FOOD STORE

Food store is the room where food ingredients that are bulky and large are kept. For example, 20 litres of palm oil, 50kg of rice, 50kg of flour, etc.

A food store is usually categorised so as to facilitate easy access to food materials. Also it ought to store food items in good safe state.

A store would probably be stocked monthly or bi-weekly. A record ought to be taken to know how the food reserve is being used up. This would encourage a better economic character esp. in planning.

Setting the Food Store

Bulky foodstuffs are usually grouped into four (4) categories: energy giving (carbohydrate), proteinous (or body building), vegetables and fruits and lipids. Usually, it is these four groups that are usually mixed to make a balanced meal.

Energy-giving foods: Most energy-giving foods can store easily. Also they are mostly cereal grains like rice, maize, etc. Few are powdered, e.g.

flour, semovita. Both powdered and grain food should be stored in plastic vessels. Other raw energy giving foods come in tubers like yam, cocoyam, potatoes, etc. and could be stored in barn or cane baskets. Spaghettis, macaroni, noodles, etc. are processed are packaged in cartons. It is good to group the energy-giving foods based on their physical appearance/texture – which could be powdered, carton packaged, grains or tubers.

Proteinous Foods: Meats, eggs, beans, milk, fish, tinned and canned protein foods. Beans are proteinous food just like the other leguminous plants like pea, soybeans, groundnuts, etc. Leguminous foods usually have storage pests, thus buying and storing them needs to be considered very well. Also they do contain carbohydrate and fat to a reasonable extent thus they could also be used as staples. They should be stored in proper plastic or metal container just like powdered or grain foods. Eggs should be stored in plastic or carton crates. Tinned and canned foods should be bought in proper size and carried cartons.

Refrigerators and freezer should be used to store and preserve meats, fish and opened canned foods.

Vegetables and fruits: Vegetable and fruits are very perishable and fragile, thus they should be stored in refrigerators. Also the juices in them could be extracted and stored in a freezer. Processed fruits are packaged juices. For example, 5 alive, etc.

Lipids: Lipids are simply oils and fats. They are used in cooking, frying, baking and grilling. They spoil easily, thus they should be stored proper and covered when not used.