

Issues in Food Canteen Patronage by Households in Kajola Local Government Area of Oyo State

Ogunwande I.O.; Akinyemi T.A.; Atoyebi O.C. & Taiwo K.B.

Oyo State College of Agriculture,
Igboora, Oyo State.

Abstract

The study was designed to investigate the issues in canteen food patronage by households in Kajola Local Government area of Oyo State. Four research problems were formulated for the study. Questionnaire was used to collect relevant data to form a sample of 127 households used for the study. Multistage sampling technique was used to select the sample. Percentages were used to answer the research questions. The findings revealed that the households patronized canteen foods twice in a day due to its fast accessibility and nature of job that left scarcely no time for food preparation, but, the main issue lies in poor hygiene status which was strongly recommended to be regulated for positive change.

Keywords: Canteen, Food, Patronage, Households

Introduction

The importance of adequate nourishment for general health and work productivity hardly needs emphasis as this leads to dire need for good food (Christopher, 2005). Food generally when adjudged nutritious contains balanced diet characterised by carbohydrate, protein, fats, vitamins, mineral resources and water. The majority of the daily calories are obtained from fresh fruits and vegetables, whole grains, and lean proteins (FAO, 2007 and Nzeka, 2011). A balanced diet is important based on the reason that body organs and tissues need proper nutrition to work effectively and moroso prevents the body from being attacked by disease

infection, fatigue, and poor performance (Dipeolu, 2007 and WHO, 2012). However, in consuming balanced diet, USDA highlighted alcohol, cholesterol, refined grains, solid and perforated fats, salt and sugars as averters of heavyweight which is inimical to sound health.

In a desperate need to accessing satisfactory food with less effort, professionals from all walks of life make do with quenching their hunger in their neighbourhood in order to save the time they could have spent on cooking on their job productively. This group of people are identified by (Clarence, 2009; Arijit, Nagannada and Shilpi, 2010) as being affected by the

nature of their jobs such as bankers, artisans, civil servants, public servants, students who when resumed to their various duty posts from early morning do not have a quantum of time to prepare the food to eat.

Food canteen patronage seems to have taken a wider dimension in Nigeria as different strata of the society have made it unavoidable as they eat-in and take-away the products (food, drinks and snacks) on daily basis and, this is more prevalent in the urban and peri-urban places (Etzold, 2014). This attitude is believed to be unavoidable for the consumers of food from this source due to one reason or the other which might range from the type of household they come from and the nature of their job to the way individuals are brought up. However, the fact still remains that almost every second citizen of the megacity takes street food every day (Etzold, 2013).

Moreover, the quality of food eaten at the canteen is strongly analysed and described as being characterised by poor hygiene in terms of handling, ingredients in the preparation and the environment in which such foods are prepared and this is strongly attested to by the WHO (2003), Munde and Kuria (2005), and Oranusi, Oguoma and Agusi (2013) in their observational studies in which it was concluded that foods are sometimes held at improper temperatures and excessively handled by food vendors and sold at very dirty surroundings. Tamirat and Getye

(2014) were also of the opinion that some food canteens are prepared under unhygienic condition among food handlers which was specifically explained that they transmit pathogens passively from a contaminated source such as raw poultry to food like cooked meat that is to be eaten without further cooking and therefore advised that good hygiene, both personal and in handling practices is the basis for preventing the transmission of pathogens from food handling personnel to consumers. Tambekar, Jaiswal, Dhanorkar, Gulhane and Dudhane (2008) and Falola, Olatidoye, Balogun and Opeifa (2012) expressed that despite the economic and nutritional benefits of street foods, the consumption of roadside foods has been suggested to potentially increase the risk of food borne diseases, such as street foods are readily contaminated from different sources while he also added that street foods had often been associated with travellers' diarrhoea and other food borne diseases while El-Shenawy, Jordi and Jose (2011) reported the contamination of Street-vended ready-to-eat food sold in Egypt contaminated with *Listeria* species which include *Listeria monocytogenes* and *Listeria innocua* to be highly injurious to health. Nyenje, Odjadjare, Nicoline, Tanih, Ezekiel, and Roland (2012) also investigated the microbiological quality of ready to eat foods sold in Alice, South Africa and reported the contamination of these foods by *Listeria* spp., *Enterobacter*

spp., *Aeromonas hydrophila*, *Klebsiella oxytoca*, *Proteus mirabilis*, *Staphylococcus aureus* and *Pseudomonas luteola*.

More empirically, in Nigeria, study on the microbial safety of ready-to-eat foods; meat pie, beef sausage roll and egg roll, peeled orange, walnut and apple vended on highways; Onitsha-Owerri, South east, Nigeria, revealed the contamination of these foods by pathogens which include; *Salmonella* spp.(WHO, 2000 and Oranusi and Braide, 2012)

At present, there are more researches on the food quality and safety, such as the potential risk in the dining room (Guan, 2007 and Liang and Wu, 2012), to search for the factors to influence the canteen food quality and safety (Hua, Yan, and Cao, 2011), hence the establishment of the canteen food safety system (Guan, 2007). There are also many ways for the research on the food safety evaluation method, such as constructing food safety comprehensive evaluation indicator system with Analytic Hierarchy Process (Liu, 2007), evaluation of the safety of children's food packaging design using the fuzzy Analytic Hierarchy Process (Wang, 2011).

This study therefore seeks essentially to answer the following research questions: what are the factors that are responsible for canteen patronage among respondents? What problems are perceived to be associated with canteen patronage? What are the perceived benefits derived by households in patronizing food canteen? What are the major

causes of regularity of canteen patronage? These relevant research questions are hoped to be provided answers to and moreso improve on the existing literature on the issue under investigation.

Objective of the Study

The main objective of this study was to investigate issues relating to food canteen patronage by households in Kajola Local Government Area of Oyo State. Specifically, the study determined:

- 1.Reasons for households' canteen patronage.
- 2.The regularity of canteen patronage by households.
- 3.The perceived benefits derived by households in patronizing food canteen.
- 4.The perceived problems associated with households' canteen patronage.

Methodology

Area and design of the study: The study was conducted in Kajola Local Government Area (LGA) of Oyo State. The study was conducted using the cross-sectional survey design.

Population for the study: This consisted of 44,199 households who are indigenes and non-indigenes as at year 2010/2011 (NBS, 2013). This comprised of 101,544 males and 99,453 forming a total of 200,997(National Population Commission, 2006).

Sample of the study: The sample consisted of 140 respondents but 127 respondents were finally used for the analysis due to response bias and

inconsistency in some questionnaire which led to rejection of 13 questionnaires. The selection was obtained using two-stage sampling. The first stage was the random selection of seven (7) communities: Okeho, Isemi-Ile, Ijo, Ogan, Isale-Alubo, Bode, and Isia which are popularly known for operating canteen business in the area. Twenty (20) households were randomly selected from each of the communities. **Instrument for data collection:** A questionnaire was developed and used to collect data for the study. The questionnaire was validated by three experts. To determine the reliability, the instrument was pre-tested on 20

households which was not part of the sample in order to allow for objectivity and precision.

Data collection and analysis techniques: One hundred and forty copies of questionnaire were administered by the researcher and two enumerators to ensure high return rate. One hundred and twenty seven copies were properly filled and were used for data analysis. The data were analyzed using percentages.

Findings of the study

The following findings were made:

Reasons for Canteen Patronage

Table 1: Distribution of Reasons for Canteen Patronage

Reason	Frequency(F)	Percentage (%)
Nature of Job	32	25.20
Insufficient Time	29	22.80
Household Size	32	25.20
Cooking Drudgery	12	9.40
Lack of Partner	14	11.00
Palatability	08	6.30
Total	127	100.00

Source: Field Survey, 2014.

Table 1 reveals that households patronized canteen foods for the reasons in the order of the nature of job 32(25.20%), household size 32(25.20%), insufficient time 29(22.8%), lack of partner 14(11%), cooking drudgery 12(9.4%) and palatability

8(6.3%). The results for the nature of job and household size were the same (tie) while this was closely followed by insufficient time with other reasons found to be less than 20%.

Frequency of Visits to Canteen/Day

Table 2: Distribution of Frequency of Visits to Canteen/Day

No. of Visits	Frequency(F)	Percentage (%)
Once	39	30.70
Twice	64	50.40
Thrice	20	15.70
>Thrice	04	3.10
Total	127	100.00

Source: Field Survey, 2014.

Table 4 shows the number of visits that respondents pay to canteen per day. The majority 64(50.40%) of respondents used to visit canteen twice in a day while least households 4(3.10%) eat as many times as possible

in canteens for one reason or the other. Patronage for canteen food once and thrice were in the respective of 39(30.70%) and 20(15.7%).

Perceived Benefits of Canteen Patronage

Table 3: Distribution of Perceived Benefits of Canteen Patronage

Benefit	Frequency(F)	Percentage (%)
Fast Access to Food	118	92.91
Palatability	59	46.46
Change of Appetite	102	80.31
Less Rigour	95	74.80
Time Saving	113	88.98
Access to Special Delicacy	91	71.65
Average	96.3	75.85

Source: Field Survey, 2014.

Table 3 presents the perceived benefits of canteen patronage by respondents. Fast access to food accounted for the highest 118(92.91%) and the lowest 59(46.46%) for palatability. Other benefits considered were time saving 113(88.98%), change of appetite

102(80.31%), less rigour 95(74.80%) and access to special delicacy 91(71.65%) while the mean rating stood at 75.85 percent.

Perceived Problems Associated with Canteen Patronage

Table 4: Distribution of Perceived Problems Associated with Canteen Patronage

Problem	Frequency(F)	Percentage (%)
Disease contraction	87	68.50
Poor Hygiene	96	75.59
Expensiveness	75	59.06
Food poisoning	81	63.79
Insufficient preparation	53	41.73
Average	78.4	61.73

Source: Field Survey, 2014.

Table 4 shows the perceived problems encountered by the patronisers of food canteens in the study area. The level of problem perceived by households was in the order of poor hygiene 96(75.59%), disease contraction 87(68.50%), food poisoning 81(63.79), expensiveness 75(59.06) and insufficient preparation 53(41.73). The households were worst affected by poor hygiene and least hit by insufficient food preparation. The mean problem rating value is 61.73%.

Discussion

The findings of the study have shown that most of the households that patronized canteen food did this as a result of the nature of their jobs (25.2%), household size (25.2%) and insufficient time (22.80) among others. The nature of the job of some households in the area, most especially, the ones who are into salary job and artisans who spend most of their time attending to customers or clients. In an effort to achieve this, they may not have sufficient time to prepare food most especially the breakfast and lunch which are mostly needed at the peak of work. This finding is in line with Kubena (2000) and Alexy (2008) who expressed that employees with physically demanding jobs or with low job control ate at a worksite canteen more frequently. Also, household size was found to be a strong factor that encouraged households to resort to patronizing canteen food most especially when it

is large. Some other reasons agreed by households to have prompted their habit of eating away from home were cooking drudgery (9.40%), lack of marital partner (11%) and palatability (6.30%).

The finding also revealed further that, most of the households visited canteens on an average of two times (50.40%) in a day, thus, suggested that the periods of consuming canteen food by household was when daily income generating activities were at its peak, hence, paucity of time to prepare food. Some households patronize canteen once (30.70%) just to satisfy their appetite for the one meal they skipped due to being away from home while the finding of Ananti and Anjali(2011) agrees with this result that, some employees that do not have time to prepare food at all eat at worksite canteen more frequently.

The finding on the perceived benefits of canteen patronage showed that fast access to food (92.91%) was mostly agreed by households as the outstanding inherent advantage. Canteen food is believed to be fast in solving problems of hungry customers because it was accessible with ease and satisfy their appetite timely. The majority of the artisans and salary earners who had little or no time to prepare food when on the job are able to take their meals timely in both the quality and quantity terms. This finding associates with Meiselman (2008) who clarified that canteen affords the households of a wide opportunity to make choices in the

array of available canteen foods and also enhances the possibility of eating a healthy cooked meal during the work day. Also highlighted advantage was time saving (88.98%) which is believed to cut short the time of food availability as serves as alternative forgone as regards the time which would have been spent on food but allotted to additional service to duty as, this result agrees with International Labour Organization's recommendation that, it must be ensured that all employees have an opportunity to eat properly and timely during work hours to ensure efficient work-done. Other benefits indicated by households were change of appetite (80.31%), less rigour (74.80%), access to special delicacy (71.65%) and palatability (46.46%) which evidently showed to have a lot to do with preference for canteen food patronage among households under study.

Perceived problems associated with canteen patronage was indicated as most problem by households as poor hygiene (75.59%). Some of the food canteens operated in the area were poorly located, as some are very close to dumping site and some in an attempt to be quickly seen and accessed by potential customers are located by the roadside. Based on this, dirt like dust, smoke from moving vehicles, pathogen borne flies may contaminate the prepared foods by the canteen, hence, cause illnesses for consumers. Some canteens in the study area prepared food with water from uncovered and untreated wells

coupled with rotten ingredients and badly washed plates and cutlery which may cause health problems for patronisers. This finding agrees with the findings of Hanan and Aisha (2012) who asserted that food handling and poor personal hygiene are among the most important reasons that cause food-borne diseases, while Madueke, Awe, and Jonah (2014) explained further the resultant effect of poor hygiene by identifying food pathogen as of soil or intestinal origin and are mostly transmitted through poor food preparation, personal hygiene, or public sanitation practices. Other problems highlighted were disease contraction, food poisoning, expensiveness, and insufficient preparation which is common attributes of some of the food canteens in the locality.

Conclusion

The following conclusions are made from the study. Households under study were found to patronise food canteen basically because of their nature of job which hindered them from cooking at home and the large household size which discouraged them from cooking for the entire household. Majority of households patronize canteen twice in a day for breakfast and lunch while they eat their supper at home. Problems encountered mostly were poor hygiene that was identified with the existing canteens in the locality. Benefits derivable were fast access to

food as it was always made available as and when needed.

Recommendations

The following recommendations were made from the study:

- Sanitary officers should be made to perform their statutory duty on the regular basis by visiting the canteens. This will help to ensure that they improve in their hygiene both within and outside the canteen.
- Regular trainings, as a matter of fact, must be organized for food canteen operators from time to time. This will help to improve their cooking skills and ensure they make use of good ingredients and befitting cooking tools during food preparation.

References

- Alexy, U. (2008). Convenience food in the diet of children and adolescence: Consumption and composition. *The British Journal of Nutrition*, 99(2), 345-351.
- Anant A. and Anjali, P.K. (2011). Assessment of personal hygiene of canteen workers of government medical college and hospital, Solapur. *National Journal of Community Medicine*, 2(3), pp. 448.
- Arijit, D.G.S, Nagannada, S.B and Shilpi, .B. (2010). Microbiological quality of street- vended Indian Chaat sold in Bangalore. *Journal of Biological Sciences*, 10 (3), 255 -260.

Christopher, W. (2005). Food at work: Workplace solution for malnutrition, obesity and chronic diseases. ILO publications, International labour office, CH-1211 Geneva 22, Switzerland. Pp 25-31.

Clarence, S. Y., Nwinyi, C. O. and Chinedu, N. S. (2009) Assessment of bacteriological quality of ready to eat food (Meat pie) in Benin City metropolis, Nigeria. *African Journal of Microbiology Research*, 3(6): 390-395.

Dipeolu, A.O., Akande, S.O. and Okunneye, P.A. (2007). Income generating potentials of street food vending business in Ogun State, Nigeria. *An International Journal, ASSET series*, 2(1): 180-189.

El-Shenawy, M., JordiMañes, and Jose, M.S. (2011) *Listeria* spp. in Street-Vended Ready-to-Eat Foods. *Interdisciplinary Perspectives on Infectious Diseases*. 28 (15): 24-29.

Etzold, B., 2013. The Politics of Street Food: Contested Governance and Vulnerabilities in Dhaka's Field of Street Vending. Stuttgart: Franz Steiner Verlag. Pp 7-9.

Etzold B. (2014). Towards fair street food governance in Dhaka. 14th EADI General Conference, 23rd -26th June, 2014, Bonn. (www.gc2014.org). Pp. 1-3.

Falola, A.O., Olatidoye, O.P., Balogun, I.O., and Opeifa, A.O. (2012). Microbiological quality analysis of meat pies sold by street hawkers. A case study of Mainland LGA of Lagos, Nigeria. *Journal of Medical and Applied Bio-sciences*, 2: 1-8.

Food and Agricultural Organization (FAO) (2007). Report on: Improving the nutritional quality of street foods to better meet the micronutrient needs of school children in urban areas. Pp. 14-17.

- Guan, D.J. (2007). Health and safety and eliminate hidden college canteen. *Journal of Anqing Teachers' College of Social Sciences*, 26(1), 85-95.
- Hanan, S.A. and Aisha, A.A. (2012). Assessment of personal hygiene knowledge, and practices in Al Ain, United Arab Emirate. *Food Control*, 25, 249-253.
- Hua, H.J., Yan, T., and Cao, C. (2011). Study on influencing University dining hall: A factors of food quality and safety in case study in Universities of Nanjin city. *Journal of Huazhong Agric. Univ. Soc. Sci.*, 3:89-93.
- Huaxi, C. and Qingbing, X. (2013). Food quality safety evaluation model in college canteen based on the improved AHP-taking Bengbu College as an example. *Advance Journal of Food Science and Technology*, 5(4), 460-461.
- Kubena, K.S.(2000). Accuracy in dietary assessment: On the road to good science. *Journal of the American Diabetic Association*, 100(7), 775-776.
- Liang, C.K. and Wu, M. (2012). Food safety problems and countermeasures of the college canteen management. *Journal Univ., Cheng Du Soc. Sci.*, (5) 122-124.
- Madueke, S.W., Awe, S., and Jonah, A.I.(2014). Microbiological analysis of street food along Lokoja-Abuja Expressway. *American Journal of Research Communication*, 2(1), pp 197-198.
- Makun, H. A., Gbodi T. A., Akanya O. H., Salako A. E and Ogbadu G. H. (2009). Health implications of toxigenic fungi found in two Nigerian staples: guinea corn and rice. *African Journal of Food Science*, 3(9):250-256.
- Meiselman, H.L. (2008). Dimension of the meal. *Journal of Food Service*, 19(1), 13-21.
- Muinde, O.K. and Kuria, E. (2005). Hygienic and sanitary practices of vendors of street foods in Nairobi, Kenya. *African Journal of Food and Agriculture Nutritional Development*, 5(1), 1-13.
- National Population Commission (2006). National Population Commission Statistical Bulletin.
- Nyenje, E.M., Collins, E., Odjadjare, Nicoline, F., Tanih, Ezekiel, G. and Roland N. N. (2012). Food-borne Pathogens Recovered from Ready-To-Eat Foods from Roadside Cafeterias and Retail Outlets In Alice, Eastern Cape Province, South Africa: Public Health Implications. *International Journal of Environmental Research and Public Health*, 9, 2608-2619.
- Nzeka, U.M. (2011). Steady growth of Nigeria retail food sector. *Global Agricultural Information*. 21, 17-25.
- Oranusi, S. and Braide, W. A. (2012). Study of Microbial Safety of Ready-To-Eat Foods Vended On Highways: Onitsha-Owerri, South East Nigeria. *International Research Journal of Microbiology*, 3 (2), 66-71.
- Oranusi, S.U., Oguoma, O.I., Agusi,E.(2013). Microbiology quality assessment of food sold in student's cafeterias. *Global Reearch Journal of Microbiology*, 3(1), pp 1-7.
- Tambekar, D. H., Jaiswal, V., Dhanorkar, D., Gulhane, P. and Dudhane, M. (2008). Identification of Microbiological hazards and Safety of ready-to-eat food vended streets of Amravati City, India. *Journal of Applied Biosciences*. 7:195 - 201.
- Tamirat, T. And Getye, M. (2014). Prevalence and predictors of

intestinal parasites among food handlers in Yebu Town, Southern Ethiopia. PLoS ONE 9(10): e110621. Doi:10.1371/journal.pone.0110621.

WHO (2012). Present state of food-borne disease in OECD countries. Food Safety Department. Geneva.