

# 安心 燒烤

Safely Have a  
Barbecue

Barbecue is a popular outdoor activity in the autumn months. However, there is an increased risk of foodborne disease as the raw food is not handled properly. It is important for the public to practise the **“Five Keys to Food Safety in ABCDE”** during an enjoyable barbecue so as to prevent foodborne disease effectively.





## Shop Smartly

- Buy food and other minor ingredients from reputable and hygienic shops. Before ordering food from shops which provide food delivery to the barbecue location, ask whether the food items would be kept in low-temperature through transport. It aims to avoid food spoilage by a rise in temperature;
- Check the appearance, packaging, expiry date and storage condition of food carefully. Chilled food should be kept below 5°C; also, frozen food is stored at or below -18°C, in which there is no ice crystals and without any signs of melting.

01



## Store Properly

- Keep fresh, chilled and frozen food products not intended for immediate consumption in a refrigerator. Wrap and keep raw and cooked food separately to avoid cross-contamination. Always store raw food below cooked food;
- For food products not requiring low-temperature storage, keep them in a cool and well-ventilated place away from direct sunlight. Cooked food should not be placed at room temperature more than 2 hours.

02



## Handle Carefully

- Always wash raw food, particularly seafood, thoroughly before preparation. Use two separate sets of utensils to handle cooked and raw foods to avoid cross-contamination;
- Thaw frozen food at the bottom shelf of refrigerator or under running water. The thawing should not exceed 2 hours, and never defrost frozen food at room temperature.

03



## Keep Clean

- Thoroughly clean the barbecue equipment and utensils (e.g. barbecue grill and barbecue forks) before grilling food;
- Always practise good personal hygiene and wash hands completely.

04

### Friendly Reminder:

- \* Maintain a balanced diet and eat a variety of fruits and vegetables.
- \* Do not eat too much grilled food because polycyclic aromatic hydrocarbons (PAHs) are formed in the food throughout the grilling process, especially in the charred parts which should be discarded.



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