ABSTRACT
This paper examined the need to inculcate basic Catering Techniques for Sustainable Retirement among Secondary School Teachers in Owerri Municipal Council of Imo State. Generally, it has been observed that secondary school teachers retire to become impoverished the most due to lack of prior acquisition of basic skill to move on with life after retirement. However, considering the devastating effect of Covid-19 pandemic on the living standard of the people across the world, retirees especially those with little or no assistance from family members and government usually fall prey to sickness arising from blood pressure or other health challenges due to nothing to fall back on. Catering techniques needed for the retirees after their retirements were listed in the paper. The intention of this study is to prepare them with catering services techniques so as to equip them meaningfully with the basic knowledge and skill to sustain their living after retirement from active working age. Different catering services were highlighted for the benefit of the Retirees. The paper concludes that, increasing rate of unemployment in Nigeria, and the lingering nature of irregular payment of salaries and retirement benefits, an effective training in the major areas of Home Science (basic catering techniques) will ensure functional and productive life for individuals towards national development. The paper therefore, recommends that the federal Government through her ministry of education should sensitize the public through mass media, seminars, and workshops on the benefit of acquiring basic catering techniques.

Keywords: Inculcate, basic, catering, techniques, sustainable, retirement, secondary school, and teachers

Introduction
The society has become so complex in the sense that skills acquisition takes the centre stage in every human endeavor. In as much as there is no alternative to the acquisition of knowledge and learning by individuals, modern trends show that knowledge of something without proper education may not lead to complete success. Therefore, inculcating basic catering techniques among secondary school teachers towards preparing them adequately to meet up with the challenges of retirement becomes very apt. It is in an effort to ensure that secondary school teachers enjoy their retirement period that led to this paper using secondary school teachers in Owerri Municipal Council of Imo State as a case study. Also the paper is targeted at highlight the benefits that are derivable by inculcating basic catering techniques/services among this target group to sustain their retirement.

Catering is the process of preparing and providing food for different types of event, such as weddings, concessions, and corporate and social gatherings. Events that are catered can take place either onsite in the comfort of a client’s business or home off site at a hotel, banquet hall, convention centre or any other third-party location. Again, Catering may be the
business of providing food service at a remote site like a hotel. However, Catering Management is part of the food services industry that deals with the planning and organization of food and beverage service for various types of events that involves meeting customer expectations, maintaining good hygiene, and meeting up the financial status or needs. Li Li, (2013).

Chastain, (2014) in his definition expanded the scope of catering for aiming to provide food for the guests or people at a special event or social gathering. With the growing number of catering services in the society, there are more types of catering services being offered that are specific to any types of occasions, such as, festivals, parties, informal settings, and corporate events. It is paramount for caterers to provide the guests with the best possible dining experience for events to be successful. Finally, Catering can be defined as a business of providing food service at a remote site or a site such as a hotel, hospital, pub (a public house where beverages, primarily alcoholic, may be bought and consumed and also provides food and sometimes entertainment, normally television viewing), aircraft, cruise ship, park, filming site or studio, entertainment site, or event venue.

Statement of the Problem
It is generally observed in present day Nigeria especially in Imo state and indeed the Owerri Municipal Council that retirees suffer so many deprivations. They are forgotten by society, the government and even their own relatives. At such an old age most of them cannot fend for themselves because they had relentlessly spent their useful years in the service to their fatherland and humanity. Most of them forgot that at such a period of retirement, monthly salaries and allowances would cease to come their way. So, their thoughts usually do not tilt towards engaging themselves to some self-reliant skills to keep them busy when the rainy day eventually sets in.

It is on this premise that this paper becomes imperative to emphasis the need to inculcate basic catering skills among the secondary school teachers in Owerri Municipal Council towards being useful to themselves, family and society after retirement. The current hardship in the country generally has opened up other avenues for people to think outside the box by introducing certain self-help alternatives to keep life going without hoping for a government that seems unwilling to provide for the welfare of its citizens. However, the effect of the post Covid-19 pandemic no doubt contributed immensely to the distressful state of the nation’s economy which has created much poverty among the populace. Again, with the unprecedented inflation ravaging the country at the moment which had dwindle the value of the Naira to Dollar, as well as affecting negatively on the finances of states government; retirees and pensioners are regularly owed their emoluments. Therefore, every effort for families especially the retirees or those preparing to retire to go into skills that would serve as a sort of palliative for them to live a normal life should be encouraged.

Catering Techniques
The Wiktionary (under the CC BY-SA 3.0 License) describes technique as the practical aspects of a given art, occupational etc (formal requirements). It is also a practical ability in some given field often as opposed to creativity or imaginative skill. Finally, it is a method of achieving something or carrying something out, especially one requiring some skill or knowledge. For the purpose of this paper, however, basic catering techniques cover the aspect of teaching the secondary school teachers the methodology of practical and theoretical part of the subject matter to them. Catering techniques will emphasize some basic business and culinary arts skills essential to running a catering business. These business and culinary skills include:

- Food preparation and sanitation
- Food presentation
- Event planning and marketing
- Recipe and menu design

Different Catering Services
Catering aims at providing food for the guests at a special event or social gathering. With the growing number of catering services in Nigeria, there are more types of catering services being offered that are specific to any types of occasions, festivals, parties, informal settings, and corporate events. It is paramount for catering companies to provide the guests with the best possible dining experience for events to be successful. Many catering companies provide for special types and a wide range of services that meets every requirement. Here are
seven types of catering services offered by most caterers, Blowout (2016).

**Wedding Services Catering**
No wedding reception is complete without a wide array of dishes to satisfy the appetite of the guests. Wedding catering, as the name suggests, aims to supply sumptuous dishes as well as an enchanting ambience for the guests of the bride and groom on their special day.

**Corporate Catering**
Small office meetings and training as well as grand regional events demand the highest quality of food and services for esteemed guests. This service focuses on providing not only the best food, but also the best experience for professionals well-suited for any corporate event.

**Cocktail Reception**
Cocktail reception or high tea catering places great emphasis on delectable finger food and spectacular drinks for the guests. With many of the attendees, cocktail snacks: small chops, pie, spring roll, garnished stick meat, etc can be mouth-watering.

**Bento Catering**
Bento, derived from Japanese that means “convenient”, is a single-portion, packed meal that consists of an appetizer, a main course, and dessert served in a box-shaped container.

**Buffet Catering**
A buffet catering offers an abundant portion of food during a social gathering. In buffet catering, guests serve themselves, providing them more freedom with the food choices.

**Sit-down Catering**
A sit-down catering delivers a more elegant ambience, allowing the guests to stay seated while food attendants serve the dishes to the guests. It is typically more expensive than a buffet catering due to the services of the staff.

**Petite Take-Away Buffet Catering**
Petite take-away buffet catering involves delivery of food to a customer in the comfort of their home. The meals are typically packed in disposable ware. These various types of catering services are meant to better serve the requirements of specific events to be a success. Reputable catering companies provide delectable menus and a stunning ambience appropriate for any type of celebration Blowout (2016).

**Who is a Retirees?**
The Merriam Webster defines Retiree as someone who has permanently stopped working in a job or profession: that is, a person who has retired from active work where he or she is paid at the end of the month. The person may retire due to age, health challenges or other variables. These variables is a determinant of someone’s’ inability to continue in a particular work environment. Retirement is the withdrawal from one's position or occupation or from one's active working life. A person may also semi-retire by reducing work hours or workload.

Many people choose to retire when they are old or incapable of doing their job due to health reasons. Eurofound, (2012), People may also retire when they are eligible for private or public pension benefits, although some are forced to retire when bodily conditions no longer allow the person to work any longer (by illness or accident) or as a result of legislation concerning their positions. In most countries, the idea of retirement is of recent origin, being introduced during the late-nineteenth and early-twentieth centuries.

Nowadays, most developed countries have systems to provide pensions on retirement in old age, funded by employers or the state. In many poorer countries such as Nigeria, there is no support for the elderly beyond that provided through the family. Today, retirement with a pension is considered a right of the worker in many societies; hard ideological, social, cultural and political battles have been fought over whether this is a right. In many Western countries, this is a right embodied in national constitutions.

**Positive Effects of Retirement**
Retirement, or the practice of leaving one's job or ceasing to work after reaching a certain age, has been around since around the 18th century. Prior to the 18th century, humans had an average life expectancy between 26 and 40 years. In consequence, only a small percentage of the population reached an age where physical impairments began to be obstacles to working. Countries began to adopt government policies on retirement during the late 19th century and the 20th century, beginning in Germany under Otto von Bismarck.
A person may retire at whatever age they please. However, a country's tax laws or state old-age pension rules usually mean that in a given country a certain age is thought of as the standard retirement age. As life expectancy increases and more and more people live to an advanced age, in many countries the age at which a pension is awarded has been increased in the 21st century, often progressively. The standard retirement age varies from country to country but it is generally between 50 and 70 (according to latest statistics, 2011). In some countries this age is different for men and women, although this has recently been challenged in some countries (e.g., Austria), and in some countries the ages are being brought into line.

The retirement age in many countries is increasing, often starting in the 2010s and continuing until the late 2020s. Retirement might coincide with important life changes; a retired worker might move to a new location, for example a retirement community, thereby having less frequent contact with their previous social context and adopting a new lifestyle (Cox, 2012). Often retirees volunteer for charities and other community organizations. In developed countries, tourism is a common marker of retirement and for some becomes a way of life, such as for so-called grey nomads (Dwyer, 2000). Some retired people even choose to go and live in warmer climates in what is known as retirement migration.

It has been found that Americans have six lifestyle choices as they age:

- Continuing to work full-time,
- Continuing to work part-time,
- Retiring from work and becoming engaged in a variety of leisure activities,
- Retiring from work and becoming involved in a variety of recreational and leisure activities,
- Retiring from work and later returning to work part-time, and
- Retiring from work and later returning to work full-time.

An important note to make from these lifestyle definitions is that four of the six involve working. America is facing an important demographic change in that the Baby Boomer generation is now reaching retirement age. This poses two challenges:

- Whether there will be a sufficient number of skilled workers in the workforce, and
- Whether the current pension programs will be sufficient to support the growing number of retired people.

The reasons that some people choose to never retire, or to return to work after retiring include not only the difficulty of planning for retirement but also wages and fringe benefits, expenditure of physical and mental energy, production of goods and services, social interaction, and social status may interact to influence an individual's work force participation decision (Dhaval, 2006).

**Negative Effects of Retirement**

Often retirees are called upon to care for grandchildren and occasionally aged parents. For many it gives them more time to devote to a hobby or sport such as golf or sailing (this is practiced in developed countries). On the other hand, many retirees feel restless and suffer from depression as a result of their new situation (Coile, 2009). Although it is not scientifically possible to directly show that retirement either causes or contributes to depression, the newly retired are one of the most vulnerable societal groups when it comes to depression most likely due to confluence of increasing age and deteriorating health status.

Retirement coincides with deterioration of one's health that correlates with increasing age and this likely plays a major role in increased rates of depression in retirees. Many people in the later years of their lives, due to failing health, require assistance, sometimes in extremely expensive treatments – in some countries – being provided in a nursing home. Those who need care, but are not in need of constant assistance, may choose to live in a retirement home. However, longitudinal and cross-sectional studies have shown that healthy elderly and retired people are as happy or happier and have an equal quality of life as they age as compared to younger employed adults, therefore retirement in and of itself is not likely to contribute to development of depression. Research around what retirees would ideally like to have a fulfilling life after retiring, found the most important factors were "physical comfort, social integration, contribution, security, autonomy and enjoyment".
Conclusion
With the increasing rate of unemployment in Nigeria, and the lingering nature of irregular payment of salaries and retirement benefits, an effective training in the major areas of Home Science (basic catering techniques) will ensure functional and productive life for individuals towards national development. It will also confer deep appreciation of values and dignity of labour especially to the teachers. There is every need for the government to reappraise its implementation strategies so as to make Basic Catering Techniques (BCT) more relevant to the needs and aspirations of the society. Knowledge and skill, capital and good governance pave the way for self-reliance which enhances ability to depend on oneself and safeguard virtues of self independence and justice.

Recommendations
In line with the conclusion, it is recommended that;
1. The Federal Government through the Federal Ministry of Education and her state counterparts to create more awareness on the mass media such as; television, newspapers, organize workshops, conferences and seminars to educate the public (especially target audience) on the significance and potential role that basic catering techniques (BCT) could play in national development.
2. The Federal and State Governments should also make it compulsory to teachers and civil servants to take up a skill in BCT as an alternative to support their wellbeing during retirement period. It would be wise to make it a government policy, so that retirees and the society would enjoy their retirement without much ado.
3. Since every policy resides with the government, let them make it a form of social security and mandate every civil servant, especially teachers to make it compulsory to acquire a skill in BCT. By doing so their post retirement wellbeing remains assured.
4. Home Science experts can also set up a programme as a form of private skills development programme with a view to teach every teacher of secondary school the rudiments of catering.

References
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