

本期內容 IN THIS ISSUE

- ❖ 二零二一年食物事故回顧
- ❖ 如何安全地提供「兩餸飯」?
- ❖ 網上訂餐外送服務與食物安全
- ❖ 貯存食物要有計劃
- ❖ 風險傳達工作一覽
- ❖ Review of Food Incidents in 2021
- ❖ How to Serve 'Rice with Two Sides' Safe?
- ❖ Online Ordering of Meal Delivery Services and Food Safety
- ❖ Be Strategic in Storing Food
- ❖ Summary of Risk Communication Work

編輯委員會 EDITORIAL BOARD

總編輯
楊子橋醫生
顧問醫生(社會醫學)(風險評估及傳達)

行政編輯
吳志翔醫生
首席醫生(風險評估及傳達)

委員
張勇仁醫生 首席醫生(風險管理)
戴慶豐獸醫 高級獸醫師(獸醫公共衛生)
張偉文先生 高級總監(食物安全中心)
朱瑞燕女士 高級總監(食物安全中心)
譚秀球醫生 主管(風險評估組)
陳以信博士 高級化驗師(食物研究化驗所)

Editor-in-chief
Dr. Samuel YEUNG
Consultant (Community Medicine)
(Risk Assessment and Communication)

Executive Editor
Dr. Henry NG
Principal Medical Officer
(Risk Assessment and Communication)

Members
Dr. Terence CHEUNG
Principal Medical Officer (Risk Management)
Dr. Eric TAI
Senior Veterinary Officer (Veterinary Public Health)
Mr. W M CHEUNG
Senior Superintendent (Centre for Food Safety)
Ms. S Y CHU
Senior Superintendent (Centre for Food Safety)
Dr. Carole TAM
Head (Risk Assessment Section)
Dr. Gabriel CHAN
Senior Chemist (Food Research Laboratory)

二零二一年食物事故回顧 Review of Food Incidents in 2021

食物安全中心風險管理組
李予晴醫生報告

Reported by Dr. Yu-ching LI, Medical & Health Officer,
Risk Management Section, Centre for Food Safety

隨着食物貿易全球化，在香港以外發生的食物事故也可能對本港的食物安全構成潛在影響。為了主動監察和應對香港以外地區的食物事故，食物安全中心(食安中心)設有食物事故監測系統。食安中心亦與其他食物安全當局保持緊密合作，以便發生食物事故時迅速交換資料和採取必要的跟進措施。食安中心加入了國際上的食物安全網絡，例如聯合國糧食及農業組織與世界衛生組織共同管理的國際食品安全當局網絡，並會接獲歐洲聯盟食品和飼料快速預警系統的通報。食安中心迅速應對食物事故，並制訂風險管理策略，以保障公眾健康。

With globalisation of food trade, food incidents that occur outside Hong Kong might also have potential local food safety implications. The Centre for Food Safety (CFS) has established a Food Incident Surveillance System (FISS) to monitor and respond to food incidents outside Hong Kong proactively. CFS also maintains close collaboration with other food safety authorities to facilitate rapid information exchange and necessary follow up measures in response to food incidents. CFS participates in international food safety networks such as the International Food Safety Authorities Network (INFOSAN), which is managed jointly by the Food and Agriculture Organization of the United Nations and the World Health Organization, as well as receiving notifications from the European Union's Rapid Alert System for Food and Feed (RASFF). CFS reacts swiftly to food incidents and develops risk management strategies to safeguard public health.

二零二一年的食物事故

二零二一年，食安中心透過食物事故監測系統共監察到大約2200宗食物事故，當中包括約380宗因未有標示致敏物而引致的食物事故。食安中心研究這些事故對本港市民的潛在影響，並評估相關風險。為了確定有關食品是否在本港有售，食安中心會檢查進口記錄，與海外有關當局溝通和查詢受影響產品出口到香港的記錄，以及聯絡本地業界以追查是否有售。同時，食安中心

Food Incidents in 2021

In 2021, CFS detected around 2200 food incidents from the FISS, including approximately 380 food incidents with undeclared allergens. CFS examined the potential impact of these incidents on the local community and assessed the associated risk. To determine the local availability of the concerned items, CFS would review import records, communicate with relevant overseas authorities

and enquire about the export record of the affected products to Hong Kong, as well as contacting the local traders for sales check. In the meantime, CFS might issue a food incident post to notify the public of the food incident and provide advice to those who may possess the affected items.

When the implicated products were found available on the local

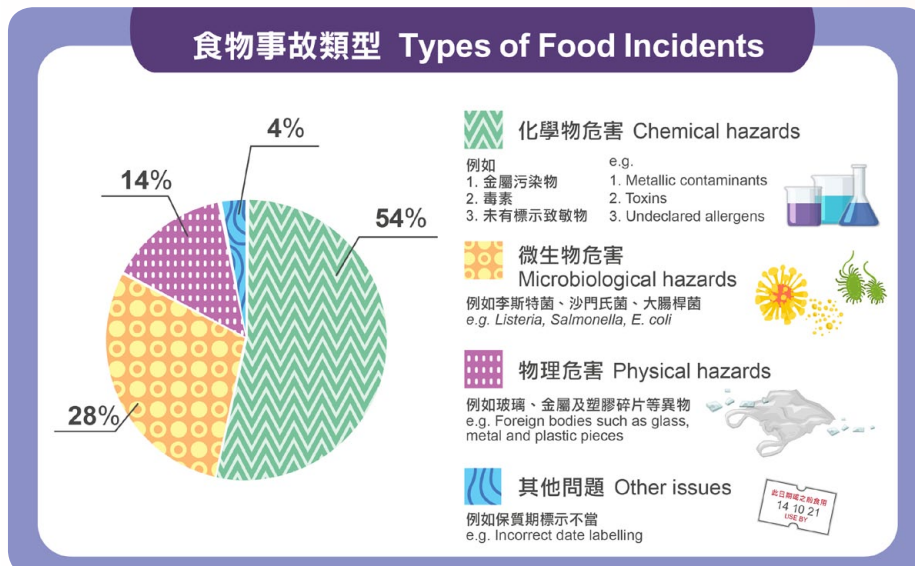


圖1: 發出公告的食物事故類型
Figure 1: Types of food incidents with public announcements made

可能會發出食物事故報表通知市民，並提供建議予可能持有受影響食品的人士。

當發現有關產品在本港市面有售，食安中心會因應情況指令業界停售、下架和回收受影響產品。食安中心會提醒消費者及業界注意食物事故，並透過新聞公報、業界警報及食物/致敏物警報等公告提供相關的食物安全建議，以忠告消費者及業界不要食用或出售/使用受影響食品。

二零二一年，食安中心共發出196則食物事故報表、21則新聞公報、23則業界警報及17則食物警報/致敏物警報，涉及化學物危害(例如金屬污染物、毒素、未有標示致敏物)、微生物危害(例如李斯特菌、沙門氏菌、大腸桿菌)、物理危害(例如異物)，以及其他問題(例如保質期標示不當)。半數以上的事務與化學物危害有關(圖1)。

食物事故風險管理

下列澳洲Coffin Bay出產的生蠔懷疑受到副溶血性弧菌污染的例子說明食安中心如何透過食物事故監測系統得以迅速偵察和處理食物事故，以減少對公眾健康的影響。

二零二一年十一月，食安中心透過食物事故監測系統得悉澳洲新西蘭食品標準管理局發出通告，指產自澳洲Coffin Bay的Pacific生蠔因受到副溶血性弧菌污染而需要進行回收。

根據澳洲新西蘭食品標準管理局的資料，在二零二一年年底，澳洲全國各地爆發與食用南澳洲Coffin Bay的Pacific生蠔有關的副溶血性弧菌感染個案。截至二零二一年十二月初，澳洲正在調查的副溶血性弧菌感染個案共有200多宗。當中，發現涉及進食蠔隻並已完成追溯調查的個案，與Coffin Bay出產的蠔有關連。

食安中心在得悉事故後，隨即與澳洲當局聯繫以作跟進，並聯絡本地主要進口商及零售商以追查是否有售有關蠔隻。食安中心亦發出了食物事故報表，通知消費者有關事故。

食安中心其後透過國際食品安全當局網絡接獲澳洲當局通報，Coffin Bay出產的Pacific生蠔須進行回收。根據澳洲當局所提供的資料，五個進口商曾進口有關產品到香港。

食安中心隨即聯絡有關的進口商，確定他們曾進口和在本港出售受影響產品。鑑於副溶血性弧菌污染的潛在風險，以及受影響生蠔為即食產品，食安中心指令有關進口商停售、下架和回收受影響產品。此外，食安中心指示業界暫停Coffin Bay出產的即食生蠔進口和在本港出售。食安中心亦發出新聞公報及業界警報，分別通知市民及業界。食安中心還加強抽檢來自不同產地的即食生蠔，結果並無驗出副溶血性弧菌。

本港並無因是次事故而導致的食物中毒報告。食安中心繼續與澳洲規管當局聯繫，並就事故作出跟進。

結語

食安中心致力透過及早偵察和採取行動，迅速應對食物事故，以保障公眾健康。透過食物事故監測系統，食安中心偵察食物事故，並迅速實施風險管理措施，從而減輕事故對本港市民的潛在影響。

market, CFS would direct the trade to cease selling, remove from shelves and recall the affected products as appropriate. CFS would alert consumers and the trade of food incidents and offer relevant food safety advice through public announcements such as press releases, trade alerts and food/allergy alerts to advise consumers and the trade not to eat or sell/use the affected items.

In 2021, CFS issued 196 food incident posts, 21 press releases, 23 trade alerts and 17 food alerts/ allergy alerts, involving chemical hazards (e.g. metallic contaminants, toxins, undeclared allergens), microbiological hazards (e.g. *Listeria*, *Salmonella*, *E. coli*), physical hazards (e.g. foreign bodies) and other issues (e.g. incorrect date labelling). Over half of the incidents were related to chemical hazards (Figure 1).

Risk Management of Food Incidents

The following example of raw oysters produced in Coffin Bay in Australia suspected to be contaminated with *Vibrio parahaemolyticus* (*V. parahaemolyticus*) illustrates how the FISS enables CFS to detect and manage food incidents promptly to minimise the impact on public health.

In mid-November 2021, through the FISS, CFS identified a notice issued by the Food Standards Australia New Zealand (FSANZ) that raw Pacific oysters produced in Coffin Bay in Australia were under recall due to *V. parahaemolyticus* contamination.

According to FSANZ, there was an outbreak of *V. parahaemolyticus* infection across Australia linked to the consumption of raw Pacific oysters from Coffin Bay, South Australia in late 2021. As of early December 2021, there were more than 200 cases of infection due to *V. parahaemolyticus* under investigation in Australia. Where cases had reported oyster consumption and where trace back investigation had been completed, links to oysters produced in Coffin Bay had been established.

Upon identification of the incident, CFS immediately liaised with the Australian authorities for follow-up and contacted the local major importers and retailers for sales check. CFS also issued a food incident post to inform consumers of the incident.

Subsequently, CFS received a notification from Australian authorities through the INFOSAN regarding the recall of raw Pacific oysters produced in Coffin Bay. Based on the information provided by the Australian authorities, five importers had imported the concerned products into Hong Kong.

The CFS immediately contacted the importers concerned and confirmed that there were importation and sale of the affected products in Hong Kong. In view of the potential risk of *V. parahaemolyticus* contamination and that the affected raw oysters were ready-to-eat, CFS instructed the importers concerned to stop sale of, remove from shelves and initiate a recall of the affected products. In addition, CFS instructed the trade to suspend the import into and sale within Hong Kong of ready-to-eat raw oysters harvested in Coffin Bay. CFS issued a press release and a trade alert to inform the public and the trade respectively. CFS also enhanced the surveillance of ready-to-eat raw oysters from various origins and the test results were negative for *V. parahaemolyticus*.

There were no reports of local food poisoning outbreak in relation to the incident. CFS continues to liaise with the competent authorities in Australia and follow up on the incident.

Conclusion

CFS strives to safeguard public health by rapid response to food incidents through early detection and intervention. Through the FISS, CFS detects food incidents and implements risk management measures swiftly to minimise the potential impact on the local population.

如何安全地提供「兩餸飯」？

How to Serve 'Rice with Two Sides' Safe?

食物安全中心風險傳達組
衛生總督察巫慧芳女士報告

Reported by Ms. Rita OSBORN, Chief Health Inspector,
Risk Communication Section, Centre for Food Safety

2019冠狀病毒病的大流行改變了食物的配製及供應方式。在某些情況下，堂食未必可行，有人會選擇外賣。當中價格相宜的港式「兩餸飯」越來越受歡迎，顧客可以從十多款以上的熱菜餚中隨意選擇兩款餸菜組合，並配以大量白飯。食物業在展示這些預先煮熟的菜式時，必須保持食物安全不受污染並置於適當溫度，是至關重要的。

「兩餸飯」的普遍特色

「兩餸飯」是一些預先煮好的菜餚，現時在食肆、快餐店、校園或員工飯堂、超級市場及食物攤檔都可以隨時買到。這些港式小炒款式繁多，一盤盤地擺放和展示以供食客選擇。為了配合經營上的需要，提供「兩餸飯」的食物業經營者往往預先烹製大量已煮熟的菜式，以便其後重新加熱和展示於食物櫃檯。這些做法因而涉及食物中毒的兩大風險因素：過早烹製熟食，以及以不正確的熱存溫度存放食物。

熟食要熱存

食物放置於攝氏4度至60度的危險溫度範圍會促使病菌迅速增長。食物煮熟後如非立即食用，必須保持於安全溫度，以保障顧客。熟食必須保持於攝氏60度以上。

餐飲業通常使用熱水式或電熱式隔層水浴鍋來保持預製食物的溫度。一些食物業經營者可能會把食物放在溫度低於攝氏60度(例如攝氏45度)的隔層水浴鍋中，以免食物很快變乾。這種把食物置於危險溫度範圍的做法會助長有害細菌繁殖。因此，食物業經營者應經常監察和確保食物貯存於攝氏60度以上，盡可能縮短食物展示的時間，並提醒顧客在購買後盡快食用。為便於達到理想的溫度，可把熱存容器預熱，才用來盛放食物。加添食物時，不應把新鮮煮好的食物與已經展示了一段時間的剩餘食物混合。

安全地預先烹製食物

食物業經營者應預先計劃，以免過早烹製食物。需要較長時間烹煮的菜餚(例如焗肉)通常要提前一天製作，並必須冷存以待翌日出售。烹製好的食物應置於吹風冷卻機中迅速冷卻(例如在1.5小時內冷卻至攝氏4度)，亦可選擇逐步冷卻——在兩小時內降溫至攝氏20度，並在其後四小時或更短的時間內冷卻至攝氏4度。這些技術可減少冷卻過程中細菌的生長。使用寬而淺的容器或把食物分成較小份量，也可加快冷卻速度。食物亦應蓋好，以防止貯存時交叉污染。經冷存的預製食物在奉客前，應徹底翻熱至中心溫度達到攝氏75度或以上。此外，隔層

The COVID-19 pandemic is reshaping how food is prepared and served. While eating in may not be feasible in certain situations, some prefer takeaways. 'Rice with two sides' providing Hong Kong-style dishes at affordable prices are increasingly popular. Customers can choose any combination of two side dishes from over a dozen of hot dishes which are served with a generous amount of rice. For food businesses that display these precooked dishes, it is critical to keep the food safe from contamination and at the proper temperature.

General Characteristics of 'Rice with Two Sides'

Commonly known as 'rice with two sides' to locals, these precooked dishes are nowadays readily available at restaurants, fast-food outlets, campus or staff canteens, supermarkets and food stands. These Hong Kong-style savoury dishes come in wide-ranging varieties, stored and displayed in containers for diners to select. To cater for operational needs, food business operators (FBOs) who serve 'rice with two sides' tend to prepare precooked dishes in large quantities in advance for later reheating and display at the food counter. Consequently, these practices involve two key risk factors for food poisoning: preparing cooked food too far in advance and keeping food at an incorrect hot-holding temperature.

Keep Hot Food Hot

Food held at the Temperature Danger Zone between 4°C and 60°C encourages germs to grow rapidly. After cooking, the food if not served immediately must be kept at a safe temperature to safeguard customers. Hot food must be kept at above 60°C.

In the foodservice industry, a bain marie, wet or electronic, is often used to keep prepared food warm. Some FBOs may put food in a bain marie at a temperature lower than 60°C, say 45°C, such that the food does not dry out quickly. This practice of keeping the food at the Temperature Danger Zone allows harmful bacteria to proliferate. Therefore, FBOs should constantly monitor and ensure that food is stored at above 60°C. Food should be displayed as shortly as possible and customers be reminded to consume the food as soon as possible after purchase. To facilitate reaching the desirable temperature, hot-holding containers can be preheated before using them to hold food. It is also not advisable to refill food by combining newly cooked food with remaining food that has already been displayed for a period of time.

Safe Food Preparation in Advance

FBOs should always plan ahead to avoid preparing food too far in advance. Dishes that take a longer time to cook, such as stew meat, are commonly made a day earlier and require refrigeration before selling them the next day. Prepared food should be quickly chilled in a blast chiller (e.g. to 4°C in 1.5 hours). Alternatively, the food could be cooled down stepwise – cooling to 20°C within two hours, and then to 4°C within the next four hours or less. These techniques reduce bacterial growth during cooling. Using wide, shallow containers or reducing the portion size speeds up chilling. The food should also be well covered to prevent cross-



圖2: 隔層水浴盤放置不當可能會使預先煮熟的食物置於不安全的溫度
Figure 2: Bain marie trays not properly set may keep precooked food at unsafe temperature.

水浴鍋只應用於熱存已經徹底煮熟和翻熱的食物，切勿用來翻熱已經冷藏的食物。

給消費者的建議

消費者應盡快食用外賣食物，或把食物暫存在雪櫃內，並在食用前徹底翻熱。顧客應對所涉及的風險保持警惕，並遵守「食物安全五要點」。

從健康飲食的角度來看，消費者在選購外賣食物時，可選擇低鹽、多菜及少肉的菜式。在可行的情況下，可要求豉油或其他調味料另上，並在試味後才適量添加。

contamination during storage. Before serving these refrigerated prepared food, the food should be thoroughly reheated with core temperature reaching at least 75°C. On a related note, bain marie should be used only for keeping thoroughly cooked and reheated food hot. Never rely on a bain marie to reheat refrigerated food.

Advice to Consumers

Consumers are advised to eat takeaway food as soon as feasible. Alternatively, they should store it in a refrigerator temporarily and reheat it thoroughly before consumption. Customers should stay alert to the risks involved and adhere to the 'Five Keys to Food Safety'.

From a healthy eating point of view, consumers may choose dishes with low salt, more vegetables and less meat when ordering takeout. Request soy sauce or other condiments to be served separately whenever feasible, and taste before adding them.

網上訂餐外送服務與食物安全

Online Ordering of Meal Delivery Services and Food Safety

透過外送服務應用程式在網上訂餐，令現代生活變得輕鬆，但要確保上門外送食物安全，有賴食物業、外送服務營運商與消費者的共同努力。

食物業應以堅固的有蓋容器包裝外賣食物，並在送遞服務員到取前把食物存放在清潔的地方，以免溢出和受到污染。外送服務營運商應準時送遞，並防止食物在運輸過程中受到污染。食物貯存容器應保持清潔。冷熱食物應分開存放在隔熱容器內，並分別保持於攝氏60度以上及攝氏4度或以下。消費者在收到食物後，應盡快食用。在網上訂購外送食物時，應避免高危險食物（例如生或未煮熟的食物），尤其是高危險人士，因為食物在沒有適當冷藏下運送會增加風險。請瀏覽此網頁以得知更多詳情。

While ordering meals online through delivery service apps makes modern life easier, food businesses, delivery service operators and consumers should work together to keep food safe from door to door.

Food businesses should pack takeaways in sturdy containers with fitting lids and store them in a clean place before collection to avoid spillage and contamination. Delivery service operators should provide timely delivery and prevent contamination during transportation. Food storage containers should be kept clean. Hot and cold foods should be packed in separate insulated containers at above 60°C or at 4°C or below respectively. Upon receiving, consumers should consume the food as soon as possible. When ordering online for delivery food, high-risk foods (e.g. raw or semi-cooked food) should be avoided, especially for susceptible populations, as delivery without proper refrigeration increases risks. Please visit [here](#) for more information.

貯存食物要有計劃

Be Strategic in Storing Food

在2019冠狀病毒病大流行下，有人或會選擇購買和貯存多於日常所需的食物，但若存放不當，食物可能會變壞而遭到浪費。因此，為免造成浪費，明智地購買食物並常備一份菜式及食材清單，才是可取的做法。在採購後，消費者也要以先入先出的原則，並按指示貯存食物。

要減少食物變壞，必須有適當的貯存條件。罐頭食品、穀類及馬鈴薯等在室溫下保存的食品，應存放於陰涼乾爽的地方。容易腐壞的食物則應貯存在雪櫃的冷凍保鮮格（攝氏4度或以下）或冷藏冰格（攝氏零下18度或以下）。為保持雪櫃運作良好，雪櫃內應留有一些空間，使冷空氣流通暢順。否則，雪櫃內過滿會降低製冷效能，可能導致食物變壞，帶來食物安全隱憂。熟食/即食食物應與生的食物分開貯存，例如雪櫃的上方貯存格只用作存放熟食/即食食物，以防止交叉污染。

During the COVID-19 pandemic, some people may choose to buy and store food more than daily needed. However, food might rot and be wasted if not stored properly. Therefore, it is desirable to shop sensibly and keep a running list of meals and ingredients to avoid food waste. Consumers should also follow the first-in-first-out principle and storage instructions after purchase.

Proper storage condition is essential in minimising food spoilage. For food items to be kept at room temperature such as canned food, cereals and potatoes, they should be stored in a cool and dry place. Perishable food should be stored in the refrigerator at 4°C or below or freezer at -18°C or below. To keep the refrigerator running efficiently, allow some space for proper circulation of cold air inside the refrigerator. Otherwise, overcrowding the refrigerator will render cooling ineffective, which may cause food spoilage and food safety concern. Store cooked/ready-to-eat food and raw food separately, e.g. reserving the top shelf of the refrigerator for cooked/ready-to-eat food, to prevent cross-contamination.



風險傳達工作一覽（二零二二年二月）

Summary of Risk Communication Work (February 2022)

事故/ 食物安全個案 Incidents/ Food Safety Cases: 155	公眾查詢 Public Enquiries: 91	業界查詢 Trade Enquiries: 115	食物投訴 Food Complaints: 170	給業界的快速警報 Rapid Alerts to Trade: 2
給消費者的食物警報 Food Alerts to Consumers: 1	懷疑食物中毒個案通報 Suspected Food Poisoning Alerts: 0	教育研討會/ 演講/ 講座/ 輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 19	上傳到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 17	