

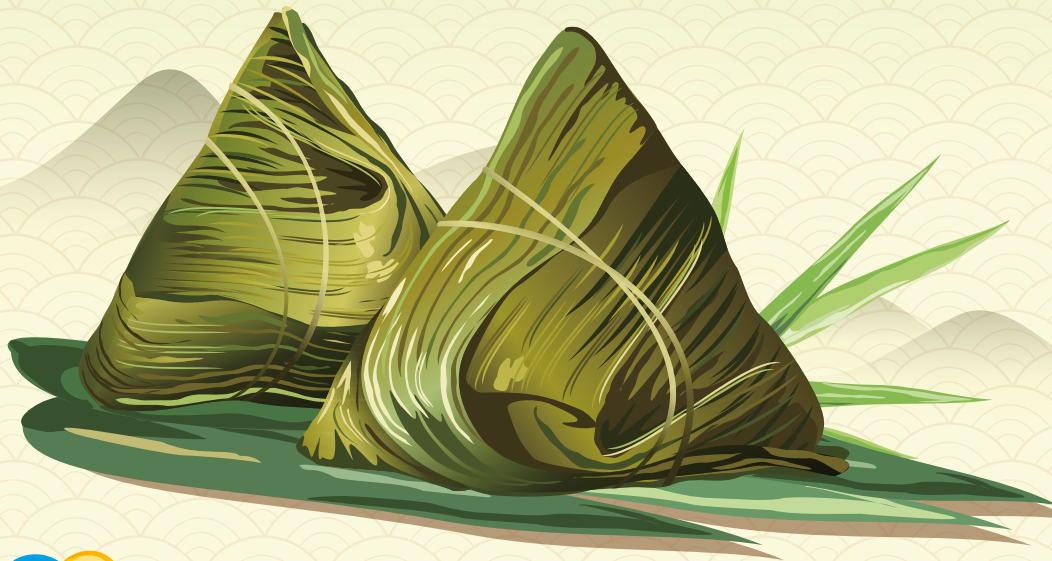


市政署
INSTITUTO PARA OS
ASSUNTOS MUNICIPAIS

安心 享用端午糉

Enjoy Zongzi Safely in
Dragon Boat Festival

As Dragon Boat Festival is forthcoming, zongzi (aka glutinous rice dumplings) in a variety of flavours are available on a market. If zongzi are handled improperly, these may be contaminated and unfit for human eating. In this respect of zongzi, general public should pay attention to the following food safety advice on purchase, preparation (including of homemade one) and consumption.



食安專線
Linha aberta sobre Segurança Alimentar · Food Safety Hotline
2833 8181

Advice on Purchase

1. Choose Carefully

- Buy zongzi from a good hygiene and reputable shops;
- Make sure the packaging be intact, undamaged and without any abnormal conditions.

2. Store Properly

- After purchase, eat zongzi as soon as possible to avoid spoilage;
- If the zongzi are not eaten immediately, these should be refrigerated below 5°C. Always store cooked food above raw food in a refrigerator.

Advice on Preparation

1. Buy Raw Food and Other Ingredients

- Reject food from unknown origin;
- Buy fresh food and other ingredients in a good hygiene;
- Do not choose the leafwraps with overly green or objectionable smell;
- Check food packages carefully without any signs of contamination or damage; also, pay attention to expiry date.

2. Handle Properly

- It is best to wash and soak the leafwraps thoroughly with water to remove the residues and impurities;
- Store raw food materials and final products separately to avoid cross-contamination;
- Check raw materials and discard those with spoiled or abnormal sensory properties;
- Always maintain good personal hygiene and wash hands thoroughly;
- After cooking, cool zongzi as quickly as possible and never store them at room temperature for a long time.

Advice on Consumption

- Always reheat the chilled and frozen zongzi until the core of internal temperature reaches 75°C or higher;
- Eat the reheated zongzi as soon as possible and never keep them at room temperature over 2 hours.



Five Tips of Zongzi

- * Buy food and other ingredients wisely and reject those of unknown sources;
- * Maintain a balanced diet by using the 'Food Pyramid' as a guidance;
- * Store raw food below cooked food to avoid cross-contamination;
- * Cook zongzi thoroughly and reheat until the core temperature reaches 75°C;
- * Maintain good personal hygiene and wash hands thoroughly.



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www.foodsafety.gov.mo



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