

A Guide for Managing **Aflatoxins** in the Field, During Processing and in the Home for Food Safety

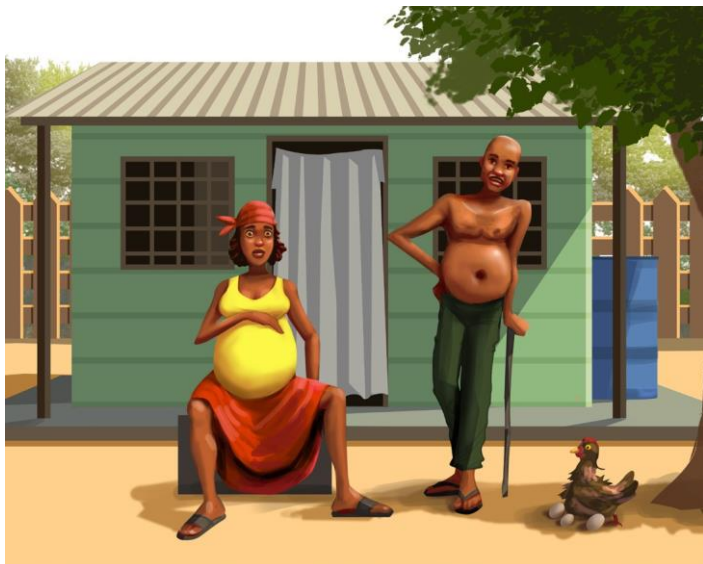


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What are aflatoxins?

Aflatoxins are natural chemicals produced in foods contaminated by some species belonging to *Aspergillus*. Exposure to aflatoxins is associated with multiple health conditions.



Conditions associated with aflatoxin exposure

- **Morbidity and immunosuppression:**

Aflatoxins make it easy for people to fall ill and difficult to recover from illnesses.

- **Prenatal exposure to aflatoxins:**

Pregnant women consuming aflatoxin-contaminated food can transmit the harmful toxins to their unborn child(ren).

- **Stunting:**

Children do not grow well when exposed to aflatoxins in breastmilk and food.

- **Liver cancer:**

Aflatoxins cause liver cancer and are associated with other cancers.

- **Mortality:**

High levels of aflatoxins in food may kill people.

How can aflatoxins be controlled?

Aflatoxins need to be controlled by crop producers and crop processors by following good practices.



- **Seeds and inputs:**
Source seeds and inputs that are suitable for the environment to avoid crop stress.
- **Follow good agricultural practices:**
Control pests, space crops correctly, follow appropriate planting date, and use Aflasafe - a biopesticide for aflatoxin biocontrol.
- **Harvesting:**
Dry grains quickly to reduce moisture and store dried grains using PICS bags for hermetic storage.
- **Sorting:**
Separate damaged (mouldy, discoloured, shriveled, broken) grains and throw away the discards.
- **Post-harvest stage:**
Store and transport grains in cool and dry conditions (i.e. with good aeration, low humidity, and moisture below 15%).
- **Control pests:**
Control pests, keep your environment free from pests and debris.

How can aflatoxins be controlled at home?

At home, care givers need to follow good practices and encourage healthy choices to prevent exposure to aflatoxins.



- **Buy wisely:**

Source grains and products from quality-sensitive growers that use Aflasafe, and other management practices.

- **Diversify diet:**

At home, diversify your meals so that they do not include mostly aflatoxin-prone foods.

- **Discard defective grains:**

Remove and discard less dense (floating) grains. Do not feed to people, livestock or pets.

- **Boost immunity:**

Ensure that family immunity is boosted through balanced diets, intake of vitamins and Hepatitis B vaccinations.

- **Store properly:**

Store dried grains, food and feed products properly in clean and dry environments. Use hermetic bags like PICS bags where appropriate.

For more information regarding this training on aflatoxin management contact

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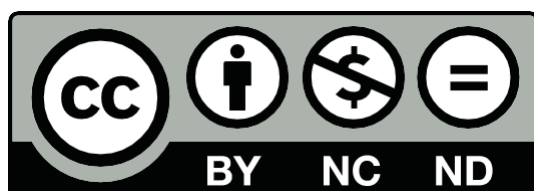
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