

# Centre for Food Safety

## Consumer Liaison Group Newsletter

### Complete Guide to Food Safety – “Eat Safe at Home”

Foodborne diseases (food poisoning) are caused by eating food contaminated by disease-causing microorganisms. Upon eating contaminated food, you may fall ill and may suffer from acute symptoms. Preventing foodborne diseases requires cooperation among all members of the food chain, including food premises and households. Most cases of foodborne illness occur sporadically and are often caused by preventable behaviours such as consuming raw or undercooked foods and engaging in unsafe practices of food preparation. Domestic food handlers and caregivers have a critical role in reducing the risk of foodborne diseases and preventing infections with “superbugs” .



The Centre for Food Safety (CFS) has now issued "Eat Safe at Home: Complete Guide to Food Safety for Domestic Food Handlers and Caregivers" aimed at providing practical advice for people who handle food at home (e.g. homemakers, domestic helpers) and caregivers (e.g. carers of the elderly and children, teachers) to ensure food safety in home settings by identifying high-risk foods and illustrating how to apply the Five Keys to Food Safety in securing food safety. This Guide consists of four chapters including Foodborne Diseases and High-risk Foods, Five Keys to Food Safety, How to Read Nutrition Labels and Food Allergy. In addition, the Guide provides other

information on food safety such as common foodborne pathogens and safe consumption of food plants containing natural toxins.

Apart from infographics and diagrams, different chapters bring out food safety messages with short videos presented in a vivid way in different languages.

For detailed information, please refer to [https://www.cfs.gov.hk/english/consumer\\_zone/safefood\\_all/educational\\_resources.html](https://www.cfs.gov.hk/english/consumer_zone/safefood_all/educational_resources.html)



## Food Safety Day 2023

Food Safety Day 2023 is an annual signature publicity event organised by the CFS. The theme for 2023 is Five Keys to Food Safety, which include Choose, Clean, Separate, Cook and Safe Temperature. Please stay tuned for information on various publicity and promotional activities organised by the CFS.

## Mushroom Consumption and Food Poisoning

Nowadays, mushrooms make up an important part of Hong Kong people's menus. There are about 20 mushroom species commonly sold in Hong Kong. They include winter mushroom and straw mushroom. Mushroom consumption is not without risk and sporadic cases of food poisoning associated with consuming mushroom products mixed with unknown species or poisonous mushrooms do occur.

Mushroom toxins are produced naturally by the fungi themselves. Most mushrooms that cause human poisoning cannot be made non-toxic by cooking, canning, freezing or other means of processing. Mushroom poisonings are generally acute and manifested by a variety of symptoms, depending on the species and amount consumed. Severe cases may result in liver failure and even death.

The CFS has updated the food safety information leaflet on mushroom consumption. Details are available at [https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/files/beware\\_of\\_mushroom.pdf](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/files/beware_of_mushroom.pdf).

## Visit to Yakult Factory in Tai Po

We will organise a visit to the Yakult factory at 4 Da Li Street, Tai Po Industrial Estate for Consumer Liaison Group (CLG) members on 10 June 2023 (Saturday). Places are limited. Interested members please pay attention to upcoming announcements on enrolment details.

## Recruitment of Consumer Liaison Group Members

Thank you for your participation in the CLG. It requires a joint effort from all stakeholders to ensure food safety. Your friends and family are also welcome to join the 7th-term CLG. Please complete and return the attached membership form. It is also available for download from our website:

[https://www.cfs.gov.hk/english/committee/committee\\_clg\\_recruitment.html](https://www.cfs.gov.hk/english/committee/committee_clg_recruitment.html)

For enquiries, please contact Mr AU YEUNG at 2381 6275. Please return the completed membership form to us by fax (2893 3547), email ([clg@fehd.gov.hk](mailto:clg@fehd.gov.hk)) or post (4/F, Food and Environmental Hygiene Department Nam Cheong Offices and Vehicle Depot, 87 Yen Chow Street West, Kowloon (Consumer Liaison Group)).

