada bixinta cuntada.
- Ma jiro qof meel ay ka go'an tahay jirka, meel ka gubtay ama qaba dhaawac kale oo jireed oo loo ogolaan karo inuu ka shaqeeyo cuntada ilaa in dhaawacyada lagu daboolo maahee faashad ama gacmo gashi aan biyuhu ka dusi karin.

### Sida loo dhaqo gacmahaaga

1. Qoo gacmahaaga
  2. Mari saabuun
  3. Ismar-mari gacmahaaga muddo 10 ilaa 15 ilbiriqsi ah
  4. Biyo raaci gacmahaaga
  5. Qalaji gacmahaaga
  6. Nadiifi ha ahaadaan gacmahaagu
- Shaqada guud waa inay socotaa ugu yaraan 20 ilbiriqsi. Gacmo gashiyada,

## Food service workers

All persons volunteering to work in your mass feeding center should be properly oriented before they begin work.

### Personal hygiene

- Food workers should wash their hands frequently, particularly after using the toilet, or after handling materials or equipment that may be contaminated.
- Keep yourself and your clothing clean. Cleanliness is essential for all people who work in the mass feeding center.
- People with vomiting, diarrhea, fever, or respiratory illnesses should not be allowed to work in a food service operation.
- No one with cuts, burns or other skin abrasions should be allowed to handle food unless wounds are covered with waterproof dressings or gloves.

### How to wash your hands

1. Wet your hands
2. Apply soap
3. Rub your hands for 10 to 15 seconds
4. Rinse your hands
5. Dry your hands
6. Keep hands clean

The entire process must last at least 20 seconds. Gloves, wet-wipes or hand antiseptics are not substitutes for handwashing.

istiraashooyinka qoran ama nadiifiyaasha gacmaha badal uma noqon karaan farxalka.

## Ka hortag ku taabashada gacmo qaawan cuntada u diyaarsan in la cuno

Dadka ku jira masiibada ayaa khatar wayn u geli kara inay ku jiradaan cuntada aan badqabka lahayn. Hal qaab oo badqabka cuntada lagu ilaalin karo wa in shaqaalaha cuntadu xidhaan gacmo gashiyada markay cuntada diyaarinayaan.

Waa muhiim in gacmo gashiyada loo adeegsado si sax ah:

- Shaqaalaha cuntadu waa inaya deegsadaan maacuunta sida birqabatada, qudayaasha, suufka, ama gacmo gashiyada halka mar la isticmaalo si ay iskaga ilaaliyaan inay cuntada taabtaan markasta oo ay suuragalayso.
- Waa muhiim inaad xirato gacmo gashiyada marka aad taabanayso cunto aan la karin doonin (u diyaarsan in la cuno) sida saanwiijka, jeexyada kaaroodka iyo macmacaanka.
- Shaqaalaha cuntadu waa inay xidhaan galoofisyada halka mar la isticmaallo markay diyaarinayaan cuntada aadka looga shaqeeyo. Tan waxaa ku jira samaynta saanwiijka, jeex-jeexida khudaarta ama diyaarinta cuntada ku jirta saxanka.

Sidoo kale waa muhiim in la xasuusnaado in labadaba gacmaha iyo galoofiskuba ay markasta nadiif ahaadaan.

- Markasta farxalo kahor intaadan xiran gacmo gashiga nadiifta ah.
- Iska badal gacmo gashiga jeexma ama dilaaca.

## Prevent bare hand contact with food

People in a disaster can be at greater risk for getting sick from unsafe food. One way of keeping food safe is for food workers to wear gloves while preparing food.

It is important that gloves be used the right way:

- Food workers should use utensils such as tongs, scoops, deli papers, or single-use gloves to keep from touching food whenever possible.
- It is important to wear gloves when touching food that will not be cooked (ready-to-eat food) such as sandwiches, carrot sticks and cookies.
- Food workers should wear single-use gloves when they are preparing foods that have to be handled a lot. This includes making sandwiches, slicing vegetables or arranging food on a platter.

It is also important to remember that both hands and gloves must always be clean.

- Always wash hands before putting on clean gloves.
- Change gloves that get ripped or torn.
- Change gloves that get dirty.
- Never wash or reuse gloves.
- Change gloves when you change jobs, such as when you move from making sandwiches to cutting raw vegetables.
- Throw gloves away after you use them.
- Wash your hands after taking gloves off.

- Iska badal gacmo gashiyada wasaqooba.
- Marna ha dhaqin ama dib ha u isticmaalin gacmo gashiga.
- Badal gacmo gashiyada markaad badasho shaqada, sida marka aad kasoo baxdo samaynta saanwijka aadna aado jarjarista khudaarta.
- Iska tuur gacmo gashiga markaad isticmaasho kadib.
- Farxalo markaad gacmo gashiga iska bixiso kadib.

## Kormeerka

Haddii ay suuragalayso, qof khibrad u leh shaqooyinka waawayn ee cuntada ayaa kormeer ku samayn kara shaqadaada quudinta bulshada. Kormeerayaasha imaan kara waxaa kamid ah maareeyaasha adeegga cuntada ee dugsiga ama xarunta, ama dadka ka shaqayn jiray cunto karinta, shaqaalaha ama maareeyaasha maqaayadaha waawayn.

## Biyaha la cabbo

Haddii biyahaaga jeermis galo ama aadan hubin badqabkooda:

- Adeegso keliya biyaha aad karisay ama dhalada ku jira.
- Keliya adeegso barafka ganacsiga loo xirxiray ee aad ka hesho ilaha la ansixiyay.

## Maaraynta qashinka

Si joogto ah iskaga fogee qashinka. Haddii aan la heli karin xarunta qashinka la dhigo ee deegaanka, adeegso aaga banaan ood qashinka si ku meel gaar ah usii dhigto. U nadiifi aagaan kaydka ku meel gaarka ah si adag, geena qashinka xarunta qaadiga ah marka dib loo furo.

## Supervision

If possible, someone who has experience with large food service operations should supervise your mass feeding operation. Possible supervisors include school or institutional food service managers, or people who have worked as cooks, employees or managers in large restaurants.

## Drinking water

If your water has been contaminated or if you are unsure of its safety:

- Use only boiled or bottled water.
- Use only commercially packaged ice from approved sources.

## Garbage handling

Dispose of garbage frequently. If the local community disposal facility is not accessible, use a remote area for temporary storage. Clean these temporary storage areas thoroughly, and transfer garbage to the regular facility when it reopens.

## Macluumaadka (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)  
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4500  
[health.foodlodging@state.mn.us](mailto:health.foodlodging@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

Minnesota Department of Agriculture  
Food and Feed Safety Division  
625 Robert Street N  
St. Paul, MN 55155-2538  
651-201-6027 or 1-800-697-AGRI  
[MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)  
[www.mda.state.mn.us](http://www.mda.state.mn.us)

JANAAYO 2019

*Si aad xogtan ugu hesho qaab kale, wac: 651-201-4500 or 651-201-6000.*

JANUARY 2019

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