MANUFACTURING
RICE BASED DESSERTS

What are rice based desserts?

Ready-to-eat, fresh, moist looking products made of rice or glutinous rice (or their flour), sugar and other ingredients such as beans, nuts and sesame seeds. They are very popular in Asia and mostly prepared by steaming. They can have layers with different colours, moulded into different shapes or formed into balls. Some products are boiled and have an appearance of 'soup'. They are commonly sold in Asian grocery stores.

Rice based desserts have a lot of nutrients, are moist, and have neutral pH which makes them potentially hazardous if not made and stored correctly. However, if the products are made under controlled conditions as described below, they are safe to be consumed within 48 hours of manufacturing even when they are stored at room temperature.

How to make these products safely

The risk of food poisoning from these products can be reduced, even when they are stored at room temperature, if the following conditions are followed:

High quality ingredients

Ingredients should be:

- purchased from reputable suppliers.
- stored properly as per manufacturer's instructions.

Effective heat treatment

- Products should be heated (by steaming or boiling) for at least 15 minutes to kill all bacteria that may be present in the raw ingredients.
- Sweet soup desserts must be placed in a small container as soon as possible after cooking to make sure that they cool quickly. Cooling in large containers can take longer and allow harmful bacteria to grow.

Handle food hygienically

- Ready-to-eat food and raw ingredients must be kept separate. All food contact surfaces, utensils, containers, tea towels etc. must not be used for both raw and ready-to-eat foods without being thoroughly cleaned and sanitised, in between.
- Cooked products must be handled carefully to prevent contamination from bacteria that may be present in the environment or from food handlers.
- All food handlers must have food safety skills and knowledge appropriate to their activities.
- Adequate/sufficient hand washing, especially after using the toilet. Single-use towels are the safest way to dry hands as tea towels can transfer dangerous organisms.

Shelf life

- Products manufactured using high quality ingredients, with sufficient cooking time and in a clean and hygienic processing area can be displayed at room temperature for up to 48 hours.
- The 'use by' date on the product should be: **manufacturing date + 1 day**.

Labelling

Rice based desserts must be labelled and **must** have the following information:

Labelling requirement	Comments
Name of the food	It must be in English.
Name of the manufacturer and its Australian street address	Not a PO Box number.
List of ingredients	Must list all ingredients from most to least by ‘weight at the time they are added’, including colouring and preservatives. If the product name refers to a certain ingredient, must say the % of that ingredient (based on weight). Example: Name of product: Banana cake. Ingredients: rice flour, banana (20%), sugar.
Allergen statement	If the product or ingredients contain any of the most common food allergens, it must be declared. Either in the ingredient list (bold font) or a separate statement such as ‘contains peanut’. • gluten (if you use wheat flour), • crustaceans (for example crab, shrimp, prawn), • eggs, • fish, • milk, • peanuts, • tree nuts (for example almond, brazil nuts, cashews, pistachios, walnut), • soybeans, or • sesame seeds.
‘Use by’ date	Manufacturing date + 1 day. Must state USE BY with day/month/year.
Directions for storage	The conditions at which the food is required to be stored to ensure that the food will keep until the ‘use-by’ date. Example: store in a cool, dry place.
Nutritional Information Panel (NIP) *example on back page	Include: Number of serves, Serving size (in grams), Average quantity per serving and Average quantity per 100 grams for: • energy, • protein, • total fat, • saturated fat, • carbohydrate, • sugars, and • sodium.
Country of origin	Example: made in Australia from imported and local ingredients. The sequence of the wording ‘imported’ and ‘local’ ingredients are based on the higher percentage (by weight) of where the ingredients come from. If the product has more ingredients (by weight) from overseas, the country of origin statement must say ‘made in Australia from imported and local ingredients’. If the product has more ingredients (by weight) from Australia, the country of origin statement must say ‘made in Australia from local and imported ingredients’.

For more information on the labelling requirement, please visit the NSW Food Authority's website and the Australian Competition and Consumer Commission (ACCC)'s website on country of origin.

How to make safe for the consumer

Manufacturer's instructions on storage must be followed. It is recommended that retailers display these products in a dry and cool place, away from direct sunlight or direct heat source, e.g. heater or stove.

Products **must not** be sold past the use-by date on the label.

Other publications

Australian Competition and Consumer Commission (ACCC). Country of origin. www.accc.gov.au/consumers/groceries/country-of-origin

NSW Food Authority. (2015). Cleaning and sanitising in food businesses. http://www.foodauthority.nsw.gov.au/_Documents/industry/cleaning_sanitising_food_businesses.pdf

NSW Food Authority. Food Labelling. http://www.foodauthority.nsw.gov.au/foodsafetyandyou/food-labelling

NSW Food Authority. (2016). Home-based food businesses. http://www.foodauthority.nsw.gov.au/_Documents/retailfactsheets/home_based_food_businesses.pdf

NSW Food Authority. (2015). Labelling – date marking, storage conditions and directions for use. http://www.foodauthority.nsw.gov.au/_Documents/retailfactsheets/labelling_date_marking.pdf

NSW Food Authority. (2017). Rice based desserts report

*NIP example

NUTRITION INFORMATION

Servings per package: (insert number of servings)

Serving size: g (or mL or other units as appropriate)

	Quantity per serving	Quantity per 100 g (or 100 mL)
Energy	kJ (Cal)	kJ (Cal)
Protein	g	g
Fat, total	g	g
—saturated	g	g
Carbohydrate	g	g
—sugars	g	g
Sodium	mg (mmol)	mg (mmol)
(insert any other nutrient or biologically active substance to be declared)	g, mg, µg (or other units as appropriate)	g, mg, µg (or other units as appropriate)

About the NSW Food Authority: The NSW Food Authority is the government organisation that helps ensure NSW food is safe and correctly labelled. It works with consumers, industry and other government organisations to minimise food poisoning by providing information about and regulating the safe production, storage, transport, promotion and preparation of food.

Note: This information is a general summary and cannot cover all situations. Food businesses are required to comply with all of the provisions of the Food Standards Code and the *Food Act 2003* (NSW).

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