

製備及外送飯盒的 食物安全

Food safety of meal box
production and delivery



食物安全中心

The Centre for Food Safety

業界諮詢論壇

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飯盒生產的 食物安全問題

Food Safety Problems with
Meal Box Production

飯盒生產的食物安全問題

- 未有徹底煮熟食物
- 已煮熟的食物存放在不當的溫度下過久
 - ✓ 過早烹製食物
 - ✓ 熱存溫度不當



Food Safety Problems with Meal Box Production

- Food not thoroughly cooked
- Improper hot holding
 - ✓ Preparing food too far in advance;
 - ✓ Improper hot holding temperature.

飯盒生產的食物安全問題

- 食物煮熟後受到污染
 - ✓ 使用同一區域或設備來處理生的食物及即食食物 → **交叉污染**
 - ✓ **環境衛生欠佳**
 - ✓ 食物處理人員 **個人衛生欠佳**。

Food Safety Problems with Meal Box Production

- Post-cooking contamination
 - ✓ Same area or equipment for handling of both raw and ready-to-eat foods → **cross-contamination**
 - ✓ **Poor environmental hygiene**
 - ✓ **Poor personal hygiene** of food handlers.

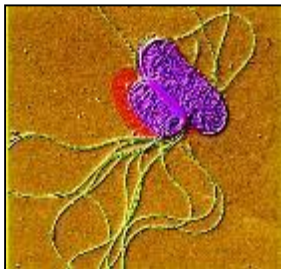
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飯盒中較常見 致病原

Common Pathogens in
Meal Boxes

較常見致病原

- 沙門氏菌
- 金黃葡萄球菌
- 臘樣芽孢桿菌



沙門氏菌
Salmonella



金黃葡萄球菌
Staphylococcus aureus



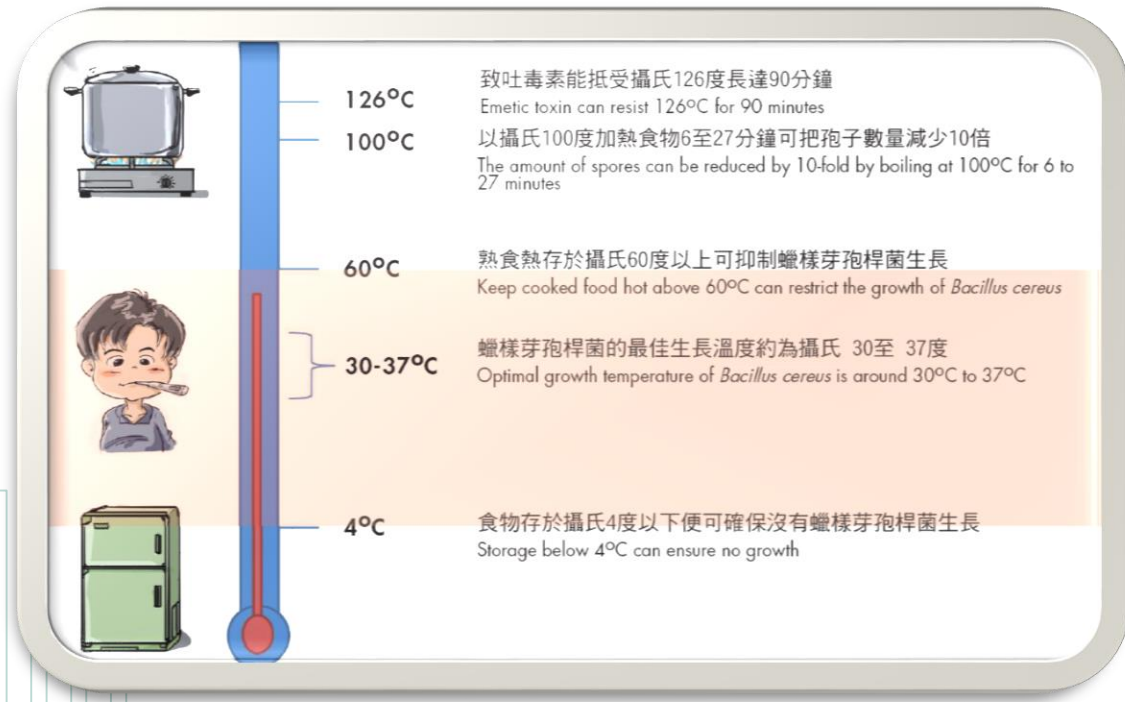
臘樣芽孢桿菌
Bacillus cereus

Common pathogens

- Salmonella
- Staphylococcus aureus
- Bacillus cereus

臘樣芽孢桿菌

- 通過控制溫度來抑制生長



Bacillus cereus

- Temperature control to restrict the growth of *Bacillus cereus*

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食物安全計劃

A Food Safety Plan

食物安全計劃

「即日烹煮及進食」的生產模式

- 大部分食材在供應當天烹製
- 提前數小時烹煮好食材

送遞給顧客前把熱食一直保持在細菌無法滋生的溫度是十分重要

「食物安全重點控制」(HACCP)系統能提升食物安全，預防食物危害

Food safety plan

- In 'Cook-Serve' operations, most food items are prepared on the day they are to be served;
- usually prepare food items hours in advance

Critical to keep hot foods at a temperature too hot for bacteria to grow throughout until they are delivered to customers.

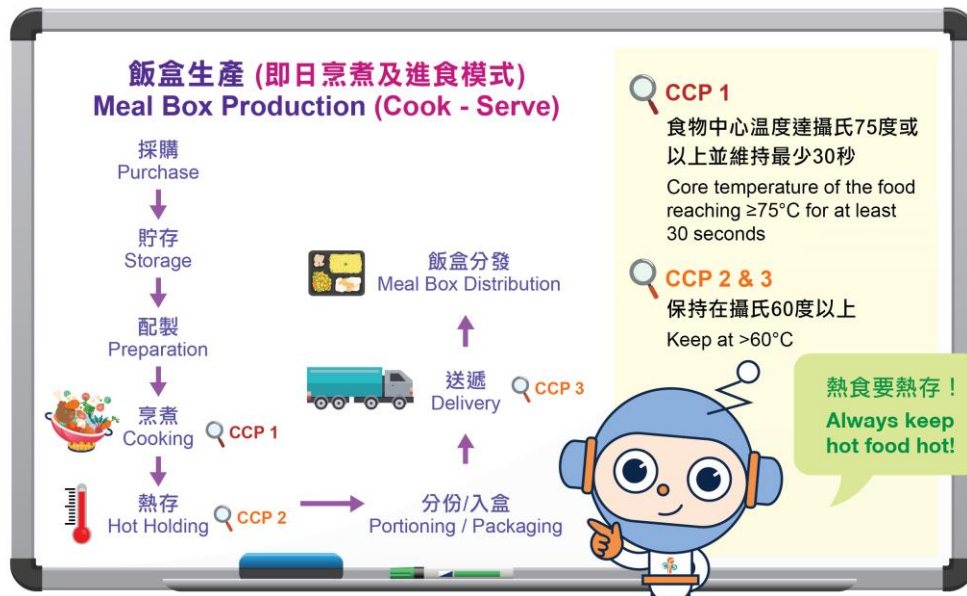
Hazard Analysis and Critical Control Point (HACCP) system can effectively enhance food safety and prevent food hazards

食物安全計劃

- 飯盒生產流程圖及控制重點(CCP)

Food safety plan

- Schematic diagram and CCPs for meal box production



食物安全計劃

- 三個主要的控制重點

- ✓ 烹煮(CCP1)

食物的中心溫度須達攝氏**75度或以上**，並維持**最少30秒**
Thoroughly cooked with the core temperature reaching **at least 75°C for at least 30 seconds**



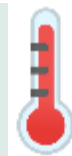
≥75°C



≥30s

- ✓ 熱存(CCP2)

食物保持在攝氏**60度以上**
Keep meal boxes **at above 60°C**



>60°C

- ✓ 送遞(CCP3)

- Three major critical control points (CCPs)

- ✓ Cooking (CCP1)

- ✓ Hot Holding (CCP2)

- ✓ Delivery (CCP3)

食物安全計劃

其他重點:

- 食材經烹煮後應**盡快入盒**並置於乾淨的**保溫容器**中，以防止交叉污染
- 在把飯盒放入保溫設備前，應先將設備**預熱**



Food safety plan

Other key points:

- After cooking, food items in meal boxes should **be packed into clean insulated containers as soon as possible to prevent cross-contamination**
- **Preheat** hot holding equipment by suitable and feasible means before putting meal boxes in it

食物安全計劃

其他重點:

- 縮短飯盒完成生產與送遞往目的地之間的時間
- 提醒顧客在食物送抵後盡快食用



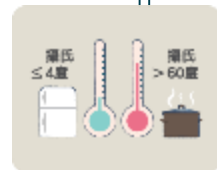
Food safety plan

Other key points:

- Minimise the time between finishing the meal box production and the delivery to the destination; remind their customers to consume the food upon arrival as soon as possible.

總結

- 食物要**徹底煮熟**，核心溫度達攝氏75度或以上。
- 熟食的正确儲存溫度很重要：**熱的夠熱**（攝氏60度以上）
- **縮短運輸時間**以免熱存失效
- **生熟分開、保持個人與環境衛生**，以免煮好的食物受到污染



Take-home message

- Cook food thoroughly till its core temperature reaching 75°C
- Proper holding temperatures for cooked foods are important – keep hot things hot (at above 60°C)
- Shorten transportation time for effective heat holding
- Separate the raw and cooked food and maintain a good personal and environmental hygiene to minimise the contamination risk of cooked foods

更多資訊

- 如欲了解更多資訊，可參閱食物安全中心的文件《根據「食物安全重點控制」系統制定的食物安全計劃 (適用於學校午餐飯盒供應商)》。



For more information

- For details, please refer to the CFS' document "Developing a school food safety plan based on HACCP system (for school lunch box caterers)"



謝謝 Thank you

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