

Buy Meat Without Worries



Meat is rich in protein and an essential nutrient for human body. In the selection of meat as food, consumers can choose pork, beef, chicken, mutton and so on, among which pork is commonly eaten by Macao residents. Besides of fresh pork, chilled and frozen ones are also available.

Fresh pork

It is also known as 'Warm-Body Pork'. After the pig is slaughtered, the pork cuts do not undergo any cooling treatment. The texture of pork is tenderer and less elastic since the carcass temperature losses slowly. The entire process, from slaughter to sale, takes place at room temperature. However, pork is a perishable food that becomes susceptible to bacterial growth at proper warm temperature. This poses food safety hazards to consumers; hence, it is necessary to control and shorten the time in which pork is placed at room temperature and consumed promptly.

Chilled pork

After the pig is slaughtered, the pork cuts are chilled at temperatures between 0°C and 4°C, and are kept within the same temperature range throughout their subsequent processing, transport and sale. Low-temperature refrigeration retards microbial growth and reduces the rate of meat spoilage.

Frozen pork

After the pig is slaughtered, the pork cuts undergo freezing below -28°C in a cold chamber and are subsequently placed into a cold storage at -18°C or below to be sold in a frozen status (-18°C or below). During the freezing process, the water in pork increases its volume and forms ice crystals, causing damage to pork tissues. Before cooking, it is necessary to thaw pork in a correct way* (e.g. place it in the chill compartment of refrigerator in advance).

*Please visit the website of 'Food Safety Information' or download its mobile application to know the correct ways for thawing frozen foodstuffs.

The public should take note of the following when buying meat



Buy food from licenced and reputable shops with good hygiene condition;



Buy meat from legal sources. Do not bring meat or its products into and out of a country to avoid violating the regulations on food inspection of the country;



Buy fresh and chilled meat displayed in a refrigerated cabinet at temperatures between 0°C and 4°C. The meat should be elastic, bright in colour and have no signs of oozing and dripping of liquid from it;



Buy frozen meat displayed in a freezer at -18°C or below. The meat must be firm in texture, without signs of softening or frost on the package;



Avoid meat that appears strange or imparts objectionable odour;



Check if the packaging is intact, without damage, clearly labeled and marked with the expiry date;



Make sure to place raw food separately from other food products while shopping to avoid cross contamination;



Take the frozen and chilled food right before proceeding to checkout so as to keep it under low-temperature conditions;



At home, store meat properly in a refrigerator according to the instructions on the package. Consume it before the expiry date.



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