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## 食物銀行與社區廚房的食物安全 Food Safety of Food Banks and Community Kitchens

食物安全中心風險傳達組  
王穎琪醫生及  
科學主任葉景新先生報告

Reported by Dr. Jessica WONG, Medical & Health Officer,  
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本港目前設有食物銀行和社區廚房等食物回收計劃，一般由非政府機構營辦，向有需要人士提供食物援助(圖1)，也有助減少廚餘。食物銀行和食物貯藏室收集並再分發捐贈的食物，而社區廚房則通常會參與食物加工過程，例如處理、翻熱和烹煮。不論所捐贈的食物如何回收，都必須適宜供人食用。本文將簡介與營辦食物銀行和社區廚房相關的食物安全疑慮，介紹保障食物安全的措施，並就如何處理所收集的食物提供建議。

In Hong Kong, there are food recovery programmes, such as food banks and community kitchens usually operated by non-governmental organisations, to provide food assistance to people in need (Figure 1). They also to help reduce food waste. Food banks and food pantries collect and redistribute donated food, while community kitchens often involve additional food processing steps such as handling, re-heating and cooking. No matter how donated food is recovered, it must be fit for human consumption. This article briefs the food safety concerns involved in running food banks and community kitchens, explains measures in securing food safety and provides advice on handling collected food.

### 妥善檢查和管理回收食物的庫存

營辦食物回收計劃的機構從慈善團體和食品公司等多種途徑收集捐贈的食物的時候，食物的品質也不盡相同，或會令人關注食物安全問題。獲贈的預先包裝食物或已過了“[此日期或之前食用](#)”的期限，非預先包裝食物則可能已損壞或腐壞。若貯存不當，收集得來的食物也可能會變壞。因此，接收食物及建立庫存前，應先檢查食物有否按照生產商的指示貯存或在適當的溫度下存放。

### Proper Stock Inspection and Management for Food Recovery

While food recovery organisations gather food donations from multiple sources like charities and food companies for redistribution, varied quality of the food received may raise food safety concerns. Prepackaged food received may past its “[use by](#)” date, while non-prepackaged food may be damaged or spoiled. Collected food can also go bad if stored improperly. Therefore, before receiving donated food and building up the inventory, it is important to inspect whether the foods are stored according to the manufacturers’ instructions or kept under suitable temperatures.



圖1：社區廚房和食物銀行如何從不同途徑回收食物並再分發給有需要的人

Figure 1: How community kitchens and food banks receive food from different sources, rescue and redistribute them to people in need

預先包裝食物應加以檢查，看看是否有包裝問題(例如瓶子上是否有裂縫或包裝袋上是否有破裂)(圖2)。包裝上應有適當的標籤列明食用期限、致敏物資料及貯存方法等資訊。新鮮肉類和蔬果等非預先包裝食物則須是仍可供食用的才接收。一般而言，發霉和腐爛或帶有瘀傷的食物均不應接收。

收集得來的食物在再分發前，應妥善存放在衛生和沒有蟲害的環境。食物要按照貯存指示存放，不要再分發已過了“此日期或之前食用”期限的食物，而食用期限只適用於未開封的食品。易腐壞的食物應貯存在攝氏4度或以下的雪櫃內，冷藏食物則應放在攝氏零下18度或以下的冰格內。耐於保存的食物如罐頭食品與穀物應存放在陰涼位置。

須注意的是，先入先出的原則在食物銀行的環境未必合用，因為同一款食物可能由不同的捐贈者捐出，食用期限也有可能不同。食用期限是存貨記錄上不可或缺的資料，有助及時派發食物，避免造成浪費。因此，食物銀行應掌握存貨記錄的資料，不單是為方便管理庫存，而且也有助追溯食物的來源。

### 確保在社區廚房安全配製食物

捐贈的食物也可在社區廚房再作處理。社區廚房提供空間，讓個人或羣體可以聚集在一起，配製及烹煮食物，也可以舉辦烹飪班，或提供營養教育或其他服務，幫助個人或家庭提升食物素養和烹飪技巧。

社區廚房配製及提供的膳食一般會供有需要人士即場食用或以飯盒形式派發，因此若食物處理不當，便有可能引致食源性疾病。為免出現此情況，在社區廚房工作的食物處理人員應接受食物安全的培訓，並在工作時保持良好個人、環境及食物衛生。社區廚房的食物處理人員和營辦機構應在食物製作和回收過程中時刻遵循“良好衛生規範”和“食物安全五要點”。

應留意的是，社區廚房配製的膳食乃供立即食用，不會再經過進一步烹煮或配製，因此應盡快吃掉。若非馬上食用或需要運送，則應盡量把熱食保持於攝氏60度以上，冷食於攝氏4度或以下。冷凍食物不應翻熱超過一次，派發前應徹底翻熱。配製好的膳食若存放在室溫多於4小時，便應全部丟棄。

設立社區廚房的主要目的在於促進社交互動、鼓勵市民培養健康飲食習慣及向沒有資源或知識自行備製膳食的個人和家庭提供有營養的食物。總的來說，在這些廚房確保食物安全是非常重要的。

Prepackaged food should be checked for irregularities on packaging, such as cracks on bottles or tears on bags (Figure 2), and properly labelled with instructions like expiry dates, allergen information and storage instructions. For non-prepackaged food, such as fresh meat and produce, only wholesome items should be accepted. In general, mouldy and rotten items or those with excessive bruises should be rejected.

Collected food should be stored properly in a hygienic and pest-free environment before redistribution. When storing food, follow the storage instructions and do not redistribute food beyond the “use by” dates, whereas expiry dates only apply to unopened products. Perishable food should be kept in the refrigerator at or below 4°C, and frozen food should be kept in the freezer at or below -18°C. Shelf-stable food items, such as canned food and cereals, should be kept in a cool and dry place.

It should be noted that the first-in-first-out principle may not be applicable in the food banks setting since the same product may have come from various sources with potentially different expiry dates. Expiry dates are essential information on inventory records to facilitate timely outgoing transactions and avoid wastage. Thus, food banks should keep track of the inventory not only for storage purpose, but also for traceability.

### Ensure Safe Food Preparation in Community Kitchens

Donated food can also be further processed in community kitchens, which provide a space where individuals or groups can come together to prepare and cook food. Cooking classes, nutrition education or other services may also be offered at these kitchens to help individuals and families to improve their food literacy and cooking skills.

Since community kitchens usually prepare and serve meals that are either consumed on-site or delivered to groups in need in the form of meal boxes, improper food handling can lead to foodborne illnesses. To prevent this, food handlers working in community kitchens should receive appropriate training in food safety and maintain good personal, environmental and food hygiene at work. Food handlers and operators of community kitchens should always observe the “Good Hygiene Practices” and “Five Keys to Food Safety” throughout the food production and recovery processes.

Notably, meals prepared in community kitchens are usually meant to be eaten right away, without further cooking or preparation. Therefore, they should be consumed as soon as possible. If not consumed immediately or for transportation, keep hot foods hot at temperatures over 60°C and cold foods cold at 4°C or below as far as possible. Chilled food should not be reheated more than once and should be reheated thoroughly before serving. All prepared meals that have been held at room temperature for more than four hours should be discarded.

The primary goal of a community kitchen is to promote social interaction, encourage healthy eating habit and provide access to nutritious food for individuals and families who may not have the resources or knowledge to prepare meals on their own. Overall, it is important to maintain food safety in these kitchens to prevent foodborne illnesses.



圖2：預先包裝食品的常見問題示列  
Figure 2: Examples of common irregularities of prepackaged food items

# 甲型肝炎與急凍士多啤梨

## Hepatitis A and Frozen Strawberries

食物安全中心風險傳達組  
科學主任游天頌先生報告

Reported by Mr. Arthur YAU, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

自二零二三年三月起，美國出現多宗與進食產自墨西哥某些農田的受污染即食急凍士多啤梨有關的甲型肝炎個案。不同州分合共錄得9宗個案，其中3人需入院治療，事件導致受污染的士多啤梨需要回收。調查發現，涉事的士多啤梨來自去年初曾導致美國發生另一次甲型肝炎爆發的供應商及農田。在那以前，與即食莓類有關的類似甲型肝炎感染個案也曾發生。

### 甲型肝炎是什麼？如何傳播的？

甲型肝炎病毒是引致甲型肝炎的病原體，會引致肝臟發炎。輕微症狀如發燒、食慾不振、嘔心、嘔吐、腹瀉、肌肉疼痛及眼睛和皮膚變黃(黃疸)一般會在進食受污染的食物或飲品二至四星期後出現，往往會持續一兩周。感染甲型肝炎病毒的患者(尤其是兒童)有時會毫無病徵。一般而言，大部分患者會自行痊癒，其後產生免疫能力。在罕見的情況下，此病症可迅速導致肝臟嚴重受損甚至死亡；此情況在長者和慢性病患者身上較常出現。

甲型肝炎病毒的自然宿主只有人類和部分靈長目動物。病毒主要通過糞口途徑傳播，即通過進食直接或間接受感染者糞便污染的食物傳播(圖3)。食物可被感染者的髒手、灌溉或洗滌用的水及(在某程度上)受污染的用具和蒼蠅等蟲害污染。在食物中，生的蔬果、貝類水產、冰塊和飲用水是甲型肝炎病毒的常見來源，只要很少，即低至10至100個甲型肝炎病毒粒子已經足以造成感染。甲型肝炎病毒能在本來能殺死食物中其他病毒的烹煮溫度(例如攝氏75度維持30秒)、冷藏、製乾、一般家用化學品或在乾燥的表面上生存多個小時。

### 甲型肝炎病毒為何能輕易引致食源性感染發生？

甲型肝炎病毒能通過食物有效傳播。此外，若受感染的食物處理人員如廁後沒有正確洗手，便能把甲型肝炎病毒傳播至食物和他們接觸的用具。在世上某些人類排泄物處理不足的地方，來自糞便的甲型肝炎病毒可能污染飲用和灌溉用水。就供生吃而又因脆弱而難以徹底清洗的莓類等農產品而言，這問題尤為突出。當大量生產的食物批量運到世界各地，甲型肝炎病毒也能傳播到不同地方。

莓類和其他農產品在不同生產階段，例如以受污染的水灌溉、處理或清洗時，或是由沒有洗手的甲型肝炎患者處理時，均有可能受甲型肝炎病毒污染。此外，由於這些食物需要以大量食水和工序處理，這類爆發在世界各地發生不足為奇，特別是甲型肝炎發病率低的國家。

### 如何避免甲型肝炎病毒在食物中傳播

用以灌溉、清潔和處理食物的水應是清潔的。農場的訪客

Since late March 2023, the United States has reported outbreaks of hepatitis A linked to the consumption of contaminated frozen ready-to-eat strawberries from certain farms in Mexico. Nine cases were found across different states and three people required hospitalisation. The incriminated frozen strawberries were recalled as a result. Investigation revealed that the strawberries were from the same suppliers and farms which had also caused another hepatitis A outbreak in the United States earlier last year. Similar outbreaks of hepatitis A associated with frozen ready-to-eat berries had been reported in the past.

### What is Hepatitis A and How Does It Spread?

Hepatitis A virus (HAV) is the agent that causes hepatitis A, leading to inflammation of the liver. Mild symptoms like fever, loss of appetite, nausea, vomiting, diarrhoea, muscle aches and yellowing of eyes and skin (jaundice) usually appear within two to four weeks after consuming contaminated food or drinks, and often last for a week or two. Sometimes HAV infections can be asymptomatic, especially in children. The infection is usually self-limiting and most people will recover on their own and develop immunity as a result. On rare occasions, this illness can quickly cause severe liver damage and death, which is more common in the elderly or people with chronic diseases.

Humans and certain primates are the only natural hosts to HAV. The virus mostly spreads through the faecal-oral route; that is when a person ingests food which has been directly or indirectly contaminated with the faeces of an infected person (Figure 3). Food can be contaminated by the dirty hands of an infected person, water for irrigation or washing and to some extent via contaminated utensils and pests like flies. Raw fruits and vegetables, shellfish, ice and drinking water are common food sources of the HAV. Only a very small number, as low as 10 to 100, of HAV particles are necessary to cause an infection. The HAV can survive at cooking temperatures that would otherwise kill other pathogens in food (e.g. 75°C for 30 seconds), freezing, drying, common household chemicals or on dry surfaces for hours.

### Why is HAV Capable of Easily Causing Foodborne Outbreaks?

The HAV can spread through food efficiently. Furthermore, when infected food handlers do not wash their hands properly after using washrooms, they can spread the HAV to food and the utensils they touch. In some parts of the world where there is inadequate treatment of human waste, the HAV from stools can contaminate drinking and irrigation water. This is especially an issue for produce like berries that are consumed raw and are too fragile to be cleaned thoroughly. When mass-produced food is exported in bulk worldwide, the HAV can also spread across different parts of the world.

Berries and other produce can be contaminated with the HAV at different stages of production, such as when they are irrigated, processed or washed with contaminated

water, or when they are handled by people with hepatitis A who have not washed their hands. Furthermore, because these products require a lot of water and handling during processing, it is no surprise that outbreaks like these have happened all over the world, often in countries with low hepatitis A prevalence.

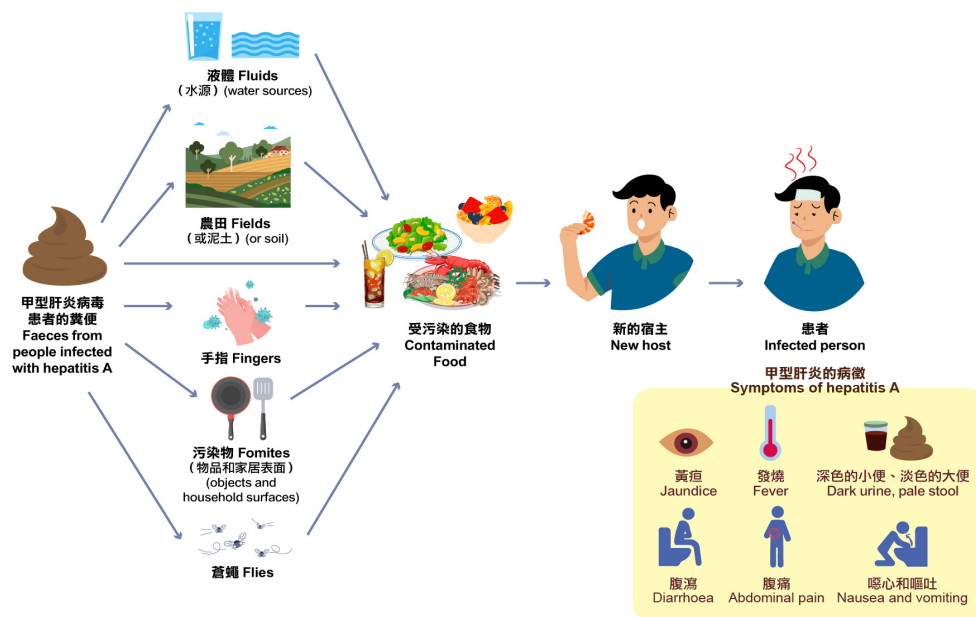


圖3: 甲型肝炎的傳播途徑和常見症狀  
Figure 3: Transmission routes of HAV and common symptoms of hepatitis A

### How to Prevent the Spread of HAV in Food

Water for irrigation, cleaning and food processing should be clean. Visitors to farms should maintain good hygiene and adequate means of

應保持良好衛生；農場應提供足夠的手部消毒用品。

任何人，特別是食物處理人員在如廁後、進食前、配製食物前和接觸生的食物及不潔的物品後均應正確洗手。時刻遵循 [食物安全五要點](#) — 精明選擇（選擇安全的原材料）；保持清潔（保持雙手、用具及工作環境清潔）；生熟分開（分開生熟食物）；徹底煮熟（徹底煮熟食物至更嚴格的攝氏90度，維持90秒以消滅甲型肝炎病毒）；及安全溫度（把食物存放於安全溫度），預防食源性疾病。

食物處理人員可考慮接種甲型肝炎疫苗以防感染。出現甲型肝炎病毒感染徵狀的人員不應處理食物，並應立即求醫。

hand sanitation should be provided.

All people, especially food handlers, should wash their hands properly after using washrooms, before eating, before preparing food and after touching raw foods and unclean objects. Always follow the [Five Keys to Food Safety](#) – choose (choose safe raw materials); clean (keep hands, utensils and working environment clean); separate (separate raw and cooked food); cook (cook thoroughly to a more stringent 90°C for 90 seconds for the HAV); and safe temperature (keep food at safe temperatures) to prevent foodborne diseases.

Food handlers may consider receiving hepatitis A vaccines to prevent infections. Those who are experiencing symptoms of HAV infection should refrain from handling food and seek medical attention immediately.

## 食物安全日2023 — 遵從五要點，在家慎防食物中毒！

### Food Safety Day 2023 – Prevent Food Poisoning at Home with 5 Keys!

大部分食源性疾病都是可以避免的，若我們加深對食物安全的認識，付諸行動，感染風險便可大大降低。於每年六月七日舉行的世界食物安全日是由聯合國轄下的糧食及農業組織食品法典委員會和世界衛生組織聯合舉辦的活動，目的在於向世界各地推廣食物安全。

本年，為響應世界食物安全日，食物安全中心（食安中心）在食物安全日2023推廣運用 [食物安全五要點](#)（五要點）加強家居食物安全措施，並讓更多市民明白，只要簡單的行動便可預防食源性疾病，並可減低受抗菌素耐藥性微生物感染的風險。食安中心通過發布社交媒體帖文和製作 [短片](#)，提高公眾對食物安全五要點的認識，包括把食物存放於 [安全溫度](#)、[徹底煮熟](#) 和 [翻熱食物](#) 以防止食物中毒、保持雙手及用具清潔以及分開生熟食物。如欲了解有關詳情，請瀏覽食安中心的 [Facebook](#) 或 [Instagram](#) 專頁。

Foodborne illness is largely preventable and can be significantly reduced if we all raise awareness and inspire action on food safety. The World Food Safety Day (WFSD), which was celebrated on 7 June, is an annual event jointly launched by the Codex Alimentarius Commission, Food and Agricultural Organization and the World Health Organization of the United Nations aimed at promoting food safety to everyone.

This year, to support the WFSD, the Centre for Food Safety (CFS) is promoting the use of [Five Keys to Food Safety](#) (5 Keys) during Food Safety Day 2023 to enhance food safety practices at home, and to raise awareness of simple actions that can prevent foodborne illnesses and also reduce the risk of contracting antimicrobial-resistant microorganisms. Through social media posts and a short [video](#), the CFS aims to improve the general public's understanding of the 5 Keys which include storing food at [safe temperatures](#), [thoroughly cooking and reheating food](#) to prevent food poisoning, keeping hands and utensils clean and separating raw and cooked food. For further details, please visit the CFS's [Facebook](#) or [Instagram](#) pages.

## 生吃來自本地街市的魚類 — 安全嗎？

### Eating Fish from Local Wet Markets Raw – Is It Safe?

有時候，網上會有人分享食譜，當中包含來自本地街市的生魚，引發有關食物安全的疑問。大部分在街市出售的魚類都不是擬供生吃的。進食生的魚類存有不容忽視的微生物風險，例如感染有害細菌、病毒及寄生蟲。此外，醬油、辣椒醬和日本芥辣等調味料並不能殺死可能存在於生魚的食源性致病菌。

為保障食物安全，食物業界和市民應向信譽良好和可靠的供應商採購原材料配製菜式。購買供生吃的食物如刺身時，建議消費者可查核有關食物業處所是否持有銷售此類限制出售的食物的有效食物業牌照和許可證。非擬供生吃的食物應徹底煮熟才進食。

At times, some people share recipes online that contain raw fish from local wet markets, raising questions about food safety. Most fish sold in the wet markets are not intended for raw consumption. The inherent microbiological risks of consuming raw fish, for example harmful bacteria, viruses and parasites, should not be overlooked. Besides, condiments like soy sauce, chilli sauce and wasabi cannot kill the foodborne pathogens that may be present in raw fish.

For the sake of food safety, food businesses and the public should purchase raw materials from reputable and reliable sources for preparing dishes. When purchasing food for raw consumption such as sashimi, consumers are advised to check whether the food premises hold valid food business licences or permits on the sale of such restricted food. Food not intended to be eaten raw should be cooked thoroughly before consumption.



## 風險傳達工作一覽（二零二三年五月）

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