

Understanding Choking Risks Caused by Konjac Jelly and Other Foods

Food can pose a choking risk in infants and young children, especially if they do not chew it well or try to swallow it whole. Choking can happen with any food, but it is more likely to happen with firm foods that contain bones or other hard substances, and foods that are small and round which can easily get stuck in the throat.

To help prevent choking, avoid serving infants and young children with foods that are difficult to chew or easy to swallow whole. For example:



Good eating habits can help reduce choking risks:

The Government has gazetted the Food and Drugs (Composition and Labelling) (Amendment) Regulation 2025 ("Amendment Regulation") to strengthen the regulation of prepackaged konjac-containing jelly confectionery. Through legislative amendments, mini-cup konjac-containing jelly confectionery with a height or width not exceeding 45 millimetres will be prohibited for sale in the market. In addition, other konjac jelly products must be labelled with choking warning statements on their packaging to remind consumers to exercise caution while eating.

The new regulatory requirements include:

- (i) Jelly confectionery that is prepackaged food and that is packed in a mini-cup-shaped container must not contain konjac if the height or width of the container does not exceed 45mm; and
- (ii) The outermost layer of packaging for sale of jelly confectionery that is prepackaged food and that contains konjac must be clearly and legibly marked

with the following words in both Chinese and English –

“Caution: Do not swallow whole. Elderly and children must consume under supervision.

注意：勿一口吞食，長者及兒童須在監護下食用。”



The above words must be marked in a conspicuous position on the packaging. They must be underlined and marked in dark colour on a light-coloured background or in light colour on a dark-coloured background; or marked in red text on a white or yellow background.

The Centre for Food Safety (CFS) has been promoting health education messages on prevention of food choking through its website, seminars, social media and posters. Moreover, the CFS has produced an educational video and a video advertisement to highlight common choking hazards and promote safe eating habits. The CFS will continue to organise school talks and disseminate information online to raise public awareness about choking prevention and strengthen education among ethnic minorities.

Parents and caregivers should also know what to do if an infant or child is choking. In case of life-threatening emergency, please dial 999 for immediate medical assistance.

Consumer Liaison Group Newsletter

Food Safety Day 2025 – Keep Cooked and Raw Foods Apart, Prevent Cross-contamination from the Start!

To echo World Food Safety Day of the United Nations on 7 June, the Centre for Food Safety (CFS) is taking this chance to promote the importance of food safety to food businesses and the public in order to raise awareness of the Five Keys to Food Safety as the best measure in preventing foodborne diseases.

The Five Keys to Food Safety are:

- Choose (Choose safe raw materials);
- Clean (Keep hands and utensils clean);
- Separate (Separate raw and cooked foods);
- Cook (Cook thoroughly); and
- Safe Temperature (Keep food at safe temperature)

This year's campaign highlights the "Separate" key - emphasising the importance of preventing cross-contamination at all stages of food preparation in safeguarding food safety. By adopting good hygiene practices and following proper food handling procedures, food handlers can significantly reduce the risk of foodborne diseases.

Examples of separating raw and cooked foods:

When purchasing food:

- Pick up prepackaged and canned foods first, shop for raw meat, poultry and seafood last.
- Keep raw meat, poultry and seafood separate from other food items in your grocery cart and shopping bags to prevent their juices from contaminating other food items.

When storing food:

- Store food in a covered or sealed container to avoid contact between raw food and ready-to-eat or cooked food.
- Store raw meat, poultry and seafood below ready-to-eat or cooked food to prevent their juices from dripping onto other food.

When preparing food:

- Avoid overstocking the refrigerator to maintain cold air circulation. Use different utensils to handle raw and cooked or ready-to-eat food separately.

- Use different utensils to taste and mix food.
- After washing raw meat and poultry, clean the sink and its surrounding areas thoroughly.



Recruitment of the 8th-term Consumer Liaison Group Members

Thank you for your participation in the Consumer Liaison Group (CLG). It requires a joint effort from all stakeholders to ensure food safety. Your friends and family are also welcome to join the 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

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

(Note: Existing members need not to reapply.)

[cfs.gov.hk](https://www.cfs.gov.hk)



[cfs.hk](https://www.cfs.hk)

