

# 處理即食食品的食物安全建議

## Food safety Advice for Handling Ready-to-eat Food

### 食物安全中心

The Centre for Food Safety

業界諮詢論壇

Trade Consultation Forum 7.12.2023

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# 什麼是即食食物？

What is ready-to-eat (RTE) food ?

# 即食食品是指

- 製備後無需進一步烹煮即可食用的食物: 例如
  - 可生食的食物: 刺食/生蠔/沙律菜
  - 預先烹煮的肉類: 如燒味和滷味
  - 提前製備的凍食: 西式甜點、預切水果或水果製品

## Ready-to-eat foods are

- foods that have been prepared so that they can be eaten without further cooking, e.g.
  - Foods that consume in raw: sashimi, oysters intended for raw consumption, salad greens
  - Pre-cooked meat : such as siu mei and lo mei
  - Food prepared ahead of time to serve cold

# 2

## 即食食品的 食安風險

Food safety risk of  
ready-to-eat food

# 即食食品的食物安全問題

- 食物可能存在食源性病原體和「超級細菌」
- 食物煮熟後的配製食物過程中受到污染
  - 食物處理人員**個人衛生欠佳**。
  - 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**

## Food Safety Problems with ready-to-eat foods

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

# 即食食品是如何被污染的？

## 食物處理人員：

- 對着食物打噴嚏
- 用不潔或受傷的手觸摸食物
- 戴手套處理垃圾和接電話後，再用同一對手套處理食物。
- 同一塊布抹過餐桌後沒有清潔消毒，直接用來抹廚具
- 處理收銀工作後沒有洗手便送遞食物
- 使用同一把刀和同一塊砧板處理生肉和熟食

## How ready-to-eat foods get contaminated?

### If food handlers

- Sneezing over food
- Touching food with unclean or wounded hands
- Handling food with the same pair of gloves after handling garbage and using the phone
- Wiping kitchen utensils with the same piece of cloth after wiping tables without disinfection
- Delivering food after handling cash without washing hands
- Using the same knife and cutting board for both raw meat and cooked food

# 3

## 處理即食食品 的衛生建議

Hygiene advice for  
handling ready-to-eat foods

# 個人衛生

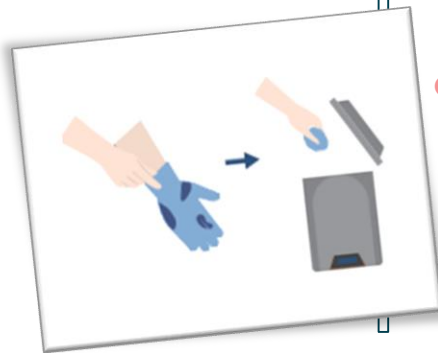
## ● 用水和視液徹底**洗手**->搓手 20 秒

- ◆ 配製即食食品前
- ◆ 戴上即棄手套前、更換手套期間和脫下手套
- ◆ 觸摸可能被污染的物體：清潔布、現金、手提電話



## ● 正確使用**即棄手套**

- ◆ 丟棄損壞或已弄髒的手套
- ◆ 切換工作時丟棄手套



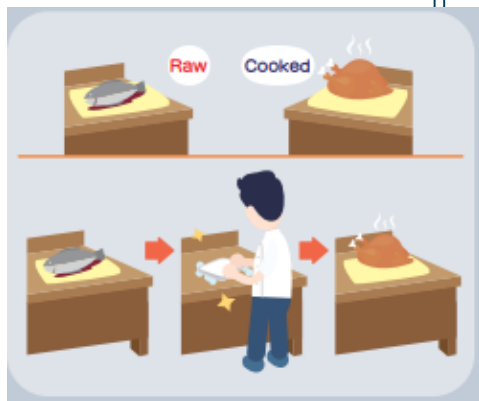
# Personal Hygiene

- Rub hands with water and soap for at least 20 seconds
  - ◆ Before preparing RTE foods
  - ◆ Before wearing disposable gloves, between glove changes and after removing gloves
  - ◆ Touching potentially contaminated objects: cleaning cloths, cash, mobile phones
- Proper use of disposable gloves
  - ◆ Discard gloves when damaged, soiled or switching tasks



# 環境衛生

- 定期**清潔和消毒**所有配製、儲存及展示即食食品的地方。
- 在獨立並經清潔和消毒的區域**分開處理**生食和即食食品。如無法做到這一點，則必須在轉換工作時徹底清潔並消毒所使用的表面和器具。
- **遵循**標籤上的**指示**使用消毒劑。
- **核實**清潔和消毒程序的**成效**



# Environmental Hygiene

- **Clean and sanitise** all areas used for ready-to-eat food preparation, storage and display on a regular basis.
- If preparing both raw and ready-to-eat food simultaneously, make sure this is done in **separate areas** which are clean and disinfected. If not, the surface and utensils used must be thoroughly cleaned and disinfected between tasks
- When using a sanitiser, **follow the instructions** on the label
- **Verify** the **effectiveness** of cleaning and sanitization

# 食物衛生

- 將即食食品與生的肉類、家禽、魚、蛋和未清洗的蔬菜完全**分開**
- 配製和儲存過程中，時刻**蓋好**即食食品
- 如非立即食用，將冷食**保持**在攝氏4度或以下，並將熱食保持在攝氏60度以上
- 如要配製水果、蔬菜和沙律配料：在清潔的流動清水下**徹底清洗**，先清洗最清潔的蔬果
- 如果配製即食肉類，例如燒味或滷味：避免太早或過量

# Food Hygiene

- Keep RTE foods completely **separate** from raw meat, poultry, fish, eggs and unwashed vegetables.
- Keep RTE foods **covered** at all times during preparation and storage
- If not immediately served, keep cold foods at 4°C or below, and hot foods above 60°C
- For preparing fruit, vegetables & salad ingredients: **wash** them **thoroughly** under clean running water
- If preparing RTE meats such as siu mei or lo mei: avoid prepare too far in advance or in excess

# 良好衛生規範培訓

- 任何在食物業處所從事處理食物工作的員工均應在**上任前接受培訓**，以確保他們熟悉工作環境，並遵守安全配製食物的規範。
- 遵守良好衛生規範有助應對食源性病原體和「超級細菌」的問題。



## Training on Good Hygiene Practices (GHPs)

- Any staff who work with food in food premises should be **trained before reporting duty** to ensure that they are familiar with the working environment and adhere to safe food preparation practices.
- Adherence to Good Hygiene Practices can help address both foodborne pathogens and “superbugs” .

# 食物安全五要點

## 5 keys to food safety



**1 精明選擇**  
選擇安全的原材料



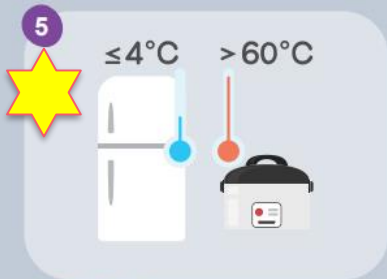
**2 保持清潔**  
保持雙手及用具清潔



**3 生熟分開**  
分開生熟食物



**4 煮熟食物**  
徹底煮熟食物



**5 安全溫度**  
把食物存放於安全溫度

- Choose
- Clean
- Separate
- Cook
- Safe Temperature

# 總結

- 避免在食物製備後的處理程序中受微生物污染，及有機會讓微生物滋生
- 遵從良好衛生規範以免煮好的食物受到污染
- 執行「**食物安全重點控制系統**」(HACCP)，進一步提升食物安全，預防食物中的危害

## Take-home message

- Avoid contamination and growth of microbial organism during post-cooking handling procedures.
- Observe **good hygiene practices** to prevent food contamination
- Implement **Hazard Analysis and Critical Control Point (HACCP) system** to enhance food safety and prevent food hazards

## 更多資訊

- 如欲了解更多資訊，可參閱食物安全中心的文件《即食食物-給食物業界的一般衛生建議》。



## For more information

- For details, please refer to the CFS' document "Ready-to-eat Food – General Hygiene Advice for Food Businesses"



## 更多資訊: 安樂查飯

### ● 特定即食食物的食物安全指引:

- 三文治
- 燒味
- 滷味
- 預切水果和水果製品
- 白切雞
- 沙律
- 壽司和刺身
- 用於生食的蠔



## For more information : Safe Kitchen

### ● Trade guidelines on preparation of specific ready-to-eat foods

- Sandwiches
- Siu mei
- Lo mei
- Pre-cut fruits and fruit products
- Poached chicken
- Salads
- Sushi and sashimi
- Oysters intended for raw consumption





謝謝 Thank you

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