食物安全焦點
Food Safety Focus

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Centre for Food Safety

食物環境衞生署
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食物安全中心風險管理組
林嘉潤醫生報告

Reported by Dr. Ka-yun LAM, Medical & Health Officer, Risk Management Section, Centre for Food Safety

大型體育盛事匯聚眾多參與者，包括運動員、工作人員和觀眾，可能會增加傳染病（包括食源性疾病）傳播的潛在風險。早前舉行的第十五屆全國運動會（全運會）吸引了數以千計的參加者和數百名傳媒代表雲集香港。食物環境衞生署（食環署）高度重視這項盛事，並致力確保賽事期間的食物安全。為此，食環署實施了一系列預備措施，包括設立管治架構、制訂全面的《食物安全準備及應變計劃》、設立部門緊急協調中心、進行食物安全應變演習、評估餐單、為相關食物處理人員及員工舉辦食物安全講座、加強食物監測，以及巡查相關食肆。

跨專業管治架構

食環署成立了跨專業的食物安全督導委員會，並由食物安全工作小組支援，以規劃及落實相關措施，維護全運會的食物安全。該跨專業團隊成員包括公共衞生專業人員、衞生督察、化驗師、科學主任，以及具備食物安全重點控制（HACCP）專業知識的人員。

食環署《食物安全準備及應變計劃》及部門緊急協調中心

食環署制訂了《食物安全準備及應變計劃》，旨在確保全運會期間的食物安全，並有效預防及控制潛在的食物事故。根據該應變計劃，食環署設立了部門緊急協調中心，作為資訊樞紐，負責收集、分析和向相關持份者發放食物安全資訊。該中心亦作為聯絡點，適時與各政府機構協調。緊急協調中心在整個賽事期間運作，每日整合與賽事相關的食物安全匯報。

「迎月」演習

為加強部門在全運會期間處理潛在食物安全突發事故的協調和應變能力，食環署舉行了代號「迎月」的食物安全應變演習。演習模擬賽事期間涉及相關人員的食物投訴及中毒個案。接獲報告後，食環署隨即按照《食物安全準備及應變計劃》全面啟動部門緊急協調中心、到涉事食肆進行調查，並實施控制措施以保障食物安全。演習測試了緊急協調中心的運作機制及其跨部門溝通能力。約30名來自食環署、環境及生態局及全國運動會香港賽區統籌辦公室的人員參與了是次演習。

Mass sports events bring together a large number of participants, such as athletes, staff and spectators, leading to potential risks for transmission of infectious diseases, including foodborne illnesses. The recently held 15th National Games attracted thousands of participants and hundreds of media representatives in Hong Kong. The Food and Environmental Hygiene Department (FEHD) attached great importance to this landmark event with a view to ensuring food safety throughout the Games. To this end, the FEHD implemented a series of preparatory measures. These included the setting up of a governance structure, formulation of a comprehensive Food Safety Preparedness and Response Plan, establishing a Departmental Emergency Coordinating Centre (DECC), conducting a food safety response drill, carrying out menu assessment, organising food safety seminars for related food handlers and personnel, enhancing food surveillance and conducting inspections of related food premises.

Multi-disciplinary governance structure

The FEHD set up a multi-disciplinary Steering Committee on Food Safety, supported by the Food Safety Working Group to plan for and implement relevant measures to uphold food safety for the National Games. The multi-disciplinary team included public health professionals, health inspectors, chemists, scientific officers and officers with expertise in the field of Hazard Analysis and Critical Control Points (HACCP).

FEHD Food Safety Preparedness and Response Plan and the Departmental Emergency Coordinating Centre

The FEHD formulated the Food Safety Preparedness and Response Plan with an aim to ensure food safety during the event and effectively prevent and control potential food incidents. As outlined in the Plan, the FEHD established the DECC, which was the information hub responsible for collecting, analysing and disseminating food safety information to relevant stakeholders. It served as the liaison point for coordination with government agencies in a timely manner. The DECC operated throughout the entire event period and collated returns on event-related food safety issues on a daily basis.

Exercise "Moon Greeting"

To enhance the coordination and preparedness of the department in handling potential food safety emergencies during the events, a food safety response drill, codenamed "Moon Greeting", was conducted. The drill simulated a food complaint and poisoning case involving related personnel during the Games. Upon receiving the report, the FEHD fully activated the DECC in accordance with the Food Safety Preparedness and Response Plan, conducted investigations at the relevant food premises and implemented control measures to safeguard food safety. The drill tested the operating mechanisms of the DECC and its inter-departmental communication capabilities. Some 30 officers from the FEHD, the Environment and Ecology Bureau and the National Games Coordination Office (Hong Kong) participated in the exercise.

製作組：陳蓉蓉女士、游天頌先生、張紫嵐女士 Production Team: Ms. Melva CHEN, Mr. Arthur YAU, Ms. Lavender CHEUNG

制訂安全餐單及舉辦食物安全培訓簡報會和研討會

為識別、評估和控制潛在的食物安全危害，食環署從食物安全角度評估了相關酒店及食肆的餐單，並提供建議。除向相關酒店及食肆提供了一般建議外，署方亦從微生物及化學角度就餐單提出具體建議，以減低食物中毒風險。

圖：食環署於2025年10月3日舉行代號「迎月」的食物安全事故應變演習，以提升署方在第十五屆全國運動會和全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會期間，處理突發食物安全事件的協調及應變能力。圖示參與演習的人員

Photo: The FEHD conducted a food safety response drill on 3 October 2025, codenamed "Moon Greeting", to enhance the department's co-ordination and preparedness in handling potential food safety emergencies during the 15th National Games, the 12th National Games for Persons with Disabilities and the 9th National Special Olympic Games. Photo shows the staff members participating in the drill.

除了就餐單提供建議外，食環署亦為負責各項賽事餐飲服務的人員舉辦食物安全培訓簡報會和研討會，內容涵蓋食物中毒的預防及控制、食物安全建議和良好衞生規範。食環署共舉辦了八場食物安全簡介會和研討會，吸引逾200名食物處理人員和管理人員參加。

加強食物監測及進行巡查

此外，食環署亦針對全運會加強監測工作，從相關食物承辦商及供應商抽取樣本進行化學及微生物檢測，以評估相關餐飲處所生產的食物是否安全，並在發現任何問題或風險時迅速實施補救措施。食環署共收集了760個樣本進行檢測，全部樣本均通過測試。

同時，食環署亦巡查了與全運會相關的酒店、指定送餐服務承辦商、比賽場館內的食肆，以及場館附近的持牌食肆。這些行動有助確保相關食肆符合食物安全標準及遵守良好衞生規範。

總結

憑藉各方的共同努力，全運會最終達致「食物安全零事故」。籌備這項盛事的過程亦提供了寶貴經驗，有助我們繼續加強未來對大型活動的應變能力。

Developing safe menus and conducting capacity-building food safety briefings and seminars

To identify, evaluate and control potential food safety hazards, the FEHD assessed and provided advice from a food safety perspective on the menus of related hotels and food premises. General advice, as well as specific advice from microbiological and chemical perspectives on the menus, was provided to related hotels and food premises to mitigate the risk of food poisoning.

Apart from providing advice on the menus, the FEHD also held capacity-building food safety briefings and seminars for event-specific catering service personnel. The content covered food poisoning prevention and control, food safety advice and good hygiene practice. A total of eight food safety briefings and seminars were held, with more than 200 food handlers and managers participating.

Enhancing food surveillance and conducting inspections

In addition, the FEHD enhanced surveillance for the event by collecting samples from relevant food caterers and suppliers for chemical and microbiological testing, so as to assess the safety of food produced by participating catering establishments and implement prompt remedial measures if any issues or risks were identified. There were a total of 760 samples collected for testing and no unsatisfactory result was recorded.

Furthermore, the FEHD also conducted inspections at event-related hotels, designated food delivery services caterers, food premises within the competition venues and licensed food premises near the competition venues for the events. These operations contributed to safeguarding the food safety standard and compliance with good hygiene practices of related food premises.

Conclusion

Through these concerted efforts from all relevant parties, there was eventually "zero food safety incident" for the event. The preparation for this significant event also provided invaluable experience to continue to enhance our preparedness for future mass events.

減少食物中的黃曲霉毒素污染

Reducing Aflatoxin Contamination in Foods

食物安全中心風險評估組
科學主任林漢基博士報告

Reported by Dr. John LUM, Scientific Officer,
Risk Assessment Section, Centre for Food Safety

食物安全中心（食安中心）於2025年11月發布新聞公告，指一款預先包裝開心果醬懷疑受黃曲霉毒素污染。黃曲霉毒素屬於霉菌毒素（由霉菌自然產生的有毒物質），可對人類健康構成風險。攝入大劑量的黃曲霉毒素可引致急性中毒，而長期進食受污染的食物則可導致肝癌。本文將討論減少和預防食物受黃曲霉毒素污染的各種措施。

什麼是黃曲霉毒素？為何會存在於食物中？

在已識別的各類黃曲霉毒素中，黃曲霉毒素B1、B2、G1和G2對人體健康的影響最備受關注。這些毒素由黃曲霉菌和寄生曲霉菌等特定霉菌產生。在適當的溫度（高於攝氏10度）和濕度（相對濕度高於70%）環境下，這些霉菌便會生長並產生黃曲霉毒素。較常受黃曲霉毒素污染的食物包括穀物、油籽、香料和木本堅果。此外，動物若食用受污染的飼料，其乳汁中亦可能含有黃曲霉毒素M1和M2。

In November 2025, the Centre for Food Safety (CFS) issued a press release regarding a prepackaged pistachio paste suspected to be contaminated with aflatoxins. Aflatoxins are mycotoxins (toxic substances naturally produced by moulds) that can pose health risks to humans. Ingesting large doses of aflatoxins can result in acute poisoning, while long-term consumption of food contaminated with aflatoxins can cause liver cancer. In this article, various practices used to reduce and prevent aflatoxin contamination in food will be discussed.

What are aflatoxins and why are they found in food?

Among different types of aflatoxins identified, aflatoxins B1, B2, G1 and G2 are of particular health concern in humans, and are produced by certain moulds, including *Aspergillus flavus* and *Aspergillus parasiticus*. Under certain temperature (>10 °C) and humidity (relative humidity >70%) conditions, these moulds can grow and produce aflatoxins. Foods that are more frequently contaminated by aflatoxins include cereals, oilseeds, spices and tree nuts. Aflatoxins M1 and M2 can also be found in the milk of animals that are fed with contaminated feed.

如何減少食物中的黃曲霉毒素污染？

黃曲霉毒素污染可在食物生產的各個階段發生，包括農作物在農田生長期間、收穫後處理和貯存期間。因此，必須採取涵蓋整個食物生產鏈的綜合控制措施，方能有效預防污染。

產生黃曲霉毒素的霉菌無法在妥善乾燥及貯存的食物中生長。因此，讓食物有效乾燥並透過適當貯存保持乾燥狀態，是預防黃曲霉毒素污染最有效的方法。其他減少污染的重要措施如下：

收穫前

在農作物生長期間，控制黃曲霉毒素污染的方法是盡量減少蟲害，因為害蟲侵襲農作物會使其更容易受到霉菌感染及黃曲霉毒素污染。因此，選用能抵抗蟲害及霉菌感染的農作物品種至關重要。此外，應採用有效的害蟲管理系統，盡量減少農田間的害蟲。

收穫後

收穫後，應避免損壞農作物，以免產生黃曲霉毒素的霉菌入侵。農作物在收穫後應進行適當清潔及乾燥，並在設有溫度和濕度控制的倉庫內，於合適條件下貯存。

總括而言，食物生產者在收穫前應採用良好農業規範。而在收穫後處理、加工、貯存和分發供人食用的食物時，實施良好生產規範及良好貯存規範亦同樣關鍵。

消費者如何減少攝入黃曲霉毒素？

消費者應從可靠的來源購買食物，並將食物存放在陰涼乾燥的地方。此外，食物不應存放過久，若發現食物發霉或損壞便應棄掉。最後，保持均衡及多元化的飲食，可避免因長期食用某幾類食物而攝入過量污染物（包括黃曲霉毒素）。

本港對食物中黃曲霉毒素的規管

在香港，《食物內有害物質規例》（第132AF章）(《規例》)訂明食物中黃曲霉毒素的法定限量。《規例》參考了食品法典委員會的標準，為較易受黃曲霉毒素污染的特定木本堅果、花生和乾果訂定黃曲霉毒素的最高限量。食安中心亦編製了《預防及減少花生受黃曲霉毒素污染的業界指引》，為業界提供相關建議。

國際組織在減少食物中黃曲霉毒素方面的工作

食物受黃曲霉毒素污染是全球關注的問題。世界衛生組織與聯合國糧食及農業組織合作，評估受黃曲霉毒素污染食物的風險並建議控制措施。食品法典委員會已就食物中的黃曲霉毒素訂定食物安全標準，並發布了多份有關預防及減少木本堅果、花生和無花果乾等食物受黃曲霉毒素污染的作業守則。

注意事項

- 黃曲霉毒素污染可在整個食物生產鏈中發生，需採取綜合控制措施方可有效預防。
- 一般而言，讓食物有效乾燥並透過妥善貯存保持乾燥狀態是預防黃曲霉毒素污染最有效的措施。
- 香港參考食品法典委員會標準，已為多種食物訂定黃曲霉毒素的法定限量。食安中心亦已發布相關指引，協助業界預防黃曲霉毒素污染。

What can be done to reduce aflatoxin contamination in foods?

Aflatoxin contamination can occur during various stages of food production, i.e. crops growing in the field, during post-harvest operations and in storage. Therefore, an integrated control approach covering the whole chain of food production is necessary to prevent aflatoxin contamination effectively.

Aflatoxin-producing moulds cannot grow in properly dried and stored foods. Therefore, efficient drying of food and maintenance of the dry state through proper storage are the most effective measures against aflatoxin contamination. Other important practices that are effective in reducing aflatoxin contamination are further discussed below.

Pre-harvest stage

Control of aflatoxin contamination during crop growth in the field is achieved by minimising insect infestation, since pests could attack crops and make them more susceptible to mould infection and aflatoxin contamination. As such, it is important to use crop varieties that are resistant to insect and mould infections. Moreover, the presence of pests in the growing field should be minimised by adopting an effective pest management system.

Post-harvest stage

During the post-harvest stage, damage to crops should be avoided since this can lead to invasion by aflatoxin-producing moulds. After harvesting, crops should be properly cleaned, dried and stored under optimised conditions in a warehouse equipped with temperature and humidity controls.

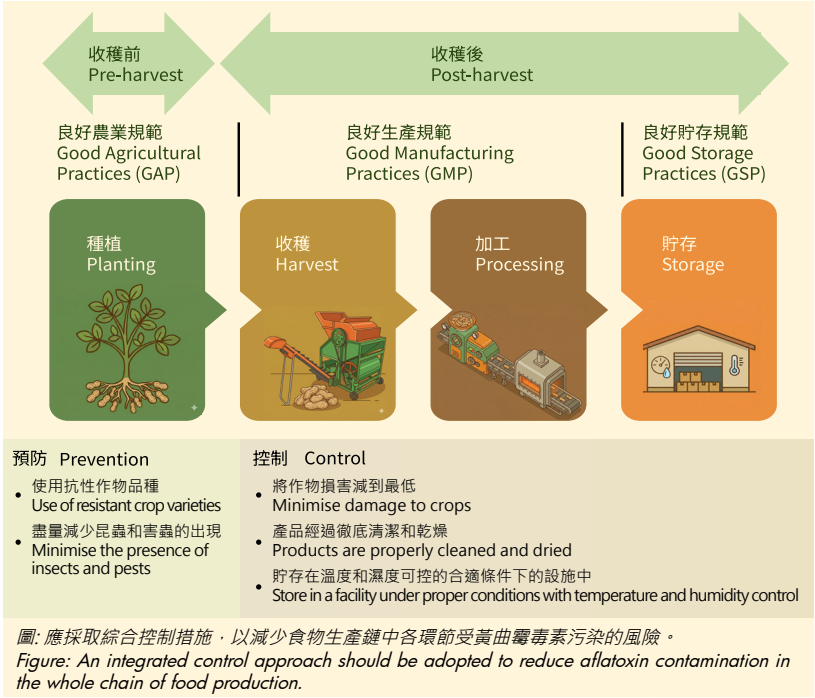

圖: 應採取綜合控制措施，以減少食物生產鏈中各環節受黃曲霉毒素污染的風險。
Figure: An integrated control approach should be adopted to reduce aflatoxin contamination in the whole chain of food production.

To sum up, it is important for food producers to adopt Good Agricultural Practices (GAP) during the pre-harvest stage. During the post-harvest stage, it is critical to implement Good Manufacturing Practices (GMP) and Good Storage Practices (GSP) during the handling, processing, storage and distribution of these foods for human consumption.

How can consumers reduce their exposure to aflatoxins?

Food should be purchased from reliable sources and stored properly in a cool and dry place. Moreover, food should not be stored for extended periods of time, and mouldy or damaged food should be discarded. Lastly, maintaining a balanced and varied diet can avoid excessive exposure to contaminants including aflatoxins from a small range of food items.

Regulation of aflatoxins in food in Hong Kong

In Hong Kong, regulatory limits for aflatoxins in food are stipulated in The Harmful Substances in Food Regulations (Cap. 132AF). The maximum limits of aflatoxins in certain tree nuts, peanuts and dried fruit which are more susceptible to aflatoxin contamination have been established, by making reference to Codex Alimentarius Commission (Codex) standards. The CFS has also issued a set of Guidance for Trade on the Prevention and Reduction of Aflatoxin Contamination in Peanuts to provide guidance for the food trade to prevent and reduce aflatoxin contamination.

Efforts of international organisations to reduce aflatoxins in foods

Aflatoxin contamination of food is of global concern. The World Health Organization, in collaboration with the Food and Agriculture Organization, has assessed the risks of aflatoxin contaminated foods and recommended measures to control the contamination. Codex has established food safety standards for aflatoxins in food and issued various Codes of Practice for the prevention and reduction of aflatoxin contamination in various foods, such as tree nuts, peanuts and dried figs.

Key Points to Note

- Aflatoxin contamination can occur throughout the whole chain of food production and an integrated control approach is necessary to prevent contamination effectively.
- In general, efficient drying of food commodities and maintenance of the dry state through proper storage is the most effective measure to prevent aflatoxin contamination.
- By making reference to Codex, Hong Kong has established regulatory limits for aflatoxins in various foods. The CFS has also issued trade guidelines to prevent aflatoxin contamination.

食物安全研討會2025 — 加強與業界溝通

Food Safety Seminar for Trade 2025 - Strengthening Dialogue with Industry

食物安全中心（食安中心）於2025年12月4日舉辦「食物安全研討會2025」，這是政府與食物業界兩年一度的互動論壇。是次活動邀請了新加坡食品局國家食品科學中心署長陳淑嫻副教授出席，就食物中的霉菌毒素分享專業見解。

研討會重點介紹了有關預製菜、冰凍甜點、街頭小食店和供應生蠔的指引，並概述了針對金屬雜質、蒟蒻果凍和預先包裝食物標籤規定的規管要求。此外，研討會亦向參加者簡介最近推出的貿易便利措施，例如香港製輸內地肉製品及乳品推薦食品生產商註冊，以及食物貿易商入門網站。

研討會吸引了超過120名來自食物業界、化驗所及相關商會的代表出席，講者與參加者互動氣氛熱烈。研討會的簡報資料及內容已上載至食安中心網頁。我們期待在下次研討會再次與各參加者和持份者見面。

On 4 December 2025, the Centre for Food Safety (CFS) hosted the Food Safety Seminar for Trade 2025, a biennial interactive forum for government and the food trade. The event featured Associate Professor Joanne Chan, Centre Director of the National Centre for Food Science, Singapore Food Agency, who shared expert insights on mycotoxins in food.

The seminar highlighted guidelines for prepared dishes, frozen confections, street food stalls and the serving of raw oysters. It also outlined regulatory requirements on metallic contaminants, jelly confectionery containing konjac and labelling requirements of prepackaged food. In addition, participants were briefed on recently introduced trade facilitation measures such as manufacturer registration for Hong Kong-manufactured meat and dairy products importing to the Mainland and the Food Trader Portal.

The seminar, with active interactions between speakers and attendees, attracted over 120 participants from the food industry, testing laboratories, and relevant trade associations. Presentation materials and proceedings are available on the CFS's website. We look forward to meeting participants and stakeholders again at the next seminar.

燒味與食物安全

Siu Mei and Food Safety

燒味這種廣受歡迎的廣東燒烤菜式，偶爾會涉及由沙門氏菌和金黃葡萄球菌引起的食物中毒個案。沙門氏菌存在於動物腸道內，可污染生肉，並透過生熟食物之間的交叉污染傳播。金黃葡萄球菌存在於人體的皮膚和頭髮上，若食物處理人員在烹煮後處理食物的過程中未有保持良好衞生，該菌便可經由雙手污染食物。燒味長時間在室溫下陳列，並在烹煮後經多重人手處理，會進一步增加微生物滋生的風險。

為減低交叉污染風險，應在指定的工作範圍分開處理生熟食物。運送車輛必須保持清潔，且不應同時用作運送生食或化學品。小心規劃生產，避免過量製作，以縮短食物在室溫下的存放時間。遵從食物安全中心的指引，包括就室溫陳列應用「二小時 / 四小時」原則，有助確保所供應的燒味既新鮮又安全。

Siu mei, the popular Cantonese roast meat dishes, has occasionally been associated with food poisoning outbreaks involving *Salmonella* and *Staphylococcus aureus*. *Salmonella* found in animal intestines may contaminate raw meat and spread through cross-contamination between raw and cooked food. *Staphylococcus aureus* present on human skin and hair can contaminate food through food handlers' hands, particularly when hygiene is not properly maintained during post-cooking processes. Extended display of siu mei at room temperature and extensive post-cooking manual handling can further increase the risk of microbiological growth.

To reduce cross-contamination risks, use designated working areas for raw and cooked food. Transport vehicles should be clean and not used at the same time for transportation of raw food or chemicals. Plan production carefully to prevent over-production and minimise storage time at room temperature. Adhering to the CFS guidelines, including the "2-hour / 4-hour" rule for room temperature display, helps to ensure that siu mei is served fresh and safe.

風險傳達工作一覽（二零二五年十二月）

Summary of Risk Communication Work (December 2025)

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