

Seasonal Food Surveillance on Microbiological Quality of Poon Choi

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Introduction

■ Background

- “Poon choi” are popular food for the Winter Solstice Festival. There had been previous cases of bacterial food poisoning outbreaks associated with this food.
- Therefore, the Centre for Food Safety recently conducted a seasonal food surveillance project on “poon choi” to assess its microbiological quality.

Types of test item

- 15 samples were collected from food factories, restaurants and cooked food stall for testing of food poisoning organisms including:
 - ❑ *Bacillus cereus*,
 - ❑ *Clostridium perfringens*
 - ❑ *Salmonella* spp.
 - ❑ *Staphylococcus aureus*
 - ❑ *Vibrio parahaemolyticus*

Overall results

- All samples were satisfactory.

Advice for food trade

- Cook all ingredients thoroughly.
- Avoid preparing food in excessive amounts or too far in advance.
- Cover foods properly and store raw and cooked foods separately.
- Keep poon Choi at appropriate temperatures (4°C or below; above 60°C) during storage and transport, and deliver to destination as soon as possible.

Advice for consumers

- Order poon choi from licensed and reliable supplier.
- Consume as soon as possible. Do not keep it under room temperature for more than 2 hours.
- Reheat thoroughly before consumption.
- If there is abnormal taste or smell, stop consumption immediately.
- Maintain a balanced diet to minimize risk and to avoid eating too much food with high energy, sugar, fat and/ or cholesterol.