
Seasonal Food Surveillance on Rice Dumplings

Centre for Food Safety

Food and Environmental Hygiene Department

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Introduction

■ Background

- Rice dumpling is a seasonal food for Tuen Ng Festival.
- The Centre for Food Safety recently conducted a seasonal food surveillance project on rice dumpling.

■ Objective

- To provide food safety information on rice dumplings to consumers and the trade in a timely manner.

Types of test

- **Testing of 80 samples has been completed :**
 - Chemical analysis
 - colouring matters (e.g. Sudan dyes, tartrazine)
 - preservatives (e.g. boric acid, salicylic acid and benzoic acid)
 - Metallic contamination (e.g. arsenic, cadmium, mercury)
 - 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 trade

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



Advice for consumers

- **Follow the Five Keys to Food Safety to prevent foodborne diseases:**
 - ❑ Buy rice dumplings from reliable retail outlets.
 - ❑ Rice dumplings should be stored at 4°C or below, or follow the instructions on the package and store them properly.
 - ❑ Cooked rice dumplings should be kept in a covered container and kept in the upper compartment of the refrigerator and raw food in the lower compartment to prevent cross-contamination.
 - ❑ Reheat rice dumplings thoroughly until its centre temperature reaches at or above 75 °C before consumption. Discard all leftover rice dumplings if they have been left at room temperature for more than two hours. Do not reheat leftover rice dumplings more than once.
 - ❑ Before eating, wash hands thoroughly with liquid soap and running water and dry them with a dry towel or paper towel.

Advice for consumers

- Eat rice dumplings moderately and maintain a balanced diet.