



Food Safety

INN Arrival Survival
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Handy tips for Food Safety

- **Be proactive** in keeping up to date with media reports – newspapers, TV, internet
- **Verify** that food scare reports come from a reliable source
- **Milk:**
 - Residents stick to the major dairies that are now highly regulated and regularly inspected
 - San Yuan Dairy is widely available and not expensive. Supplies whole, low fat and skim milk products as well as yogurts
 - Green Yard Organic Milk is a certified organic smaller boutique milk supplier. More expensive. Will deliver to your home
 - Wonder Milk is a private dairy producer. Not organic, but regarded as good quality. Makes home deliveries
 - UHT (Ultra-Heat-Treated milk, not fresh milk). Come in cartons from Australia, New Zealand, Europe or North America. The taste takes getting used to for most people

Handy tips for Food Safety

- **Fruit and vegetables:**
 - Wash and peel all fruit and vegetables that you would eat unpeeled e.g., apples, pears, carrots, cucumbers, turnips, etc. (residual pesticides)
 - Local farmers say that when you purchase fruit and vegetables, they should not look “perfect.” Ok for leafy green vegetables to have a few holes in them from bugs. This means the produce was not overly sprayed with insecticides or pesticides
- **Prevent Cross Contamination (transfer of bacteria from raw meats to uncooked foods):**
 - Wash vegetables well and keep meat purchases separate from produce (double bag the meats)
 - Refrigerate perishable foods within two hours after shopping
 - Wash your hands with soap and warm water for 20-seconds between handling produce and raw meat
 - Store meat below the produce in the fridge
- **Always cook meat thoroughly**
- **Buy organic where possible**
- **Use reputable butchers**
- **Buy imported foods (more expensive)**
- **Don't drink tap water**

Handy tips for Food Safety

- imported goods are more expensive: the turnover rate is low, not as fresh
- reports that organic food have its own problems, difficult to confirm whether the food is really organic, and again, may suffer from low turnover rates
- take local vegetarian produce especially during their peak seasons when they are found everywhere.
- fruit and vegetables : rinse, then soak in water added with baking soda or salt for up to one hour before washing to aid in ridding of more chemicals
- risk diversification for food : take both organic and non-organic, imported and local, do not rely on a single brand or supplier
- consume through a few sources for drinking water:
 - Install a high power filter for tap water, boil them thoroughly before taking.
 - Drink directly from the 5L big water bottles with the dispenser. (Call the companies direct for designated distributors when there is no service at your compound)
- Beijing has the most important people in China, chances of having problems would be lower compared with other Chinese cities
- food problems are not only happening in China, it is all over the world
- be relaxed and positive, exercise more and do not worry too much

Final Thoughts

- Government has placed a tremendous emphasis on food safety in recent years, by stepping up inspection and enforcement of food safety and processing regulations.
- However, there will be more and more reports of violations as inspections and enforcements are stepped up. So for consumers, we will be hearing of more reports while the governments continues to clean up and supervise the food manufacturing industry.

Final Thoughts

- Regarding meats, whether purchased at April Gourmet or Jenny Lou's or Schiller's or the French Butcher's, most of the meat sold at these shops is locally produced. Unless specifically stated that the products are imported from overseas, assume the meat is produced locally. Many shops source most of their meats locally, but some may use European methods to prepare the cuts or dry-age the meats.
- Regarding the bottled water, many use home delivery of the big 5-liter bottles that are used with a water dispenser. The Coca-Cola water brand, recently introduced by delivery companies, did not leave any limestone deposits after boiling, as did other brands (e.g., Robust, etc.). The limestone deposits are often seen in the bottom of the pot after boiling tap water.
- As a rule of thumb, boil all water, even the bottled water, before consuming. Give pets the same kind of water you drink (bottled or boiled, cooled, tap water).