

- Cleaning stations
- A floor drainage system

#### Working rooms should have:

- Potable water supply including hot water
- Room to accommodate all processing activities
- Easy to clean floors
- Walls painted white for easy detection of insects, dirt and any abnormalities
- Adequate lighting
- Temporary storage – stacked crates for raw materials, pallets for stacking raw and finished products, shelves for jars and black airtight containers for frozen juice
- Good ventilation to allow moderate temperature
- Windows with insect proof screens

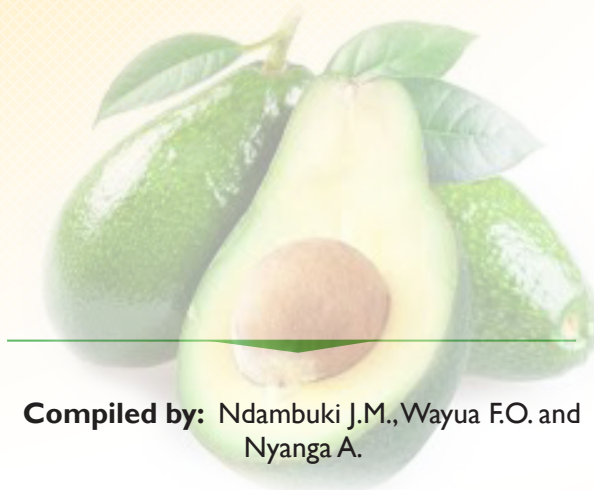
#### Equipment

- Should be properly cleaned before and after use
- Hot water should be used for sterilizing the equipments
- Wooden equipment should be scrubbed
- All utensils should be kept dry by wiping with clean cloth and stored in dust free places

#### Personal hygiene

- Health certificates should be acquired for staff (commercial purposes)
- Health status (processing should not be done when one is sick)
- Illness and injuries (processing should not be done when one has open wounds)

- Personal cleanliness; Maintaining personal cleanliness including body and clothes
- Personal behavior; Hands should be carefully washed with soap and clean running water



**Compiled by:** Ndambuki J.M., Wayua F.O. and Nyanga A.

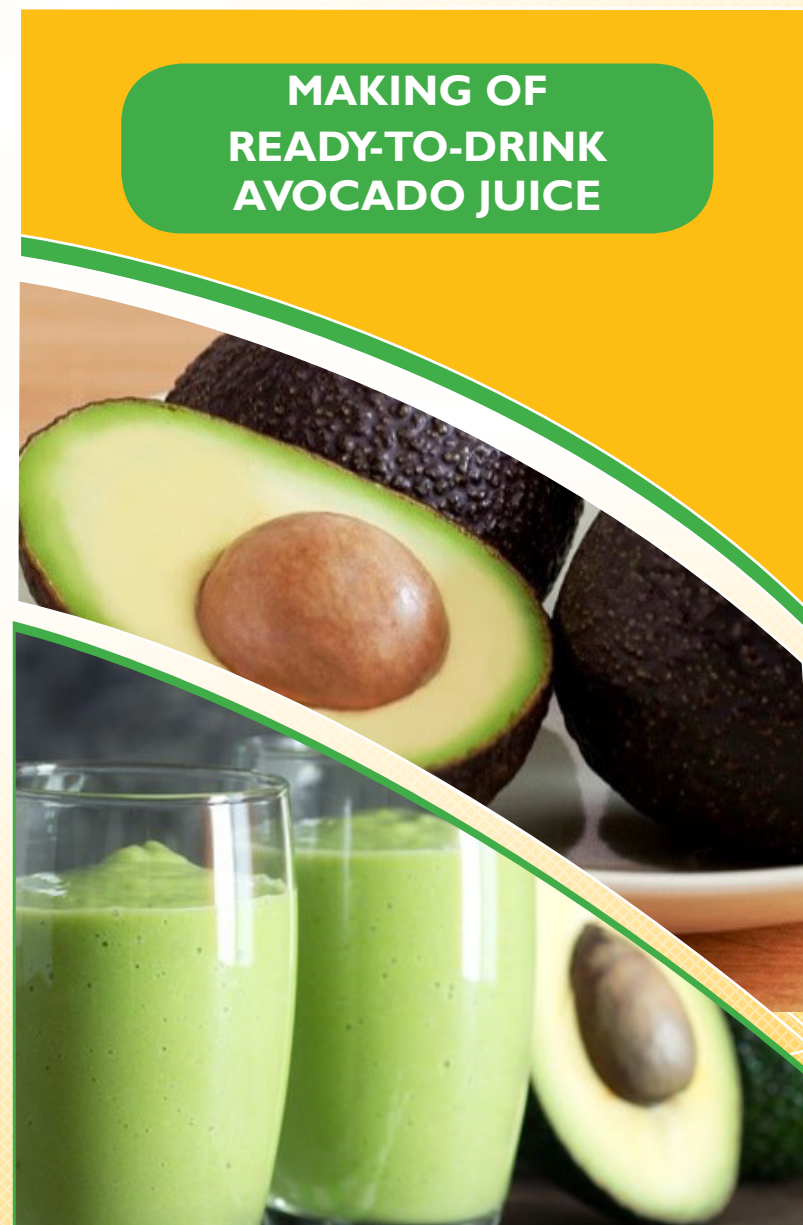
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**KALRO/NAVCDP/AVOCADO/  
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## Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

Avocado juice is typically made by destoning (removing the pit) the avocados, scooping out the flesh and then pressing the avocados into a creamy puree then mixing with water, sugar and lemon or citric acid, pasteurizing and packaging it. Making ready to drink juice can create employment, increase income and improve food and nutrition security for the farmers, especially women and youth.

## Requirements for processing quality avocado juice

### Equipment

Weighing scale, washing troughs, metal sieves, washing basins, blender/pulper, knives, destoning machine, stirring wooden stick, source of fire (gas or *Jiko*), *sufuria* (pan) and packaging bottles.

### Ingredients

- 2 kg of ripe avocados
- 180 g of sugar
- 10 g of lemon juice or 5 g citric acid



Ripe Avocados

(Courtesy: James Ndambuki, KALRO)

## Procedure

- Weigh and sort ripe avocados
- Wash the avocados with clean water
- Cut the avocados into half and remove the stone



Avocado cut into half ready for pulping

(Courtesy: James Ndambuki, KALRO)



Blender for pulping avocado

- Remove the peels and cut into small pieces
- Pulp the cut avocado pieces using a pulper machine or a blender

- Weigh the pulp, this helps in measuring the other ingredients
- Put the pulp in a clean *sufuria* and add water and stir
- Place on fire and heat until the temperature reaches 45°C.
- Add sugar and citric acid and continue heating until it boils (100°C).
- Sieve and cool it to 70°C.
- Pack in sterilized juice bottles
- Cool to room temperature and label



Ready to drink avocado juice

(Courtesy: James Ndambuki, KALRO)

## Uses

- Used as a ready-to-drink juice

## Basic Hygiene During Processing

**Processing premises: spacious to accommodate all required facilities.**

### Necessary facilities

- Sanitation area-toilets/latrines, changing rooms, hand washing areas and lunch areas
- Proper flooring