



## **Latest issue of E-News (17/2/2022)**

### **(1) Home Cooking at the Time of a Pandemic**

In order to practise social distancing in order to reduce the spread of COVID-19, people are doing more home cooking instead of dining out these days. This article highlights the important points for home cooking to ensure food safety, especially at the time of a pandemic.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_165\\_02.html](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_165_02.html)

### **(2) Metallic Contaminants: An Overview**

Metals are natural components of the earth's crust and ubiquitous in the environment. The risk associated with the consumption of food containing metallic contaminants would depend on their level present in the food, the amount of contaminated food that is consumed as well as the duration of exposure.

To protect public health, levels of metallic contaminants in food should be as low as reasonably achievable (ALARA) through best practice such as Good Agricultural Practice (GAP) and Good Manufacturing Practice (GMP). The consumers should maintain a balanced diet so as to avoid excessive exposure to metallic contaminants from a small range of food items.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_131\\_02.html](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_131_02.html)

### **(3) Online Shopping of High-risk Foods**

Online food shopping has become a common practice these days. When purchasing food online, consumers should pay particular attention to the nature of foods because certain high-risk food items are known to be associated with food poisoning outbreaks.

Public needs to be more discerning when ordering high-risk foods online. The public is advised to pay attention to the nature and potential risks associated with the food items that they intend to purchase online.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/whatsnew/whatsnew\\_fst/whatsnew\\_fst Online Shopping of High risk Foods.html](https://www.cfs.gov.hk/english/whatsnew/whatsnew_fst/whatsnew_fst Online Shopping of High risk Foods.html)

**(4) Update on Guidelines on the Harmful Substances in Food (Amendment) Regulation 2021**

The Centre for Food Safety (CFS) has updated the Guidelines on the Harmful Substances in Food (Amendment) Regulation 2021 (the Guidelines) issued in 2021, in accordance with the latest information from the European Union (EU) on estimating industrially produced trans fatty acids (IP-TFAs) in food.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/whatsnew/whatsnew\\_fstr/whatsnew\\_fstr\\_Food\\_Regulations\\_Harmful\\_Substances.html](https://www.cfs.gov.hk/english/whatsnew/whatsnew_fstr/whatsnew_fstr_Food_Regulations_Harmful_Substances.html)

**(5) Food Safety Report for December 2021 and Summary of Food Surveillance Programme for 2021**

To deliver the latest food safety information timely to the public, the Centre for food Safety (CFS) announces the monthly “Food Safety Report”, sharing the food surveillance results. Concluding the food surveillance programme for 2021, apart from routine food surveillance, the CFS also conducted a number of targeted, seasonal and popular food surveillance projects.

For related press release, please browse the following website:

[https://www.cfs.gov.hk/english/press/20220131\\_9209.html](https://www.cfs.gov.hk/english/press/20220131_9209.html)

Centre for Food Safety  
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