

減少糧損及食物浪費

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影響食物品質、保存期限



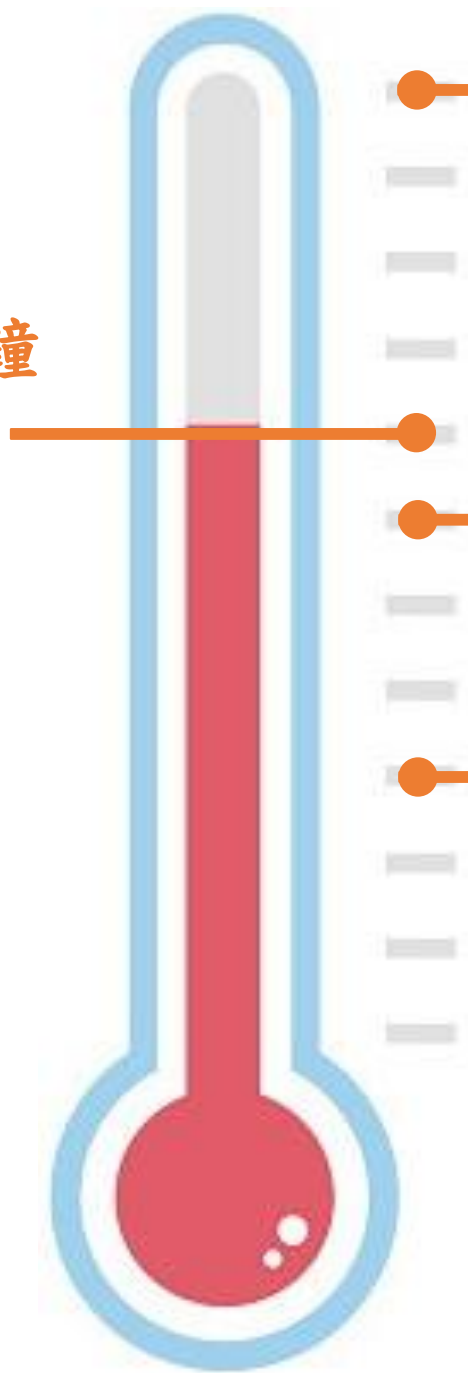
如何預防？

金黃色葡萄球菌 80°C/30分鐘

(腸毒素煮沸2小時)

仙人掌桿菌 80°C/20分鐘

適當冷藏、冷凍食品也能延長保存期限！



肉毒桿菌毒素 100°C/10分鐘

大腸桿菌 75°C/1分鐘

腸炎弧菌 60°C/15分鐘
沙門氏菌 60°C/20分鐘

食品包裝上標籤定義

- ✓ **有效日期(expiry date)**：在特定儲存條件下，市售包裝食品可保持產品價值的最終期限，應為時間點，與此日期前食用(use by)相似。
- ✓ **保存期限(shelf life)**：在特定儲存條件下，市售包裝食品可保持產品價值的期間，其為時間範圍。



- ✓ 製造日期(manufacturing date)：最終產品製造出來的時間。
- ✓ 賞味期限(best before)：在此日期前，食品仍可保有良好品質。
- ✓ 出售截止日期(sell-by)：商店可將產品展示販售的期限。



包裝食品有效期限制定流程圖

製造日期

食品製造完成的時間起算

賞味期限

在標示期限內，可以保持原本美味品質，超過該期限，也能食用

判斷產品新鮮度，安全指標

也有公司將賞味期限直接訂為有效日期

非食物中毒或病源污染的警告標誌，

有效日期

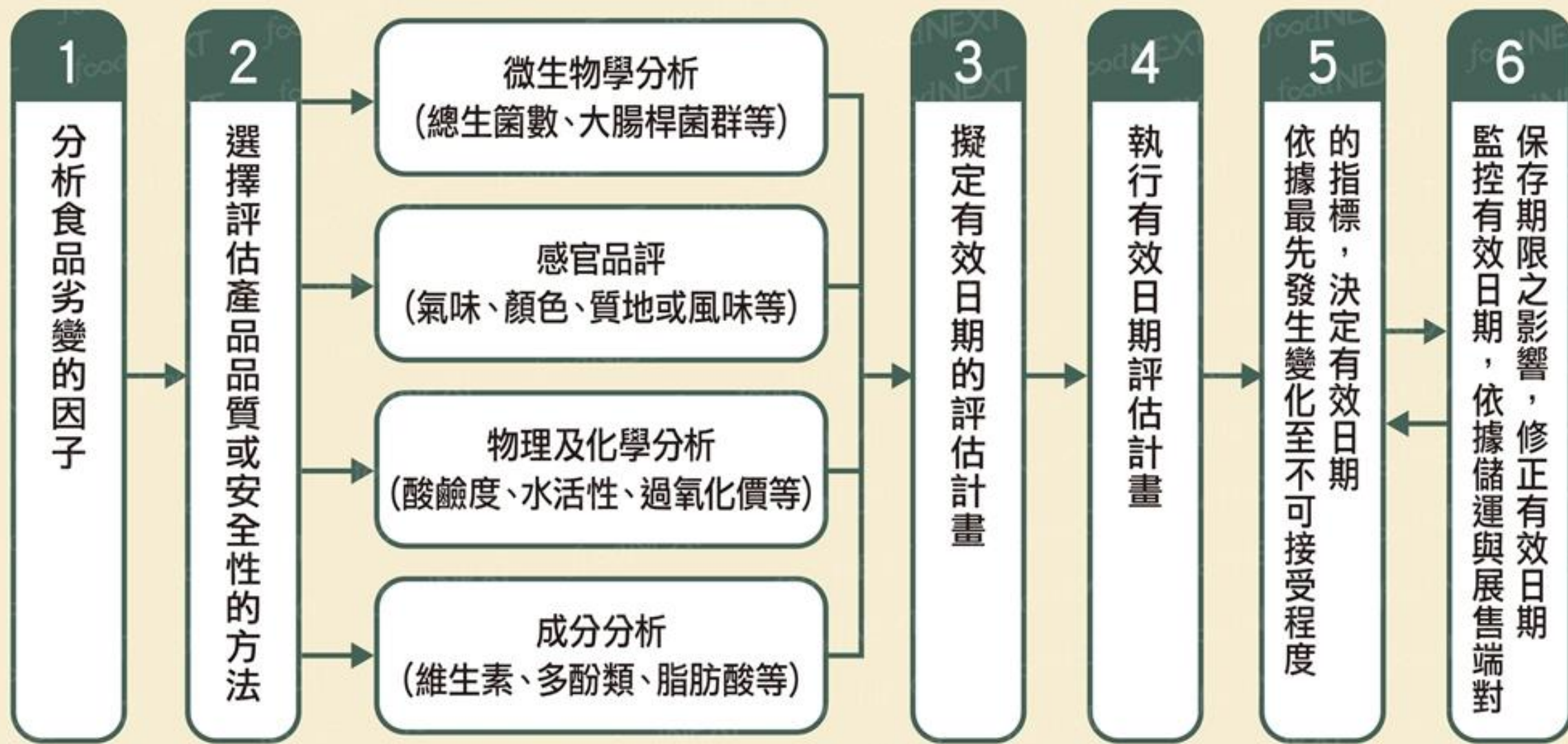
在特定儲存條件下，可保持產品價值的時間

英文：use by、expiry date

日文：しょうひきげん

保存期限

包裝食品有效期限制定流程圖



美國農業部(USDA)法規

Is Frozen Food Safe?

Food stored constantly at 0 °F will always be safe. Only the quality suffers with lengthy freezer storage. Freezing keeps food safe by slowing the movement of molecules, causing microbes to enter a dormant stage. Freezing preserves food for extended periods because it prevents the growth of microorganisms that cause both food spoilage and foodborne illness.

Is dating required by federal law?

Except for infant formula (see below), product dating is not generally required by Federal regulations. However, if a calendar date is used, it must express both the month and day of the month (and the year, in the case of shelf-stable and frozen products). If a calendar date is shown, immediately adjacent to the date must be a phrase explaining the meaning of that date such as "sell by" or "use before."

There is no uniform or universally accepted system used for food dating in the United States. Although dating of some foods is required by more than 20 states, there are areas of the country where much of the food supply has some type of open date and other areas where almost no food is dated.

Freezer Storage Chart (0 °F)

Note: Freezer storage is for quality only. Frozen foods remain safe indefinitely.

Item	Months
Bacon and Sausage	1 to 2
Casseroles	2 to 3
Egg whites or egg substitutes	12
Frozen Dinners and Entrees	3 to 4
Gravy, meat or poultry	2 to 3
Ham, Hotdogs and Lunchmeats	1 to 2
Meat, uncooked roasts	4 to 12
Meat, uncooked steaks or chops	4 to 12
Meat, uncooked ground	3 to 4
Meat, cooked	2 to 3
Poultry, uncooked whole	12
Poultry, uncooked parts	9
Poultry, uncooked giblets	3 to 4
Poultry, cooked	4
Soups and Stews	2 to 3
Wild game, uncooked	8 to 12



按照目前國內食品安全衛生管理法的規定，市售包裝食品及食品原料的容器或外包裝，要明確標出產品的「有效日期」，產品只要過了有效日期就不能販售。

但有效日期並非食物中毒或病源污染的警告標誌，很多時候只是用來判斷某種產品的新鮮度，未必一定與安全有所關聯！

建議

- 一、超市捐贈時間：較晚；接近消毀時間
- 二、包裝鮮食日期：依經驗；可透過實驗確認較實際的存放時間
- 三、依實驗適當延長有效日期(如：1-2天)，不影響本來作業
- 四、容易有多時間收集剩食

Extra

德國擬取消日期標示

German Minister wants to remove "Best before date"

30/03/2016 By Johan Van Geyte Published in Food



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Has the 'Best before date' mention reached its own expiration date? Christian Schmidt, German Minister of Nutrition and Agriculture, is in favour of removing the date on packaging.

Consumer does not make the distinction

There are two ways to explain a food's expiration date: the "Use before" (which means that date is the very last day you can safely eat that particular item) and the "Best before date" (which indicates a minimum period in which the item retains its flavour and nutritional value, if stored properly and unopened). However, if that date passes, it does not mean the product is no longer fit for consumption, even though many consumers do not make that distinction at all.

Germany has waged war on food waste for a while now, as the average German discards 81.6 kilograms of food every year, even though a sizeable portion of that number are products that are still safe to eat and in their original packaging. Over the past few years, the German authorities have tried to make the consumer more aware of that fact, stimulating them to buy smaller portions or to use leftovers in other dishes.

法國禁超市銷毀未售出食品



立法禁止大型超市丟棄或銷毀未售出，但仍可食用的食品。市民可自發組織團體，經農業部認可後就可以收集過期食品，轉贈予有需要人士。

丹麥設立剩食超市



丹麥非營利組織

DanChurchAid在2016年2月成立全球第一家剩食專賣超市Wefood超市，低價販賣過期但仍可食用的食物，或是標示錯誤、包裝損毀的各種NG食品。

Foodsharing



Foodsharing是一個發源自德國的運動，致力於拯救不需要和被過度生產的食物。

德國人Stefan Simon，發現台灣也有嚴重的剩食問題，於是在2016年4月創立了享食台灣Foodsharing Taiwan，藉由與餐飲業者的合作，如麵包店、咖啡廳、餐廳等等，收集並且重新分配即將被丟掉的食物，且店家簽署符合國內法規的免責聲明，因此不需要承擔對食物品質任何責任的風險。