



由食物環境衛生署食物安全中心於每月第三個星期三出版  
Published by the Centre for Food Safety, Food and Environmental Hygiene Department on every third Wednesday of the month

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## 焦點個案 Incident in Focus

## 自備餐盒，外賣及外送食物的食用安全 Eat Safe: Home-packed Meals, Takeaways and Delivered Foods

食物安全中心風險傳達組  
科學主任張鳳文女士報告

Reported by Ms. Iris CHEUNG, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

### 背景

在2019冠狀病毒病大流行下，市民大都選擇自備餐盒或向食肆訂購外賣及外送食物。無論食物在哪裡烹製，適當地處理食物以確保食物安全是非常重要的。下文將闡述在家自備及由食肆製備餐盒主要涉及的食物安全風險，也會提供減低食源性疾病風險的貼士。

### 在家自備及由食肆製備餐盒的食物安全風險

自備餐盒、外賣及外送食物的共通之處，是通常不會在烹製後立刻食用，而是存放或運送一段時間後才享用。在這些過程中，食物可能會受到污染，如果食物存放不當，食物中的致病菌便可能增長至不安全的水平或產生耐熱毒素，因而導致疾病。

市民自備的餐盒一般是已烹煮和冷卻的食物，過長的冷卻時間可能會有利微生物於食物中滋生和繁殖。雖然翻熱可以有效殺滅微生物，但無法清除致病菌產生的耐熱毒素，可引致食物中毒。

### Background

Due to the COVID-19 pandemic, people preferentially opt to pack their own meals or order takeaways and delivered foods from restaurants. Regardless of where the food is prepared, it is important to handle the food properly to keep it safe. The following will cover major food safety risks of packed meals prepared at home and by restaurant and provide tips to minimise the risk of foodborne diseases.

### Food Safety Risks of Packed Meals Prepared at Home and by Restaurants

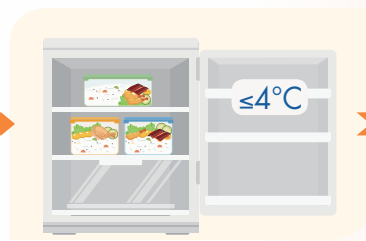
Home-packed meals, takeaways and delivered foods are in common that they are often not eaten instantly after preparation. They will be either stored or transported for some time before being served. During these steps, foods may be contaminated, and disease-causing bacteria present in these foods may grow to an unsafe level or produce heat-stable toxins if they are not kept properly, which will subsequently cause illnesses.

People usually prepare their own lunchboxes with foods that have been previously cooked and cooled. Excessive time for cooling may favour the introduction and growth of microorganisms in the foods. While re-heating can effectively kill microorganisms, it cannot eliminate the heat-stable toxins produced by the disease-causing bacteria, which can lead to food poisoning.

### 自備餐盒 Home-packed Meals



外出時把餐盒放入有冰墊的保溫袋內  
Carry the lunchbox with an insulated bag with ice packs when away from home

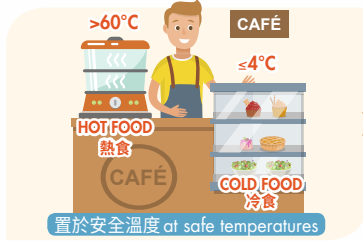


到達工作間後立即把餐盒貯存於攝氏4度或以下的雪櫃中  
Store the lunchbox in a fridge at or below  $4^{\circ}\text{C}$  once arriving at workplace



翻熱餐盒至滾燙為止  
Reheat the lunchbox until steaming hot

### 外賣及外送食物 Takeaways and Delivered Foods



置於安全溫度 at safe temperatures  
冷食保持於攝氏4度或以下，  
熱食保持於攝氏60度以上  
Keep cold food at or below  $4^{\circ}\text{C}$   
and hot food at above  $60^{\circ}\text{C}$



盡快運送食物  
Transport the food as soon as possible



食用  
Consumption

圖1:安全處理自備餐盒、外賣及外送食物。

Figure 1. Safe handling of home-packed meals, takeaways and delivered foods.

## 安全處理食物貼士

### (甲) 自備餐盒

若要把熟食存放在餐盒中留待翌日食用，便須預先計劃：與家人一同用餐前，先把自己所需分量的食物放入餐盒，然後盡快冷卻食物並貯存於雪櫃內，直到出門為止。外出時，為使餐盒在途上盡可能保持低溫，應將之放入保溫袋內(可以的話，加入冰墊)，並在到達工作間後立即貯存於攝氏4度或以下的雪櫃中。

在工作間翻熱午餐，通常會使用微波爐或蒸鍋。切記要確保食物徹底翻熱，直至滾燙為止。在中途攪拌一下，使食物受熱更均勻，也是個好方法。如果有食物溫度計，檢查食物的中心溫度是否至少達到攝氏75度。若工作間沒有翻熱爐具，可於早上在家中新鮮烹煮食物或把已冷卻的食物徹底翻熱，才貯存於保溫壺內。翻熱後的食物如有吃剩，不要再冷卻和貯存以供後用。

### (乙) 外賣及外送餐盒

若向食肆訂購外賣或外送餐盒，應盡快食用，因為食物可能已在室溫下放置一段時間。至於飲食業方面，越來越多食肆將其運作模式從即點即製改為預先烹製食物，以迎合日益增長的外賣或外送食物需求。要注意的是，攝氏4度至60度的溫度(又稱為危險溫度範圍)有利微生物滋生。為了減低食物中毒的風險，食肆在打包外賣或外送食物前應把食物保持於危險溫度範圍外。此外，食肆不應過早烹製食物。

當顧客或送遞員到取食物後，如沒有溫度控制，應盡快運送食物。基本原則是，烹製好的食物如置於室溫不超過2小時，可貯存於雪櫃待用或在4小時內食用；然而，如置於室溫超過4小時，便須棄掉。

### 經常清洗雙手

保持良好的個人衛生，對於減低病菌感染的風險也是十分重要的。有時我們可能會用手進食，這是交叉污染的源頭之一。經常保持雙手清潔，以梘液及清水洗手，搓手最少20秒。如雙手沒有明顯污垢，使用酒精搓手液亦是潔淨雙手的有效方法。

### 注意事項

1. 自備餐盒、外賣及外送食物並非於烹製後立刻食用，如處理不當，帶來食源性疾病的風險可能較高。
2. 如需把熟食冷卻以供後用，應將其盡快冷卻，並在貯存期間保持低溫。食用前須徹底翻熱。
3. 把食物保持於危險溫度範圍(即攝氏4度至60度)外，以防微生物滋生，否則應遵從2小時及4小時原則。

### 給市民的建議

- 在自備翌日食用的餐盒時，按所需分量把剛煮好的熟食放入餐盒內，然後盡快冷卻，並盡可能維持冷鏈(例如貯存於雪櫃內，運送時使用有冰墊的保溫袋)。
- 盡快食用外賣及外送食物。
- 烹製食物時，雙手不潔可傳播病菌，污染食物。經常保持雙手清潔，並保持良好的個人衛生。

### 給業界的建議

- 避免過早烹製食物。熟食保持於攝氏60度以上，冷食保持於攝氏4度或以下。
- 縮短外送食物置於沒有溫度控制下的時間，並在適當時提醒顧客盡快食用。
- 運用「[食物安全五要點](#)」和實施「[食物安全重點控制](#)」系統或遵循其原則，以確保食物安全。備存記錄，並遵行時間與溫度的要求。

## Tips of Safe Food Handling

### (A) Home-packed Meal

If you wish to keep some cooked food for consumption in your meal box the next day, plan ahead – pack just the right amount to be eaten before dishes are being shared among your family. Cool the food rapidly and keep it refrigerated until time to leave home. To maintain the cold temperature of your packed food as far as possible when away from home, carry it in an insulated bag, with ice packs if possible, and store it in a fridge at or below 4°C once arriving at your workplace.

Microwave ovens or food steamers are usually used to reheat lunches in offices. Make sure the food is thoroughly reheated until steaming hot. It is a good practice to stir the food about halfway through to facilitate even heat distribution. If a food thermometer is available, check the core temperature of the food and should reach at least 75°C. If reheating appliances are not available at your workplace, cook the food freshly in the morning or reheat the cooled food thoroughly at home before being stored in a vacuum flask. Reheated leftovers are not recommended to be cooled and stored again for later consumption.

### (B) Takeaway and Delivered Meal

If you order a takeaway or delivered meal from a restaurant, consume it as soon as possible as the food may have been at room temperature for some time. As for the catering industry, more and more restaurants are switching their operation mode from made-to-order to preparing batches of food in advance to cater for the increasing demands for takeaway or food delivery orders. Of note, temperatures between 4°C and 60°C, also known as the temperature danger zone, favour the growth of microorganisms. To reduce the risk of food poisoning, restaurants should maintain the food out of the temperature danger zone before packing it for takeaway or delivery. Also, they should not prepare the food way too in advance.

Once the food is picked up by consumers or delivery persons, it should be transported as soon as possible if temperature control is not in place. As a rule of thumb, should the prepared food be kept at room temperature for less than two hours, it can be refrigerated for final use later or consumed within four hours. However, the food must be discarded if left at room temperature for more than four hours.

## Frequently Wash Your Hands

Maintaining good personal hygiene is also vital to minimising the risk of acquiring germs. Sometimes we may eat with our hands, which is one of the sources of cross-contamination. Always keep our hands clean by washing with liquid soap and water, and rub for at least 20 seconds. When hands are not visibly soiled, alcohol-based handrub is an effective alternative.

### Key Points to Note

1. Home-packed meals, takeaways and delivered foods not intended for consumption instantly after preparation may pose a higher risk of foodborne illnesses if not being handled properly.
2. If cooked food is to be cooled for later consumption, cool it rapidly and maintain the cold temperature during storage. Thorough re-heating is required before consumption.
3. Keep food out of the temperature danger zone (i.e. 4°C to 60°C) to limit the growth of microorganisms, otherwise the two-hour and four-hour principle should be applied.

### Advice to the Public

- When preparing lunchbox for the next day, pack the amount of cooked food to be eaten after cooking and cool it rapidly. Maintain the cold chain as far as possible (e.g. stored in the fridge, transport with an insulated bag and ice packs).
- Consume takeaways and delivered foods as soon as possible.
- Dirty hands can transmit germs and contaminate the food during preparation. Always keep your hands clean and maintain good personal hygiene.

### Advice to the Trade

- Avoid preparing the food too far in advance of service. Keep hot food hot and cold food cold (i.e. above 60°C and at or below 4°C respectively).
- Shorten the time the delivered food left out of temperature control. Remind customers to consume the food as soon as possible where appropriate.
- Adopt the [Five Keys to Food Safety](#) and implement the HACCP system or follow its principles to ensure food safety. Keep records and adhere to the time and temperature requirements.



圖2: 洗手除去病菌。

Figure 2. Wash hands to remove germs.



# 疫症大流行之時在家烹調

## Home Cooking at the Time of a Pandemic

食物安全中心風險傳達組  
科學主任葉景新先生報告

Reported by Mr. Kenneth YIP, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

二零二零年三月，世界衛生組織宣布2019冠狀病毒病疫情已構成大流行。為遏止2019冠狀病毒病傳播，當局呼籲減少社交接觸，市民近日都避免外出用膳，多了在家烹調。本文會重點說明在家烹調有什麼要注意以保食物安全，尤其在疫症大流行之時。

In March 2020, the World Health Organization declared the novel coronavirus disease (COVID-19) outbreak as a pandemic. As advised to practise social distancing in order to reduce the spread of COVID-19, people are doing more home cooking instead of dining out these days. This article highlights the important points for home cooking to ensure food safety, especially at the time of a pandemic.

### 貯存食物 要有計劃

為了應付需要，部分消費者採購食物時可能會多買一些，以應付多天所需。然而，若存放不當，食物



避免貯存過多食物，雪櫃門要關好  
Avoid overstocking and keep doors of the refrigerator closed

可能會變壞而遭到浪費。因此，明智且精打細算之舉是：估算和購買實際所需的數量；常備一份清單，列出家人喜愛的菜式及所用食材；以及在採購後，按指示貯存食物，例如存放在雪櫃的冷凍保鮮格或冷藏冰格，溫度應分別為攝氏4度或以下及攝氏零下18度或以下。圖3闡釋如何把食物存放於雪櫃，才可確保貯存得當。至於無需放入雪櫃的食物，則可將之存放於陰涼乾燥處，已有助減少真菌生長的機會。



生的食物應貯存於有蓋容器內，以防汁液污染其他食物  
Store raw food in covered containers to prevent juices from contaminating other food

### 雪櫃存放食物須知 Tips for Storing Food in the Refrigerator



把大鍋食物分成較小份，貯存於較淺的容器內  
Divide a large pot of food into smaller portions and put them in shallow containers for storage



定期檢查貯存的食物，如已變壞/不會再食用，便須棄掉  
Check stock regularly and dispose of food that is spoiled / will no longer be eaten



熟食及即食食物應置於上方貯存格，生的及非即食食物則置於下方貯存格  
Place cooked and ready-to-eat (RTE) food in the upper compartment and raw and non-RTE food in the lower compartment

圖3: 雪櫃存放食物須知。  
Figure 3. Tips for storing food in the refrigerator.

### 遵從安全處理食物規範

雖然新型冠狀病毒不大可能透過食物傳播給人類，但烹製餐點時應遵守一般衛生規則。在處理食物前，或當雙手被呼吸道分泌物污染時，例如咳嗽或打噴嚏後，都應洗手。當雙手有明顯污垢或被體液沾污，應以視液及清水洗手。此外，還應採取其他食物安全措施，例如生熟食物要分開處理，以及徹底煮熟食物。

### 適當處理多出及剩餘的食物

如果烹煮的食物過多，難免會吃不下而有食物剩餘。一些家庭為了方便，也可能會一次過烹製較多分量的食物備用。然而，剩餘的食物如冷卻和貯存不當，會較易變壞和受到污染。

為了防止細菌滋生，必須迅速冷卻食物，使之盡快達到適合冷藏的溫度。把大件的食物切成較小件，可較快使其冷卻。剩餘的食物應蓋好，密封包好或貯存於密封容器內。這些方法有助阻隔細菌，避免交叉污染，保存水分，並防止剩餘的食物沾上雪櫃內其他食物的氣味。最重要的是，烹製好的食物應在2小時內放入雪櫃貯存，置於室溫超過4小時的食物便須棄掉。

### Keeping Food Stock – Be Strategic

To meet the demand, some consumers may buy more to cater for a number of days' needs. However, if food is not kept properly, it may lead to spoilage and wastage. Therefore, it is often a wise and economical practice to estimate and buy the quantity that is really needed, keep a running list of meals and their ingredients that your household already enjoys, and after purchasing, follow the storage instructions such as refrigeration or freezing. Refrigerated and frozen food should be stored at  $\leq 4^{\circ}\text{C}$  and  $\leq -18^{\circ}\text{C}$  respectively. Figure 3 illustrates the tips for keeping food in the refrigerator to ensure proper storage. For food not requiring refrigeration, storage in a cool and dry place can help reduce fungal growth.

### Follow Safe Food Handling Practices

Although it is unlikely that the novel coronavirus can be transmitted to human via food, the general rules of hygiene when preparing meals should be observed. Hands should be washed before handling food and when contaminated by respiratory secretions, say, after coughing or sneezing. Wash hands by using liquid soap and water when hands are visibly dirty or soiled with body fluids. In addition, other food safety measures such as to handle raw and cooked food separately and to cook food thoroughly should be maintained.

### Proper Handling of Excess Food and Leftovers

There may be leftovers when people cook more than they can eat. For convenience's sake, some families may also make a big batch of food for later consumption. However, unfinished food is susceptible to spoilage and contamination if not being properly cooled and stored.

To prevent bacterial growth, it is important to cool food rapidly so it reaches as fast as possible a temperature fit for refrigeration. Food can be cooled quickly by slicing large pieces into smaller ones. Leftovers should be covered, wrapped in airtight packaging or sealed in storage containers. These practices help keep bacteria out, avoid cross-contamination, retain moisture and prevent leftovers from picking up odours from other food in the refrigerator. Most importantly, food should be refrigerated within two hours of finishing preparation, and food left at room temperature for more than four hours should be discarded.

### 多做一步：減少膳食中的鈉與糖

留在家中的時間多了，正是親自下廚來建立更健康的飲食習慣的大好機會。從食物中攝取過量的鈉與糖可增加患上慢性疾病的風險，在家烹調便可控制菜餚中鹽與糖的分量。參閱預先包裝食品上的營養標籤，也有助了解從中攝取了多少鈉與糖。

要飲食健康，大前提是要有安全的食物。面對疫境，確保食物安全依然至為重要。在重拾家中入廚樂的同時，市民應緊記遵循「[食物安全五要點](#)」，以預防食源性疾病。

### One Step Forward – Reduce Dietary Sodium and Sugar

With more time spending at home, the opportunity to build a healthier eating habit by cooking our very own meals has never been so good. While too much sodium and sugar in food can increase the risk of chronic diseases, people can control the amount of salt and sugar added to their dishes through home cooking. Reading the nutrition labels on prepackaged food is also useful in knowing one's dietary intake of sodium and sugar.

Food safety is a prerequisite for a healthy diet, and ensuring the safety of food for consumption remains of utmost importance in trying times. While getting reacquainted with their home kitchens, the public should always observe the "[Five Keys to Food Safety](#)" to prevent foodborne diseases.

### 食物事故點滴 Food Incident Highlight

## 金菇與李斯特菌 Enoki Mushrooms and *Listeria Monocytogenes*

三月，食物安全中心得悉美國正在回收一些可能受李斯特菌污染，因而在當地造成疾病及死亡的韓國金菇。

食用受李斯特菌污染的食物可能會引致李斯特菌病，症狀為腹痛、發燒及頭痛等，多見於高危人士，包括嬰兒、長者及免疫力弱人士。要注意的是，李斯特菌病亦可導致孕婦流產或死胎。

李斯特菌可在低至攝氏0度的溫度下生存和繁殖，較大可能存在於長時間冷藏的食品中，例如冷熏三文魚。然而，在一般烹煮溫度下可輕易消滅李斯特菌。市民宜徹底煮熟非供即時食用的食物，並應分開存放生熟食物，以免交叉污染。

In March, the Centre for Food Safety noted some Enoki mushrooms from Korea, purportedly contaminated by *Listeria monocytogenes* (LM), had caused illnesses and deaths in the United States and were being recalled.

Consuming LM contaminated food may result in a disease called listeriosis. It may cause symptoms like abdominal pain, fever and headache, predominately found in susceptible populations including infants, the elderly and people with weakened immunity. Of note, listeriosis can also cause miscarriages or stillbirths among pregnant women.

LM can survive and multiply at temperatures as low as 0°C. It is more likely to be present in prolonged refrigerated food, such as cold-smoked salmon. However, LM can be easily destroyed under normal cooking temperatures. The public is advised to cook food that is not intended to be eaten readily all the way through. Raw and cooked food should be stored separately to avoid cross-contamination.

## 預先包裝食品中未有標示的致敏物 Undeclared Allergens in Prepackaged Foods

食品因未有標示致敏物而須予以回收的情況時有發生，例如最近食物安全中心便指令業界停售一些瓶裝意式香草醬及預先包裝春卷皮，原因是這些產品分別含有花生及奶類，但未有標示。

食物過敏是指人體免疫系統對特定食物產生異常反應。過敏反應通常很輕微，但也可以甚為嚴重，例如軟組織腫脹及過敏性休克。引致最嚴重反應及造成大部分食物過敏個案的食物包括：含有麩質的穀類、甲殼類動物、蛋類、魚類、奶類、木本堅果、花生及大豆。在本港，預先包裝食品如含有這些致敏物或濃度達到或超過百萬分之十的亞硫酸鹽（一種食物添加劑），必須加以標示。食物過敏人士應避免致敏食物，並細閱食物標籤。食物業界應確保食物標籤符合本地規例要求，並防止其產品出現不明致敏物。

From time to time, there are food recalls due to undeclared allergens. For instance, recently the Centre for Food Safety has ordered the trade to stop selling some bottled pesto and prepackaged spring roll pastry products due to the presence of undeclared peanuts and milk respectively.

A food allergy occurs when the body's immune system reacts unusually to specific foods. Although allergic reactions are often mild, they can be severe such as soft tissue swelling and anaphylactic shock. Foods which cause the most severe reactions and most cases of food allergies include: cereals containing gluten, crustacean, eggs, fish, milk, tree nuts, peanuts and soybeans. In Hong Kong, the presence of any of these allergens, or sulphite (a food additive) in concentrations of 10 parts per million or more, must be labelled on prepackaged foods. People suffering from food allergies should avoid foods that cause allergies and read food labels carefully. The food trade should ensure that food labels comply with local regulatory requirements and control unidentified allergens in their products.



## 風險傳達工作一覽 (二零二零年三月) Summary of Risk Communication Work (March 2020)

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