Food Security & Nutrition Safety Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Food security and nutrition safety are fundamental pillars of public health, sustainable development, and resilient communities. In a world facing climate change, population growth, supply chain disruptions, and rising malnutrition rates, the demand for food safety management systems, nutrition-sensitive agriculture, and sustainable food security strategies has never been higher. Food Security & Nutrition Safety Training Course is designed to equip learners with advanced knowledge and practical skills in food handling safety, nutritional risk assessment, food systems resilience, and global food security frameworks aligned with WHO, FAO, and SDG 2 (Zero Hunger).

The course integrates modern approaches such as climate-smart agriculture, food quality assurance, micronutrient management, and emergency food response systems. Participants will explore real-world challenges including food contamination, malnutrition, food waste reduction, and supply chain vulnerabilities. By combining theory, case-based learning, and applied practice, this program empowers professionals to strengthen community nutrition security, improve food safety compliance, and build sustainable food systems at local and global levels.

Programme Curriculum

Food Security & Nutrition Safety Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand global food security frameworks and SDG 2 Zero Hunger goals
2. Apply food safety management systems (HACCP principles) in real environments
3. Analyze nutrition deficiencies and micronutrient imbalances in populations
4. Develop strategies for climate-smart agriculture and resilient food systems
5. Implement safe food handling and hygiene best practices
6. Assess food supply chain risks and contamination control measures
7. Promote community nutrition education and dietary diversification
8. Strengthen food storage, preservation, and post-harvest management techniques
9. Evaluate public health nutrition interventions and policies
10. Address malnutrition, stunting, and food insecurity challenges
11. Integrate food quality assurance and regulatory compliance systems
12. Design emergency food response and disaster nutrition planning
13. Support sustainable agriculture and food system transformation initiatives

Target Audience

1. Public health professionals
2. Nutritionists and dietitians
3. Agricultural extension officers
4. NGO and humanitarian workers
5. Food safety inspectors
6. School feeding program coordinators
7. Policy makers in agriculture and health sectors
8. Community health workers and trainers

Course Modules

Module 1: Foundations of Food Security

- Concepts of food availability, access, utilization, stability
- Global hunger index and SDG 2 framework
- Food sovereignty vs food security concepts
- Drivers of food insecurity (climate, economy, conflict)
- **Case Study:** Food insecurity response in drought-affected Horn of Africa communities

Module 2: Nutrition Science & Public Health

- Macronutrients and micronutrients functions
- Malnutrition types: undernutrition, overnutrition
- Life-cycle nutrition requirements
- Nutritional epidemiology basics
- **Case Study:** School feeding nutrition improvement program in Sub-Saharan Africa

Module 3: Food Safety & Hygiene Systems

- HACCP principles and implementation
- Personal hygiene and sanitation standards
- Foodborne pathogens and contamination control
- Safe food preparation and storage
- **Case Study:** Restaurant outbreak investigation due to Salmonella contamination

Module 4: Climate-Smart Agriculture

- Sustainable farming practices
- Climate adaptation in agriculture
- Soil health and water conservation
- Agroecology and biodiversity protection
- **Case Study:** Drought-resistant crop adoption in Kenya’s arid regions

Module 5: Food Supply Chain Management

- Farm-to-fork supply chain systems
- Cold chain logistics and preservation
- Food loss and waste reduction strategies
- Market access and distribution networks
- **Case Study:** Post-harvest loss reduction in maize value chains

Module 6: Nutrition Security & Vulnerable Populations

- Maternal and child nutrition programs
- Urban vs rural nutrition disparities
- Food assistance and humanitarian aid systems
- Dietary diversification strategies
- **Case Study:** Refugee camp nutrition intervention success program

Module 7: Food Policy & Governance

- National food security policies
- International trade and food regulations
- Food labeling and compliance standards
- Role of WHO, FAO, and WFP
- **Case Study:** National nutrition policy reform impact in East Africa

Module 8: Emergency Food Systems & Resilience

- Disaster risk reduction in food systems
- Emergency food distribution planning
- Crisis nutrition interventions
- Community resilience building strategies

- **Case Study:** Flood response food aid coordination and recovery program

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com