



Latest issue of E-News (1/9/2022):

(1) Preserve Food by Freezing – And How to Handle Frozen Food Safely?

Freezing extends the shelf life of food as storing food at -18 °C can inactivate enzymes and microorganisms including bacteria, yeasts and moulds in food. By freezing, the water in food turns into ice crystals and becomes unavailable to microorganisms that need it to grow. Parasites like *Trichina* can also be destroyed at freezing temperatures. However, freezing does not kill bacteria and viruses, and viruses like norovirus remain infectious even at freezing temperatures. Besides, any microorganisms present can also become active again when the food is defrosted.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_190_02.html

(2) Slow Cooking and Food Safety

Sous vide is a French term meaning "under vacuum". As a culinary term, it refers to a method of cooking under vacuum in sealed plastic pouches at exact temperatures (generally in the range of 47°C - 88°C; often done in a water bath to control the temperatures) for a relatively long period of time. Slow cooker is an electrical appliance which is designed to cook food at lower temperatures for several hours.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_94_02.html

(3) Food Safety and Flooding

Flooding poses a potential food safety concern. Foods may be inundated in floodwater contaminated with sewage that can carry disease-causing microorganisms such as *E. coli*, *Salmonella*, hepatitis A virus and norovirus, as well as other contaminants. Dampened food is also susceptible to mould growth. Therefore, it is important to take proper precautions before and after a flood to ensure food safety.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_193_02.html#

(4) Food Safety Focus (193rd Issue, August 2022)

The latest issue of Food Safety Focus is now available. The topics include: ·

- Heat-stable Toxins from *Bacillus cereus* and *Staphylococcus aureus*: Why Cooked Food Should Not Be Left at Room Temperature for Too Long
- Food Safety and Flooding

- Sodium Content in Dim Sum in Hong Kong
- Contaminants in Cooking Oil – How to Interpret?

You are most welcome to read the publication at:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf.html

(5) CFS announces results of seasonal food surveillance on mooncakes (first phase)

The CFS announced that the test results of a seasonal food surveillance project on mooncakes (first phase). The results of 146 samples tested were all satisfactory.

Please visit the webpage for related press release:

https://www.cfs.gov.hk/english/press/20220822_9713.html

Centre for Food Safety
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