

EJURA-SEKYEDUMASE MUNICIPAL ASSEMBLY.
ENVIRONMENTAL HEALTH AND SANITATION
ORIENTATION FOR FOOD VENDORS AND CATERERS ON
NUTRITION.

Food vendors and caterers need the necessary knowledge and skills to know some basic food nutrition. Periodic food vendor's education and orientation gave the Environmental Health Officers the opportunity to also interrupt with food vendors on the need to prepare nutritious diet for customers and the students under the school feeding programme.

Nutritious diet is a food that contains all the food nutrients the body needs to function properly. The food nutrients included carbohydrate, protein, fat and oil, vegetables and vitamins etc.

The target group for this orientation included, food vendors, school feeding contractors (caterers), cooks, food handlers, chop bars and restaurants operators. The orientation covered the entire Ejura-Sekyedumase Municipality.

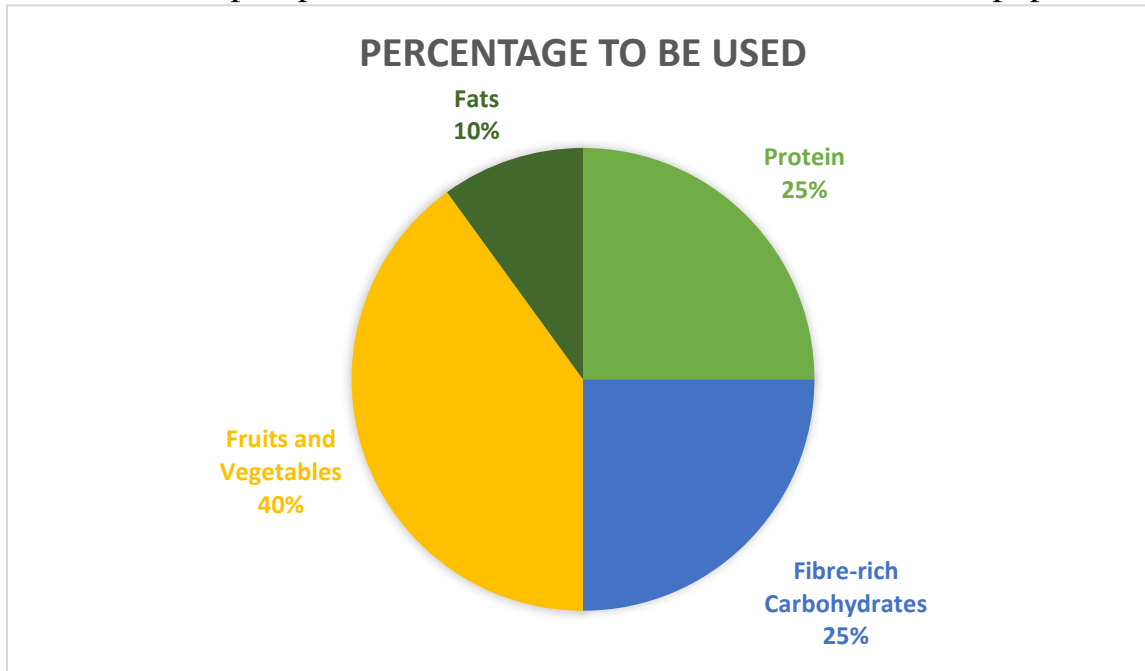
591 food Vendors and 62 School Feeding Programme Contractors on 26th October, 2022 were taken through some orientation at community center on the following topics;

- (i) Balance Diet
- (ii) Adulteration of food
- (iii) Food poisoning
- (iv) Food hygiene
- (v) Food preservation
- (vi) Fortification of food
- (vii) Good hygiene and clean hands
- (viii) Prevention and control of vitamin A deficiency

NUTRITIOUS DIET

Nutritious diet is a diet that provides adequate amounts of all the food nutrients and appropriate amount of energy. It contains all the six nutrients which included; carbohydrates, proteins, lipids, vitamins, minerals and water in their right proportions. It was there necessary and important to include all the nutrients in the

daily meals prepared for sale to general public to drive the maximum nutrients required for growth. The participants were educated to include all the food nutrients to help improved the health of the customers and school pupils.



The diagram above was used to explain to them to know the proportion of the nutrient to add during food preparation.

It was explained to them that eating well can also help ward off numerous diseases and health complications as well as help to maintain a healthy body weight, provide energy, allow better sleep and improve brain function.

It is important to not eliminate any essential macronutrients, such as; fats or carbohydrates, but be conscious of proportional control.

They were taught the important of balance diet as followed;

(i) Control body weight

Eating a healthy variety of nutrient-dense foods leaves less room for those calorie-dense foods that typically lead to weight gain.

(ii) Fight off Disease

When eating a balanced diet, essential nutrients will produce and help maintain key germ-fighting cells in the immune system, and greatly improve vascular function.

(iii) Have more energy

The food we eat has a tremendous impact on the energy we have throughout the day. Nutrient-dense food will digest and therefore be released into the system over a longer period of time.

(iv) Brain Power

A proper balance diet helps improve the brain system to think fast and in maturity.

(v) Sleeps better

When a proper diet is consumed, the digestive system will work accurately and provide good end product into the body systems that will help the consumer have a sound and better sleeping.

GOOD HYGIENE AND CLEAN HANDS

Good hygiene and cleaning of hands is very important when it comes to preparation of food for human consumption since it can cause contamination and also food poison.

The food vendors and caterers were oriented on good hygiene and cleaning of hands before and after cooking in other to prevent germs from entering into food and to avoid any communicable diseases among the people.

The participants were made to understand that washing of hands with soap under running water removes germs that cause illness and also, maintaining good personal hygiene would also helped to prevent the spread of diseases among the populace.

PREVENTION AND CONTROL OF VITAMIN A DEFICIENCY

The food vendors and caterers were health educated on dietary modification, the long term solution to control of vitamin A deficiency is to ensure that the food vendors and school caterers includes

, food rich in vitamin A or its precursor such as carrots, sweet potatoes and eggs. Fortification or enrichment of widely consumed foods with vitamin A is another strategy to prevent and control vitamin A deficiency.

The school caterers were advised to include vitamin A rich food in their food preparation in order to avoid vitamin A deficiency among the pupils.

FOOD ADULTERATION.

Adulteration of food refers to the process of by which the quality of or the nature of a given food is reduced through addition of adulterant or removal of vital substance. Basically during food adulteration small amount of non-nutritious substance are added intentionally to improve the appearance, texture or storage properties of the food.

During the monitoring of food vendors and caterers it was observed or noticed some food vendors and caterers adulterated food by adding colour, current powder, onga, white maggi, maggi cube, etc. There was the need to orient food vendors and caterer to avoid using these artificial spices which have negative health implications. These artificial spice promote non-communicable and cardiovascular diseases which is now the leading cause of most deaths these days. The health of the customers must be taken into consideration.

There are some customers when they eat food from a particular restaurant or chop bar and experience ill health, that customer will never patronize that food again and will also tell other friends about poor food quality at that restaurant or chopbar.

CONTAMINATION OF FOOD

Participants were taken through processes of contamination of food. Food contamination can happen at any stage from delivery, preparation, handling, transportation, and storage to service but the risks factors are associated with food borne diseases and food poisoning originated from human influences. Therefore there is the need to be vigilant when handling food.

In ensuring that wholesome reached the consumers, there was the need for this orientation.

FOOD HYGIENE

The vendors and caterers were oriented on measures and conditions necessary to control hazards and to ensure wholesome for human consumption of a foodstuff taking into account its intended use.

Food hygiene and food safety are important as they ensure that the food vendors handle and produce safe for consumption. If food hygiene and safety are not maintained, the nutritional value may be lost, consumers could become seriously ill with food poisoning and foodborne illnesses.

The food vendors were educated to keep raw and high risk foods separate. They should keep foods out of the temperature danger zone – below 5°C or above 63°C.

The vendors were oriented to make sure that they use tongs or other utensils to make sure that food is handled as little as possible and to keep other raw foods away from foods that could also be contaminated by them.

Effective handwashing is extremely important to help prevent harmful bacteria and other food borne pathogens from spreading to food.

The food vendors were oriented and educated on some of the following;

- ❖ Washing of hands with soap and water before start preparation of food
- ❖ Washing of hands with soap and water every time after using the toilet and before handling of food.
- ❖ Smoking, chewing gum should not be allowed in the food establishments.
- ❖ Spitting, sneezing and coughing should be prohibited.
- ❖ Personal affects like jewelry, watches should not be allowed into the food establishment.
- ❖ Regular wearing of headgear and apron on the food establishments.
- ❖ Trimming of fingers nails and avoid wearing of fingers nails.
- ❖ Forks should be used to pick meat, salad, spaghetti, etc instead of bare hands.

Strict adherence to food hygiene will prevent cross contamination of food and ensure wholesome food is reached the consumer. They were advised not to use their bare hands to serve food as that could lead to food poisoning and cross contamination.

FOOD POISONING

The food vendors were oriented on food poisoning. Food poisoning, also called foodborne illness caused by eating contaminated food. Infectious organisms

including bacteria, viruses and parasites or their toxins are the most common cause of food poisoning.

Food vendors were educated that, food poisoning occurs when taken foods that contains bacteria, parasites, viruses, or the toxins made by germs. Most cases are caused by common bacteria such as staphylococcus.

They were oriented on the most common symptoms of food poisoning which includes; nausea, vomiting, and diarrhea.

According to the facilitator of the programme, if someone has food poisoning, chances are, it won't go undetected. Symptoms can vary depending on the source of the infection. The length of time it takes for symptoms to appear depends on the person's immune system. It can range from as little as 1 hour to as long as 28 days.

Common cases of food poisoning will typically include at least three of the following symptoms;

- Abdominal cramps
- Diarrhea
- Vomiting
- Loss of appetite
- Mild fever
- Weakness
- Nausea
- Headaches

FOOD PRESERVATION

Food preservation is the process of treating and handling food to stop or greatly slow down spoilage (loss of quality, edibility or nutritive value) caused or accelerated by micro-organisms.

The participants were educated on why food preservation is necessary.

Food preservation prevents large amount of food from being wasted.

They were also taken through the food preservation methods which included;

- ❖ Drying/dehydration
- ❖ Refrigeration and freezing
- ❖ Canning

- ❖ Salting and curing
- ❖ Food additives

The facilitators advised the participants to desist from reheating and long keeping of foods in refrigerators in order to maintain its nutritional value. Food can only be kept in the refrigerator for one week, after that it should not be in use again.

FOOD FORTIFICATION

The food vendors were taking through food fortification. They were advised to add some vitamins and minerals to commonly consumed food during processing to increase the nutritional values. It is cost effective and safe strategy for improving diet and for the prevention and control of micronutrients deficiencies.

CONCLUSION

Seven hundred and ninety three food vendors participated comprised seven hundred thirty eight (738) fifty five (55) males respectively.

The orientation programme was successful and the participants assured the facilitators the knowledge and skills acquired will be put to use to promote their businesses and improve the health conditions of the customers and students.

RECOMMENDATIONS.

- ❖ All prepare food should contain all the basic nutrition
- ❖ Food vendors should not also overcook their food
- ❖ Food should not be kept in the refrigerators for a long period.
- ❖ Raw foods should be separated from cooked ones in order to prevent cross contamination.
- ❖ Rotten or spoiled food should be discarded immediate.
- ❖ Cook food should be flies-proof to prevent food borne diseases.

Thank you.

AMOA-FAKYEWAA CYNTHIA
(MUN. ENV. HEALTH OFFICER)

ATTENDANCE LIST OF ORIENTATION PROGRAMME FOR SCHOOL FEEDING CONTRACTORS AND FOOD VENDERS HELD ON 26/10/2022 AT COMMUNITY CENTER

SCHOOL FEEDING CONTRACTORS LIST

NO.	NAME	DESIGNATION	CONTACT
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2.	OPOKU ANTWI	SCHOOL FEEDING CONTRACTOR	0245851368
3.	GLADYS APAW	SCHOOL FEEDING CONTRACTOR	0245633572
4.	AKUA ADU	SCHOOL FEEDING CONTRACTOR	0543452789
5.	AMIDU TAHIRU	SCHOOL FEEDING CONTRACTOR	0243977925
6.	BALA ISSAKA	SCHOOL FEEDING CONTRACTOR	0244938560
7.	MOHAMMED MOHAMMED	SCHOOL FEEDING CONTRACTOR	0243936856
8.	HELENA BADU	SCHOOL FEEDING CONTRACTOR	0545012448
9.	JOSEPHINE ACQUAH	SCHOOL FEEDING CONTRACTOR	0242857709
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12.	ANISA BAWA	SCHOOL FEEDING CONTRACTOR	0242075755 0247412922
13.	TAMIMU MUSAH	SCHOOL FEEDING CONTRACTOR	0244123772

14.	JULIANA MAADU	SCHOOL CONSTRUCTOR	FEEDING	0207072711
15.	RICHMOND OFORI APPIAH	SCHOOL CONSTRUCTOR	FEEDING	0208158638
16.	ADU JOSEPH	SCHOOL CONSTRUCTOR	FEEDING	0201226700
17.	DUUT KWAKU PAUL	SCHOOL CONSTRUCTOR	FEEDING	0263668047
18.	HAJARA MOHAMMED	SCHOOL CONSTRUCTOR	FEEDING	0249350096
19.	MUSAH AJARA	SCHOOL CONSTRUCTOR	FEEDING	0244010572
20.	AMATU ADAM	SCHOOL CONSTRUCTOR	FEEDING	0245917316
21.	NATHANIEL WOLE	SCHOOL CONSTRUCTOR	FEEDING	0244139150
22.	ALSHATU ABUDULLIA	SCHOOL CONSTRUCTOR	FEEDING	0203622200
23.	LAMINU ABDUL-KARIMU	SCHOOL CONSTRUCTOR	FEEDING	0240420430
24.	HAWABU YUSSIF	SCHOOL CONSTRUCTOR	FEEDING	0556842531
25.	SADIA IBRAHIM	SCHOOL CONSTRUCTOR	FEEDING	0543007419
26.	ROBERT OPOKU	SCHOOL CONSTRUCTOR	FEEDING	0242646198
27.	ELIZABETH BAZANGO	SCHOOL CONSTRUCTOR	FEEDING	0245890666 0243506856
28.	ABDUL-KADRI ANYASS	SCHOOL CONSTRUCTOR	FEEDING	0242348985
29.	ZENABU MAZURU	SCHOOL CONSTRUCTOR	FEEDING	0242153868
30.	IBRAHIM SEIDU	SCHOOL CONSTRUCTOR	FEEDING	0244136898

31.	NANA AFUA FYNNBA MENSAH	SCHOOL CONSTRUCTOR	FEEDING	0504542185
32.	NANA APPIAH KUBI	SCHOOL CONSTRUCTOR	FEEDING	0242520203
33.	EDITH AFRIYIE	SCHOOL CONSTRUCTOR	FEEDING	0247134839
34.	LORRETA ADDAI	SCHOOL CONSTRUCTOR	FEEDING	0246769691
35.	MOHAMMED SAEED MUSAH	SCHOOL CONSTRUCTOR	FEEDING	0249775580
36.	ADAMU NAWALL	SCHOOL CONSTRUCTOR	FEEDING	0206724935
37.	MUSTAPHA DAUDA	SCHOOL CONSTRUCTOR	FEEDING	0243609321
38.	NAZIRU MOHAMMED	SCHOOL CONSTRUCTOR	FEEDING	0243377373
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40.	IBRAHIM ISSAHAKA	SCHOOL CONSTRUCTOR	FEEDING	0240620651
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51.	MERCY AKOWUAH	SCHOOL CONSTRUCTOR	FEEDING	0249162795
52.	ATTAA POKUAA	SCHOOL CONSTRUCTOR	FEEDING	0243538047 0202985121
53.	AKOSUA BOUR	SCHOOL CONSTRUCTOR	FEEDING	0241072877
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55.	THOMAS KOMBIAN TIMILOON	SCHOOL CONSTRUCTOR	FEEDING	0206316187
56.	BETTY SARFOAA	SCHOOL CONSTRUCTOR	FEEDING	0246602188
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58.	AKWASI MANU	SCHOOL CONSTRUCTOR	FEEDING	0243933038
59.	KOBA FRANCIS	SCHOOL CONSTRUCTOR	FEEDING	0249859034
60.	LINDA KUSI	SCHOOL CONSTRUCTOR	FEEDING	0243933010
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62.	HALARU SULEMANA MARIAM	SCHOOL CONSTRUCTOR	FEEDING	0249071180

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119.	PETER TANYA		EJURA
120.	ESTHER BOATENG		EJURA

121.	OWUSUA DORCAS	248171298	EJURA
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123.	RAFIATU MUSAH	551714282	EJURA
124.	PATIENCE SIINI		EJURA
125.	IRENE OWUSU	547778214	EJURA
126.	JOYCE MANU	543796000	EJURA
127.	MARGARET PEPRAH	593887910	EJURA
128.	KOFI BOATENG	543796000	EJURA
129.	MARFO KWABENA	543796000	EJURA
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132.	YAA ADUAKO	544624222	EJURA
133.	MARTHA STEPHEN	545868445	EJURA
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135.	AMA SERWAA	249001978	EJURA
136.	ELIZABETH AKOMAA	542239519	EJURA
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138.	RABI IBRAHIM	591899040	EJURA
139.	FATIMA IBRAHIM	245945714	EJURA
140.	DIANA SARFOWAA	244561579	EJURA
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145.	BARIKISU SEIDU	594972141	EJURA
146.	ATAA ADUTWUMWAA	249295899	EJURA
147.	SANDRA ADAM	541003392	EJURA
148.	ZAKARI RUHAIMA	593000023	EJURA
149.	JANET DANKWA	557456960	EJURA
150.	OPOKU APPIAH HIGHEST	598742394	EJURA
151.	GEORGE OWUSU	246948535	EJURA
152.	KINGZ PHILIMON ADU	595182362	EJURA
153.	HAWA ABDUL-RAZAK	245672293	EJURA
154.	GRACE ADOMA	547309317	EJURA
155.	ODURO ISAAC	593147208	EJURA
156.	VICTORIA BAAFI	544819896	EJURA
157.	ROSE DUMORDI	246697579	EJURA
158.	FATIYA BAWA	547781544	EJURA
159.	HANNAH AFRIFA	247454817	EJURA
160.	AZUMA ATIMBILLAH	246613983	EJURA
161.	GETRUDE OSEI	594582539	EJURA

162.	MUNAYA FUSEINI	240844237	EJURA
163.	TIMPOR AGNES	247572231	EJURA
164.	ESTHER BOAKYE	248850515	EJURA
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166.	YAHAYA MOHAMMED	246422788	EJURA
167.	HAWA ALHASSAN	555288100	EJURA
168.	COMFORT OSEI	541355829	EJURA
169.	ROSE ATIA		EJURA
170.	VICTORIA ATINGABONO		EJURA
171.	HAGAR DUFIE	248909917	EJURA
172.	SADIA ADONGO	594545874	EJURA
173.	SAHARATU ABDULAI		EJURA
174.	TINGASUOLE KAMBOZIE		EJURA
175.	ESTHER OSEI	545202111	EJURA
176.	COMFORT DAKYE	547065615	EJURA
177.	ABIGAIL AGYEKUM		EJURA
178.	FATIMATU HAMIDA		EJURA
179.	CHARITY ARTHUR	549123234	EJURA
180.	YEBOAH PORTIA	552221584	EJURA
181.	MUNIRATU MAHAMA		EJURA
182.	ROSE ADUBEA	241122502	EJURA
183.	ATIKA MOHAMMED	247520897	EJURA
184.	GYAMEA RUTH	594973047	EJURA
185.	PATIENCE YEBOAH	557137664	EJURA
186.	MERCY EBAMAMA	552781294	EJURA
187.	THERESA BOAHEMAA	556675288	EJURA
188.	PRISCILLA OPOKU	550855169	EJURA
189.	REGINA AMPONSAH	547779142	EJURA
190.	CHARITY DONKOR	599135162	EJURA
191.	LINDA KUSI	549337194	EJURA
192.	LYDIA BONSU		EJURA
193.	CHARITY ATIMBILA	240952251	EJURA
194.	LINDA ACHALIGBEY	243897199	EJURA
195.	SUSANA YENUNAH	240930620	EJURA
196.	DIANA NAGUDE	554858665	EJURA
197.	ADU PALANCE	249106656	EJURA
198.	BAWA PAULINA	554109218	EJURA
199.	TIMA LYDIA	241765876	EJURA
200.	AWUDU HALIMA	549315755	EJURA
201.	CYNTHIA ABAAI	240978247	EJURA
202.	COLLINS OWUSU ANSAH	248628011	EJURA

203.	ABIBA SALIFU	555789063	EJURA
204.	SANATU ZIBLIM	546201432	EJURA
205.	LYDIA SAKIA	547819623	EJURA
206.	ADAM BARIKISU	593378323	EJURA
207.	AMINA SUMAILA	546349449	EJURA
208.	TALAHATU ABU	245871732	EJURA
209.	NIMATU KARIM	591548816	EJURA
210.	FAUSTINA ANTWI	553387805	EJURA
211.	AJARA LAMBON	541156281	EJURA
212.	GORDON ANALA	244486032	EJURA
213.	NASHIRU RAHAMATU		EJURA
214.	ROSE ABOAGYE	593728279	EJURA
215.	SELINA DONKOR	542184930	EJURA
216.	ELIZABETH AGYAKOMAA	249038306	EJURA
217.	AMINA YUSSIF		EJURA
218.	ANANE DEBORA	559915011	EJURA
219.	ASAMADE JANET	547132219	EJURA
220.	HANNAH DWOMOH	249167724	EJURA
221.	RAMATU AMADU	593693394	EJURA
222.	MEMUNATU ALHASSAN	553773852	EJURA
223.	RAMATU AWAL	241744841	EJURA
224.	AMINA AWAL	241744841	EJURA
225.	ADIZA ISSAH	209993336	EJURA
226.	ADWOA MARFOAA	246583536	EJURA
227.	BARIKISU ISSAH		EJURA
228.	FAUZIA YUSSIF	599838575	EJURA
229.	RAMATU MOHAMMED	247756496	EJURA
230.	REGINA MUSAH	541529701	EJURA
231.	SUWAIBA IDDRIS	556968730	EJURA
232.	RASHIDA MUSAH		EJURA
233.	SUSANA ANAMBONE		EJURA
234.	DORA GYIMAH		EJURA
235.	SALAMATU MOHAMMED		EJURA
236.	ATUAHENE JESSICA		EJURA
237.	ELIZABETH MAWUSI	244229230	EJURA
238.	ADOMA TWUMASI	595599587	EJURA
239.	JAWERO TAHIRU	554451521	EJURA
240.	FELIX SULE	245878420	EJURA
241.	FAUZIA SEIDU	547012120	EJURA
242.	SERWAA FAUSTINA	595297484	EJURA
243.	MARY KWARTENG	243065537	EJURA

244.	OSMAN HUMU	248818297	EJURA
245.	ASANTEWAA ESTHER	558357304	EJURA
246.	AMINA SULEMANA	595297849	EJURA
247.	SYLVIA NIMAKO BOATENG	242976612	EJURA
248.	JOYCELIN AMANKWA		EJURA
249.	MARGARET ADDAI		EJURA
250.	REJOICE HODINYA	553193998	EJURA
251.	JACHAN ABIGAIL	249547783	EJURA
252.	SAHADA SULE	548447381	EJURA
253.	NAFISAH ALHASSAN	599922101	EJURA
254.	ELIZABETH TETTEY	559791711	EJURA
255.	JOYCE BOADU	246320516	EJURA
256.	JEMILA OSMAN	596008102	EJURA
257.	DORA AFRIYEI		EJURA
258.	JOSEPHINE TALATA	241477535	EJURA
259.	ABIGAIL NENDO	241477535	EJURA
260.	BAWA JENNIVIA	248458223	EJURA
261.	ELLEN NKANSAH	547440581	EJURA
262.	AFIA LASHIJI	243141707	EJURA
263.	TENNI CHARYELWO	509055765	EJURA
264.	ADAM ZAKIYA		EJURA
265.	GRACE BAAVO		EJURA
266.	LYDIA MARKO		EJURA
267.	MARIAMA SEIDU	541210442	EJURA
268.	AGNES MENSAH		EJURA
269.	COMFORT AFREYIE	240878129	EJURA
270.	MARY OFORIWAA	548417825	EJURA
271.	AWUNI RUTH	592134268	EJURA
272.	MARY OSEI BONSU	244040858	EJURA
273.	MARY KWAKYE	542012802	EJURA
274.	AGARTHA LAARI	242264614	EJURA
275.	YAA AKYEA AMPONSAH	552840808	EJURA
276.	AMA NJESE	554919414	EJURA
277.	ZARAWU IDDRISU	241202842	EJURA
278.	SUNKWA GIFTY	241712006	EJURA
279.	JOSEPH ANAWU	546167418	EJURA
280.	PATIENCE SACKEY	207715492	EJURA
281.	REBECCA KAMBIQB	547213811	EJURA
282.	ROSE AFIA	243483048	EJURA
283.	MERCY OWUSUWAA	246073485	EJURA
284.	FRIMPONMAA AKOSUA		EJURA

285.	DOREEN AKOTO	249434774	EJURA
286.	SADIA ALHASSAN	543048107	EJURA
287.	RUTH ASANTE	203178656	EJURA
288.	BERTHA OPOKU	550567111	EJURA
289.	ADOM PAMELA	548879768	EJURA
290.	REBECCA NAJAH	596503785	EJURA
291.	EVELYN FRIMPOMAA GYAMFUA	544951131	EJURA
292.	POKUA RUTH	557156988	EJURA
293.	SUBOR CECILIA	557143963	EJURA
294.	GRACE OFORSU	248909787	EJURA
295.	OSEI ROSE	257591829	EJURA
296.	KATE ATAKRA	244129521	EJURA
297.	NAOMI AMOAH		EJURA
298.	AUGISTINA ADOBEA	594050758	EJURA
299.	ZAKARI RAFA		EJURA
300.	LINDA ACHIAA	542812233	EJURA
301.	ABIGAIL LAMBON	240266239	EJURA
302.	ESTHER ADOMA		EJURA
303.	GYAMFI BOATENG	242375676	EJURA
304.	NYAMEKYE SAMPSON	248824791	EJURA
305.	JULIANA ADWOA	548005149	EJURA
306.	SHAFAWU SALIU	245867776	EJURA
307.	AISHA SULEMANA	249473864	EJURA
308.	AJARA ABDUL-SALAM	541757529	EJURA
309.	FELICIA ADU	542004993	EJURA
310.	YAA ACHIAA	547229164	EJURA
311.	COMFORT OSEI AGYEMANG	245020266	EJURA
312.	NYANTAKYIWAA VERA	546209778	EJURA
313.	BRENYA MERCY	554181288	EJURA
314.	FUSEINA MOHAMMED	557906475	EJURA
315.	KARIMA SEIDU	542165684	EJURA
316.	SOPHIA BADU	549032136	EJURA
317.	AKOSUA POKUA	592204831	EJURA
318.	REGINA FAALU-YIR	55890584	EJURA
319.	AMA ABBEY	544705772	EJURA
320.	AFIA OLIVIA	594400825	EJURA
321.	PAULINA DURAWAA	549080180	EJURA
322.	STELLER ADWOA ANKOMAH	554437246	EJURA
323.	ISHATU ABDULLAH	547187246	EJURA
324.	MAVIS KWARTENG	542767818	EJURA
325.	KAT OWUSU	556675448	EJURA

326.	MARY KWAKOAA	247100488	EJURA
327.	RASHIDA ZAKARIA	591215418	EJURA
328.	SALAMATU YUSSIF	550560231	EJURA
329.	ASANA GARIBA		EJURA
330.	MUNIRA AMADU		EJURA
331.	ADWOA DONKOR		EJURA
332.	ADWOA DUFIE		EJURA
333.	CHRISTIANA FOSU	245191902	EJURA
334.	JUSTINA TALABI		EJURA
335.	LAYILA RUFAYI		EJURA
336.	YEBOAH COMFORT	555723036	EJURA
337.	SAHADA ABUBAKAR		EJURA
338.	ZAKARIA AMINA		EJURA
339.	KASHIFA MUNIRU	240242448	EJURA
340.	SAKINA ABUBAKARI	540286938	EJURA
341.	JOSEPHINE NYARKO		EJURA
342.	ALBERTHA OWUSU	599786132	EJURA
343.	FUSIENA ISSAKA	247043752	EJURA
344.	HANNAH AMANKWAH	542996562	EJURA
345.	EDINA OKRAH	244131226	EJURA
346.	TIWAA GEORGINA	544501801	EJURA
347.	RAMATU IDDRISU	549723268	EJURA
348.	DONKOR FLORENCE	547690224	EJURA
349.	CHARITY NYAGBE	246110869	EJURA
350.	JAMILA MAMMUDA	549621006	EJURA
351.	AGNES AGYEMANG	257462325	EJURA
352.	SUMAYAH MOHAMMED	245612216	EJURA
353.	SAHADATU SUMAILA	553686450	EJURA
354.	ELIMAH FATAU		EJURA
355.	MUNIRA OSMAN		EJURA
356.	KARIM SALAMATU		EJURA
357.	YUSSIF LALIATU	541113771	EJURA
358.	ABDUL-LATIF ADAMA	556943756	EJURA
359.	BENEDICTA NUMARK	551274643	EJURA
360.	AFIA TAKYIWAA	543495169	EJURA
361.	HUMMU ISSAH	240737118	EJURA
362.	HARUNNA ZEINAB	555614334	EJURA
363.	RITA OTU	245841602	EJURA
364.	FATI SALIFU	248715121	EJURA
365.	ZEINAB HAMIDU	592044978	EJURA
366.	EMMANUELLA BENGALÉ	595573650	EJURA

367.	JANET OWUSUWAA	541017581	EJURA
368.	YAW MAXIWELL	599538237	EJURA
369.	RITA BARFO	242306266	EJURA
370.	CECILIA BOAKYE	245813653	EJURA
371.	AGNES SASU	248094456	EJURA
372.	MARTHA AKULBILA		EJURA
373.	AKUA POKUA		EJURA
374.	SMITH KYEI	246116084	EJURA
375.	AKUA SERWAA	248558145	EJURA
376.	CYNTHIA ABENA	555121700	EJURA
377.	DIANA OWUSUWAA	245697611	EJURA
378.	ADUAKO JANET		EJURA
379.	KWAKU DWOMOH		EJURA
380.	JULIET TAKYIWAA	248560545	EJURA
381.	MAVIS DAKUWAA	248887238	EJURA
382.	DIANA OBENEWAA	248887238	EJURA
383.	ADWOA VIDA	555346981	EJURA
384.	AFIA ACHIAA	244939901	EJURA
385.	NTIFUNI YAA	594575225	EJURA
386.	BARIKISU ISSAKA	248098231	EJURA
387.	NKRUMAH NAOMI	240876399	EJURA
388.	SAMIRA ISSAH	548008308	EJURA
389.	GLADYS OWUSU SARPONG	244613644	EJURA
390.	MABOAPAN GRACE	24455488	EJURA
391.	LUCY NGANBA	544828118	EJURA
392.	ANASTASIA NYARKO	592632323	EJURA
393.	AJARA KWAME	246613983	EJURA
394.	ESTHER TWUMASIWAA	556843367	EJURA
395.	DORA ANTWI	249556714	EJURA
396.	FELICIA ADOMS	248698089	EJURA
397.	RUTH OPOKU	541499540	EJURA
398.	HANNAH SONLABON	544453849	EJURA
399.	REGINA DERY	55405942	EJURA
400.	LAMISI ROBERT		EJURA
401.	AUGUSTINA OTI	595453296	EJURA
402.	ZAWURAWU TAHIRU	548731093	EJURA
403.	MOHAMMED ASIBI	543664115	EJURA
404.	GRACE ADAMS	546339827	EJURA
405.	COMFORT KUBI	247913936	EJURA
406.	ADIZA ABDUL KADIR	598365235	EJURA
407.	ELIZABETH ALANDU	549244677	EJURA

408.	FALILA ISSAH	502578522	EJURA
409.	MUSTAPHA BANBANAJUWA	541202721	EJURA
410.	ABENA BEMAH OSEI	208009677	EJURA
411.	COMFORT SARKODIE	241507440	EJURA
412.	ISSIFU SAFIYA	592423699	EJURA
413.	ACHEAMPONG GRACE	555289082	EJURA
414.	RAHANA SAIBU	247709000	EJURA
415.	ABIBA YAKUBU	552877109	EJURA
416.	HANNAH QUALAN	247876915	EJURA
417.	ALHASSAN MOHAMMED	243028188	EJURA
418.	FATI MOHAMMED	547144162	EJURA
419.	RAHINATU SALIFU	546144093	EJURA
420.	AGNES KONTOH	542705502	EJURA
421.	AMDALA MAMUDA	553393882	EJURA
422.	GLORIA DADIN	546464253	EJURA
423.	LATIFA ABDUL-RAZAK	558587789	EJURA
424.	MATILDA KADILSIR		EJURA
425.	CHARITY PUMMOH		EJURA
426.	DAWUDA MARIAMA	555345421	EJURA
427.	RAKIA IDDRISU	547045374	EJURA
428.	AKOSUA FOSUA	556617102	EJURA
429.	AUGUSTINA DONKOR	552258150	EJURA
430.	EVANS TAKYI	248070267	EJURA
431.	AFRANE RICHMOND	551211055	EJURA
432.	UWUMBORTI QUEENSLY	575039193	EJURA
433.	PRISCILLA NKUKUA		EJURA
434.	MERCY ADWUMBI		EJURA
435.	PORTIA ACQUAH		EJURA
436.	ELIZABETH KUBALA	279663577	EJURA
437.	SIMON PUMDA	246688473	EJURA
438.	AISHA IBRAHIM		EJURA
439.	ALHASSAN HAJARA	241330959	EJURA
440.	SHERIFA SALIFU		EJURA
441.	DIANA FOBI		EJURA
442.	YAA FOSUAA		EJURA
443.	SABMLO LATIFA		EJURA
444.	MARY ADDAI		EJURA
445.	SAHADA ALHASSAN	591901535	EJURA
446.	AJARA MOHAMMED		EJURA
447.	DORIS NTI	246447870	EJURA
448.	MARY ABENA BONSU		EJURA

449.	ANSAH SARAH		EJURA
450.	JOYCE POMAH		EJURA
451.	JULIANA PEDIS		EJURA
452.	CECILIA TWUMASI		EJURA
453.	BAYILAO MUNIRU		EJURA
454.	NANCY SIKA		EJURA
455.	ESTHER ADU		EJURA
456.	SELINA OBENG		EJURA
457.	HALIMA ALHASSAN		EJURA
458.	SUWAIBA ABDULLAH		EJURA
459.	REGINA ADAMS		EJURA
460.	SAKINA NURUDEEN		EJURA
461.	MARIAM MOHAMMED		EJURA
462.	ALICE FORSON		EJURA
463.	BARIKISU MUSAH		EJURA
464.	CHARLOTTE AMAGBLE		EJURA
465.	SAKINATU INUSAH		EJURA
466.	MENSAH MARY		EJURA
467.	DIANA SERWAA		EJURA
468.	JOSEPHINE KESEWAH	245316254	EJURA
469.	HUMU IBRAHIM	557481527	EJURA
470.	ELIZABETH YEBOAH	249115066	EJURA
471.	MERCY NKRUMAH	248563753	EJURA
472.	ATTA SARFO	551653898	EJURA
473.	FATI SALISU	596378555	EJURA
474.	ELIZABETH ANDY	551510300	EJURA
475.	WARAMATU IDDRISU	248523552	EJURA
476.	MARIAM SANI	241676739	EJURA
477.	AMAMA ALHASSAN	247571533	EJURA
478.	RASHIDA ALHASSAN	246521232	EJURA
479.	AFIA SERWAA	246521232	EJURA
480.	ADAM SALAMATU	241888878	EJURA
481.	MOGER FAUSTINA	559969994	EJURA
482.	MAIZU RUFAL	547289527	EJURA
483.	KUBRA SEIDU	553683360	EJURA
484.	SALAMATU ALHASSAN	556675733	EJURA
485.	LAILA ABUBAKARI	240913335	EJURA
486.	AGBETI MILLICENT	246561029	EJURA
487.	FATI SEIDU	540718325	EJURA
488.	RITA ADZIKADZI	240926831	EJURA
489.	HAJIATU SUWARA	551510031	EJURA

490.	AMA KONADU	546830038	EJURA
491.	ASIYA MUSAH		EJURA
492.	WASILA IBRAHIM		EJURA
493.	RUKAYA MUSTAPHA	555007894	EJURA
494.	IBRAHIM HAJARA	547295843	EJURA
495.	IDDRISU RAHINATU		EJURA
496.	ADAM MAAWA	599751077	EJURA
497.	ZENABU ALHASSAN	596369910	EJURA
498.	FULERA ABUBAKARI	246698102	EJURA
499.	LINDA ABUGRI	554673827	EJURA
500.	HAMDIA SEIDU	554720059	EJURA
501.	HAWABU ASUMA	544694964	EJURA
502.	ACHIAA SELINA	241960040	EJURA
503.	SALAMATU MUZAKIR	257818332	EJURA
504.	DWOMOH WILLIAMS		EJURA
505.	MARIAM SALLAM		EJURA
506.	MARY MANSAH		EJURA
507.	WAAKONG AKUA		EJURA
508.	ABDUL-RAHMAN HAWA	548027539	EJURA
509.	MARIAM AWUDU	245242543	EJURA
510.	RACHEAL ATTA	247526823	EJURA
511.	MARY NTIAMOAH		EJURA
512.	ROSINA KONADU	599517878	EJURA
513.	SAHADA ALI	248875656	EJURA
514.	ZAKIA KADIR	544803861	EJURA
515.	AGYEMANG FATI	544082045	EJURA
516.	ZALIA KASIM	248875656	EJURA
517.	ABIGAIL SULE	559915515	EJURA
518.	DORIS AGYEMANG	242604145	EJURA
519.	FATI MUMUNI	548624861	EJURA
520.	HUMU OSMAN		EJURA
521.	AFISATU SALU		EJURA
522.	SAUDE NUHU		EJURA
523.	AISHATU RUFAL-BAMBA		EJURA
524.	ZENABU ALHASSAN		EJURA
525.	FATIMA ALI		EJURA
526.	TAIBA IBRAHIM		EJURA
527.	FARIDA SULE	553462252	EJURA
528.	FAKIYA MAJID	240795564	EJURA
529.	SALAMATU MOHAMMED		EJURA
530.	HUMU-HUDA SAFIANU	245841607	EJURA

531.	ZARATU YAKUBU		EJURA
532.	MUWADA DAUDA	555762098	EJURA
533.	ABIDA MOHAMMED	247848280	EJURA
534.	SARAH NYAMEKYE	541820362	EJURA
535.	ATUAHENA BEATRICE		EJURA
536.	FAUSTINA YEBOAH		EJURA
537.	AMATU ALHASSAN		EJURA
538.	AJARA MOHAMMED		EJURA
539.	AGARTHA ODURO	243646477	EJURA
540.	OSEI SYIVIA	545886496	EJURA
541.	ROSE NYANSAH		EJURA
542.	OWUSU TAWIAH REBECCA		EJURA
543.	ELIZABETH AGANA		EJURA
544.	SADIA ABUBAKAR		EJURA
545.	POLINA VENDOR		EJURA
546.	MAATI KATE		EJURA
547.	JANETN NIMO		EJURA
548.	TAHIRU ABIBA	540929244	EJURA
549.	YAA POKUA	5433950592	EJURA
550.	MARGARET OWUSU	247674371	EJURA
551.	ADAM MUSTAPHA		EJURA
552.	ABENA YEBOAH		EJURA
553.	MARGARET FOSUA		EJURA
554.	ANNA POKUA		EJURA
555.	MARTIN SARHENE	249807730	EJURA
556.	EMMANUELLA TAPAH	552843931	EJURA
557.	GEOGINA BANULE		EJURA
558.	ROSE ALAMISE		EJURA
559.	EMILIA DONKOR		EJURA
560.	MONICA BIRAO		EJURA
561.	AFIA NYARKO	245228443	EJURA
562.	YAA BAFULO	54979455	EJURA
563.	MARY NSOWAAH	24856935	EJURA
564.	FLOURENCE BANANTURA	552610764	EJURA
565.	AFRIYIE JANET	247005459	EJURA
566.	SHARIFA MORO		EJURA
567.	COMFORT AMPONSAH		EJURA
568.	JENNIFER BANAGNUTE	553883370	EJURA
569.	MONICA PULMEN		EJURA
570.	HAGAR TWUMASIWAH		EJURA
571.	TIMAA MARY		EJURA

572.	JANET BOATEMAH		EJURA
573.	DAVID OFFEI	545776190	EJURA
574.	ISSAHAKU ALHASSAN	591614719	EJURA
575.	ERNESTINA ASUO		EJURA
576.	AKOSUA AGYEIWAA		EJURA
577.	OPOKU GEOGINA		EJURA
578.	STEPHEN AFRIYIE	598247975	EJURA
579.	AZARATU HARUNA		EJURA
580.	HARUNA AMUTATU	247718519	EJURA
581.	ADWOA NESTER	547431408	EJURA
582.	HELINA BADU		EJURA
583.	BONSU FELICIA		EJURA
584.	VIDA ADOMAH	597939518	EJURA
585.	MARGARET GYAAMAH	553602686	EJURA
586.	KRUSUMI SUMAILAR		EJURA
587.	SOPHIA FOSUA	246971786	EJURA
588.	ADWOA YEBOAH	248763470	EJURA
589.	GIFTY AKOTO	591815735	EJURA
590.	ALIJATU MOHAMMED		EJURA
591.	SUMPSON TUFOUR	553952095	EJURA