



Food Safety Training Programmes and Hygiene Practices Among Commercial Food Service Workers in Nairobi, Kenya: A Mixed Methods Study

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Abstract

The prevalence of foodborne illnesses in Nairobi, Kenya, underscores the need for improved hygiene practices among commercial food service workers. A mixed methods approach combining quantitative surveys with qualitative interviews was employed to gather comprehensive data from a representative sample of commercial food establishments in Nairobi, Kenya. The analysis revealed that while over 80% of workers reported understanding the importance of hygiene practices following training, adherence levels varied significantly across different types of establishments. Specifically, kitchens operating under municipal health inspections demonstrated higher compliance rates compared to those without such oversight. While initial food safety training programmes have been effective in increasing awareness among commercial food service workers, persistent challenges remain in ensuring consistent and adequate hygiene practices across all settings. To enhance adherence, ongoing support through refresher courses and regular health inspections should be implemented to reinforce the importance of hygiene standards and maintain worker commitment. Hygiene Practices, Commercial Food Service Workers, Nairobi, Kenya, Mixed Methods Study

Keywords: *African Geography, Mixed Methods, Qualitative Research, Quantitative Analysis, Food Safety, Hygiene Practices, Risk Assessment*

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