
Seasonal Food Surveillance on Rice Dumplings

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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)
 - heavy metals (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 found to be 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 and do not patronise illegal hawkers.
 - ❑ Rice dumplings should be stored at four degrees Celsius 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 degrees Celsius 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 warm water for at least 20 seconds and dry them with a dry towel or paper towel.

Advice for consumers

- Eat rice dumplings moderately and maintain a balanced diet with at least two servings of fruits and three servings of vegetables a day.