
Seasonal Food Surveillance on Rice Dumplings

Centre for Food Safety

Food and Environmental Hygiene Department

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Background

- Rice dumpling is a popular festive food for the Tuen Ng Festival every year.
- The Centre for Food Safety recently conducted a seasonal food surveillance project on rice dumplings. The objective was to provide information on the safety of rice dumplings to consumers and the trade in a timely manner.



Types of test

- Testing of 100 samples have been completed:
 - Chemical analysis
 - colouring matters (e.g. sudan dyes, red 2G)
 - preservatives (e.g. boric acid, salicylic acid and benzoic acid)
 - metallic contamination (e.g. lead, arsenic, cadmium, mercury, copper)
 - pesticides (e.g. methamidophos and DDT)
 - Microbiological analysis (e.g. *Salmonella*, *Staphylococcus aureus* and *Bacillus cereus*)

Overall result

- All the samples were satisfactory.



Advice for the trade

- Food manufacturers should purchase food ingredients from reliable suppliers.
- The trade should adhere to Good Manufacturing Practice (GMP) for manufacturing food products, and comply with and the legal requirements when using food additives.

Advice for consumers

- Observe the "Five Keys to Food Safety" in purchasing, storing, preparing and cooking rice dumplings :
 - Choose
 - Buy rice dumplings from reliable retail outlets.
 - Pay attention to the hygienic conditions of the premises where rice dumplings are sold and the storage temperature to ensure good quality.
 - Keep clean
 - Wash hands thoroughly with liquid soap and running water before consumption and dry them with a dry towel or paper towel.

Advice for consumers (Cont'd)

- ❑ **Separate raw and cooked food**
 - Cooked but unconsumed rice dumplings should be kept in a covered container and put in the upper compartment of the refrigerator after cooled. Raw food should be kept in the lower compartment to prevent cross-contamination.

- ❑ **Cook thoroughly**
 - Reheat rice dumplings thoroughly until the core temperature reaches 75 degrees Celsius or above before consumption.
 - Opened rice dumplings should be discarded if they have been kept under room temperature for over two hours.
 - Do not reheat leftover rice dumplings more than once .

Advice for consumers (Cont'd)

- **Safe temperature**
 - Rice dumplings should be stored at 4°C or below, or follow the instructions on the package and store them properly.

- Maintain a balanced diet and avoid eating too many rice dumplings during the festive period.