



FOOD ITEMS THAT INDIVIDUAL TRAVELLERS MAY BRING IN TO SINGAPORE

1 During the festive season, many people will be travelling overseas and may bring back with them eggs, meat, fish products, fresh fruits, fresh vegetables and processed food. As the national food safety authority, the Agri-Food and Veterinary Authority's (AVA) mission is to ensure a resilient supply of safe food, and safeguard the health of animals and plants for the well-being of both Singaporeans and our visitors.

2 As such, we care about the type of food and the amount that is brought into Singapore. We want to ensure that food safety standards are not compromised and food-borne diseases are kept under control. We seek to minimise any negative impact exotic pests and diseases can have on our plant, animal and human health, as well as the environment.

3 In this regard, we would like to seek the co-operation of travellers in adhering to the following guidelines on food imports.

Small amounts for personal consumption - no permit required

4 Under Singapore laws, a person is required to obtain a permit from AVA before importing food into the country. AVA however, recognises that travellers both from Singapore and overseas, may wish to bring certain food items for personal consumption when they travel. Therefore, travellers are exempted from a permit if they only bring in small quantities of food items meant strictly for personal consumption. Travellers must however, be aware of the risks associated with consuming such food items, which have not undergone checks by AVA.

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5 Travellers should also note that certain food items do not fall under this exemption. For example, poultry and eggs from Indonesia, Malaysia and Thailand are prohibited. Meat in all forms including bak kwa, from Malaysia and Thailand are also not allowed.

6 The food products and the amounts that can be brought into Singapore without a permit from AVA are indicated in the table below:

Product	Country from which the product may be imported	Personal Allowance <i>(Maximum amount which may be imported without a permit from AVA)</i>
Meat Items		
Beef (chilled, frozen, processed or canned)	Argentina, Australia, Brazil, New Zealand, South Africa, Sweden) A total of 5 kg per person of beef,) mutton, pork and poultry))
Mutton (chilled, frozen, processed or canned)	Argentina, Australia, Belgium, Brazil, Canada, Denmark, Ireland, New Zealand, Switzerland, The Netherlands, United Kingdom, USA)))))
Pork (chilled, frozen, processed or canned)	Australia, Belgium, Brazil, Canada, Denmark, Finland, France, Germany, Hungary, Ireland, Italy, New Zealand, South Africa, Sweden, Switzerland, , The Netherlands, United Kingdom, USA)))))))
Poultry (chilled, frozen, processed or canned)	Argentina, Australia, Belgium, Brazil, Denmark, France, Germany, Hungary, Ireland, Israel, Switzerland, The Netherlands, United Kingdom, USA))))
Seafood Items		
Fish products (except frozen cooked crabmeat, frozen cooked prawn meat and live or frozen oysters)	All countries) 5 kg per person (provided that the) total quantity of all seafood) products does not exceed 5 kg per) person)))
Live or frozen oysters	Australia, Canada, France, Ireland, The Netherlands, New Zealand, United Kingdom, USA)))

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Product	Country from which the product may be imported	Personal Allowance <i>(Maximum amount which may be imported without a permit from AVA)</i>
<p style="text-align: center;">Egg Items</p> <p>Hen Eggs</p>	Australia, France, Japan, New Zealand, Sweden	Up to 30 eggs per person
Fresh Fruits and Vegetables	All countries except the American tropics (which includes Barbados, Belize, Bolivia, Brazil, Colombia, Cuba, Costa Rica, Dominica, Dominican Rep, Ecuador, El Salvador, French Guyana, Grenada, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Jamaica, Martinique, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, St Lucia, St Vincent and the Grenadines, Suriname, Trinidad and Tobago, Venezuela , Virgin Islands)	Small, reasonable quantities hand carried for personal consumption .
<p style="text-align: center;">Processed Food Items</p> <p>Processed Food Products (all food products excluding meat and seafood products, fresh fruits and vegetables)</p>	All countries	Total weight or volume does not exceed 5 kg or ltr and total value is not more than \$100 per person

Larger amounts require permit

6 A traveller may bring in larger quantities of these products if he has an import permit from AVA. Such imports must comply with the various prevailing import conditions, for example, the submission of health certificates, and the requirement for the product to be inspected and sampled, among others.

Not sure? Seek advice

7 It is always advisable to check the list of personal allowances before travelling to Singapore, as the list above is subject to change. When in doubt, it is advisable to declare your food items to the Immigration and Checkpoint (ICA) officers. It is a good practice to declare food items brought in from overseas.

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8 Alternatively, travellers can also contact AVA for further information:

Hotline: 1800-2262250

Fax: (65) 6220 6068

Website: www.ava.gov.sg

Email: AVA_Email@ava.gov.sg

9 If any disallowed products are not declared, the travellers bringing in such products may be liable to penalties such as fines (up to \$50,000) and/or imprisonment (up to 3 years).

**Issued by Agri-Food & Veterinary Authority
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