

Food Safety

is a shared responsibility

GermS can get into our food at any point in the food chain - from the time it is produced to the moment it is put on our table to eat.

All of us are part of this food chain. We handle and consume food in one way or another. As such, the assurance of food safety is a shared responsibility.

AVA is our food safety champion

As the national food safety authority, AVA regulates the safety of food, from production or point of import to just before they enter the retail chain.

It has put in place a comprehensive and integrated food safety system that includes accreditation of source farms, import control, inspection, sampling and analysis as well as source tracing to ensure that all food that comes into Singapore comply with our stringent food safety standards and requirements.

The role of the food industry

Food manufacturers, importers and distributors in Singapore have to maintain a high standard of food safety by complying with the stringent requirements of AVA.

Responsible food industry players also incorporate food safety assurance programmes and hygienic practices in their operations.

The role of consumers

As a consumer, you have direct control over the safety of the food you consume. You can practice food safety by learning of food safety risks and safe food practices to avoid these risks.

By taking appropriate actions, you can play a part in protecting your own well-being and the well-being of your family.



**TOGETHER,
LET'S KEEP
FOOD SAFE!**

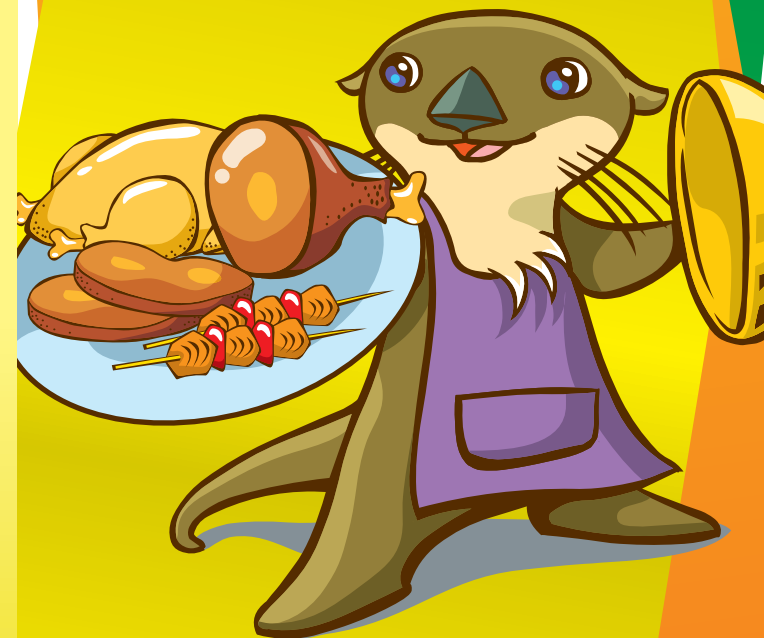


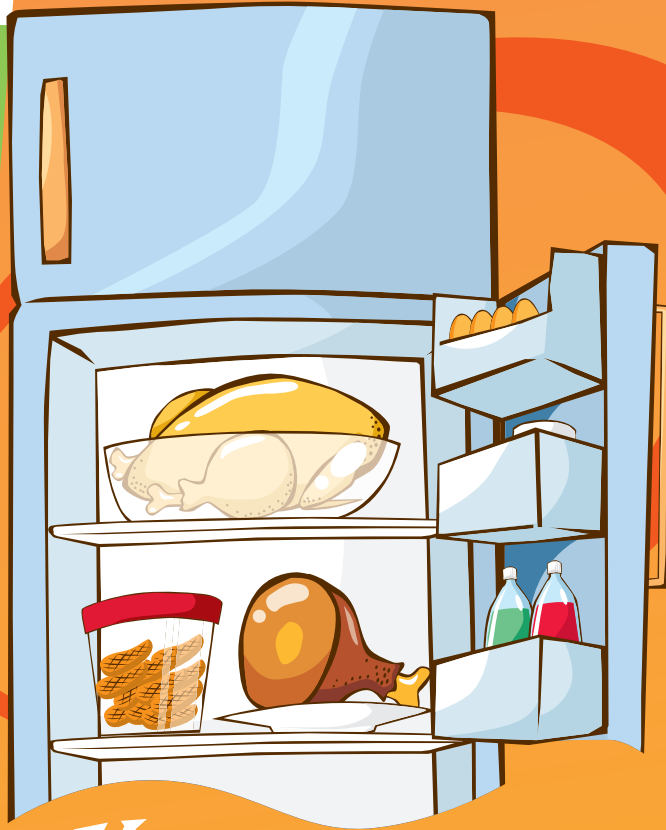
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MEAT





Keep Meat Safe!

Meat is a perishable food. When buying and handling meat, make sure that you keep the meat in a clean and cold condition until you are ready to cook it. Bacteria multiplies quickly if meat is placed in temperatures above 4°C. Refrigeration alone cannot guarantee a long shelf life of meat. Hygiene and packaging are very important as well.

The following tips will help you ensure that the meat you buy retains its quality and safety for consumption.



Buying meat

- Buy meat that looks fresh and has no sourish, stale or off odours.
- Only buy meat that has been stored under the proper refrigerated conditions.
- Choose meat that has no excessive moisture on the surface of the meat. Excessive moisture is an indication that the meat has not been handled or stored properly.
- Meat packages should not be torn or leaky.
- Buy in quantities that will meet your family's needs.
- Go home directly after buying meat so that it will not be left unrefrigerated for too long.



Handling meat

- Separate raw meat from cooked or ready-to-eat food to prevent cross-contamination.
- When handling meat, use separate cutting boards and utensils for raw meat and cooked food.
- After cutting raw meat, wash the cutting boards and utensils thoroughly with dish washing detergent and hot water.
- For frozen meat, thaw only the amount you need.
- Thaw frozen meat safely in the refrigerator or use the microwave oven.
- Chilled and thawed out meat should be placed in the refrigerator if not cooked immediately.
- Do not re-freeze meat that has been completely thawed out in the refrigerator, microwave oven or in cold water.
- Do not leave chilled or thawed out meat at room temperature for more than 2 hours as bacteria will multiply rapidly.



Storing meat

- Follow the recommended safe handling and storage information on the packages if any.
- Ensure that there is sufficient space in between items placed in the refrigerator or freezer so that cold air can circulate freely around them.
- Do not open the refrigerator or freezer doors often than necessary to avoid temperature fluctuation.
- If you need to freeze the meat, divide into portions based on your normal serving size.
- To avoid excessive evaporation, wrap the meat tightly in clean plastic bags before frozen storage.
- When storing or thawing meat in the refrigerator, place the meat in containers or trays to prevent the juices from contaminating other food.
- Prepared meat such as minced meat or meat cubes have a shorter storage time.
- Do not overstock your meat supply. Follow the rule of first in / first out, e.g. use older stock first.

Your Storage Guide for Meat

PRODUCT	REFRIGERATOR (4°C)	FREEZER (-18 °C)
Chilled Meat		
Bacon	5 - 7 days	1 - 2 months
Cooked Ham	3 - 4 days	1 - 2 months
Sausages	1 - 2 days	1 - 2 months
Beef / Veal	3 - 5 days	6 - 9 months
Lamb / Mutton	3 - 5 days	3 - 6 months
Pork	3 - 5 days	1 - 2 months
Poultry	1 - 2 days	1 - 3 months
Cooked Meatballs	3 - 4 days	1 - 2 months
Frozen Meat		
Sausages	1 - 2 days	1 - 2 months
Beef / Veal	3 - 5 days	4 - 12 months
Lamb / Mutton	3 - 5 days	6 - 9 months
Pork	3 - 5 days	4 - 6 months
Poultry	1 - 2 days	6 - 12 months
Meatballs		
– raw	1 - 2 days	1 - 2 months
– cooked	3 - 4 days	2 - 3 months