

# 安心 享用中秋月餅

Enjoy Mooncakes Safely at  
Mid-Autumn Festival



The fifteenth day of the eighth month of the lunar calendar marks as the Mid-Autumn Festival. A variety of mooncakes are available on the market for celebrating this traditional Chinese festival. Aside from the ones made from traditional recipes, new flavours, like ice-cream mooncakes and snowy mooncakes, have gained popularity in recent years. Public should pay attention to the food safety advice for different types of mooncakes when making, buying and storing mooncakes to prevent foodborne diseases. We need to take the following tips while enjoying mooncakes with family and friends at the Mid-Autumn Festival.

#### Procurement advice

##### 1. Choose carefully

- Buy mooncakes from trustworthy shops;
- Make sure there are no mould and abnormal phenomena on the mooncakes, and the packaging is intact and undamaged;
- Pay attention to the expiry date. Do not purchase expired mooncakes.

##### 2. Safe temperature

- Pay special attention to the storage temperature for chilled and frozen mooncakes. Snowy mooncakes should be stored below 5°C, and ice-cream mooncakes at -18°C or lower;
- Keep traditional mooncakes in a cool dry place or in accordance with the instructions on food labels. Keep them refrigerated below 5°C after the packaging is opened;
- Consume all mooncakes promptly after purchase to prevent spoilage.

#### Production/Preparation advice

##### 1. Select raw materials

- Buy fresh raw materials in good hygiene conditions from reputable suppliers;
- Check whether raw materials are stored at proper temperatures;
- Check carefully the packaging of raw materials for having any signs of contamination or damage, and pay attention to their expiry dates.

##### 2. Handle properly

- Store raw materials and products separately to avoid cross contamination;
- Check the raw materials and discard those found to be spoiled or have abnormal sensory properties;
- Always observe good personal hygiene and wash hands thoroughly.



#### Friendly reminder:

- Snowy mooncakes must be stored below 5°C so it is necessary to put them in a thermal bag upon purchase;
- It is advisable not to overeat those mooncakes with relatively high in sugar and fats. We should maintain a balance diet while celebrating this festival.



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