

Recommended Checks According to Food Types

Prepacked food (less perishable)

Canned food, rice, flour, sugar, instant noodles, dry beans, jam and sauce.



Ensure that the food is sealed in its original packaging, has not passed its expiry date and is in good condition.



For shelf-stable food in cans, glass bottles or plastic containers, do not accept if item appears swollen or bulging, dented, rusty, leaking, has a defective seam or seal, cracked, chipped, or is suspected to have its integrity compromised.

Cooked/ Ready-to-Eat Food (perishable)

Cooked food: Fried rice

RTE food: Bentos, salads, sandwiches, cut fruits and chilled desserts



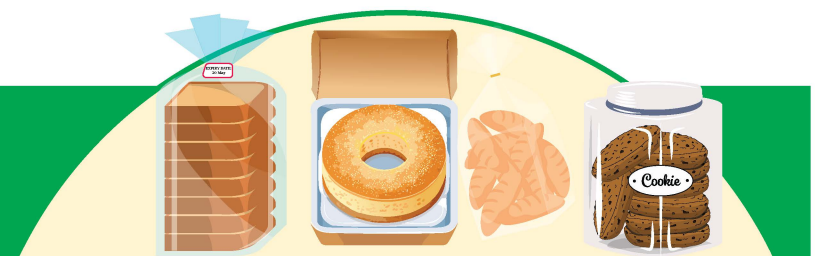
Maintain proper temperature control for cooked/RTE food and ensure it is promptly delivered to beneficiaries to be consumed immediately.



For cooked food that will not be consumed immediately, donors should inform recipients of the need to reheat cooked food thoroughly prior to consumption, at 75°C and above for at least two minutes to kill bacteria.

Baked food (perishable)

Baked food: Bread, cakes, pastries and cookies



Verify the date of production or expiry date.

Recommended Checks According to Food Types

Fresh fruits and vegetables (perishable)



Ensure that the food/product is generally clean and fresh.

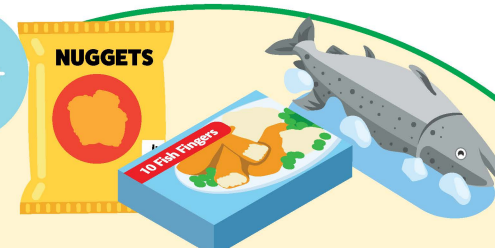


Potatoes that are green and/or sprouting should not be donated/accepted.



Chilled/Thawed fish and fish products; meat and meat products (perishable)

Raw fish and meat, chilled ham, marinated meat, chilled cooked shrimp

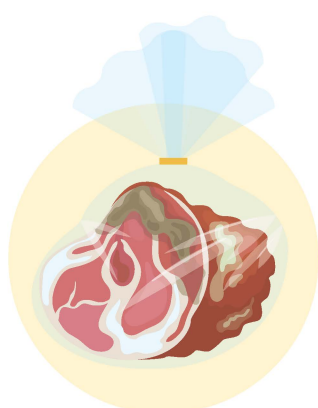
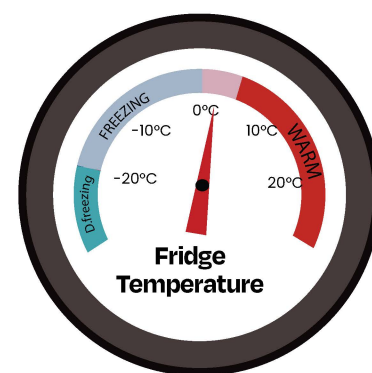


Frozen fish and fish products and; meat and meat products (perishable)

Raw fish and meat, nuggets, patty, breaded fish

Chilled/thawed meat and fish should be maintained at a core temperature of 4°C or below.

Frozen meat and fish should be maintained at a core temperature of -18°C or below.



Do not donate/accept if food/product appears mouldy, slimy, significantly discoloured, dried out, excessively wrinkled, gives off odd odours, or if there is a significant amount of drip* (for raw meat).

**A sign of meat quality deterioration and will result in proliferation of bacteria*