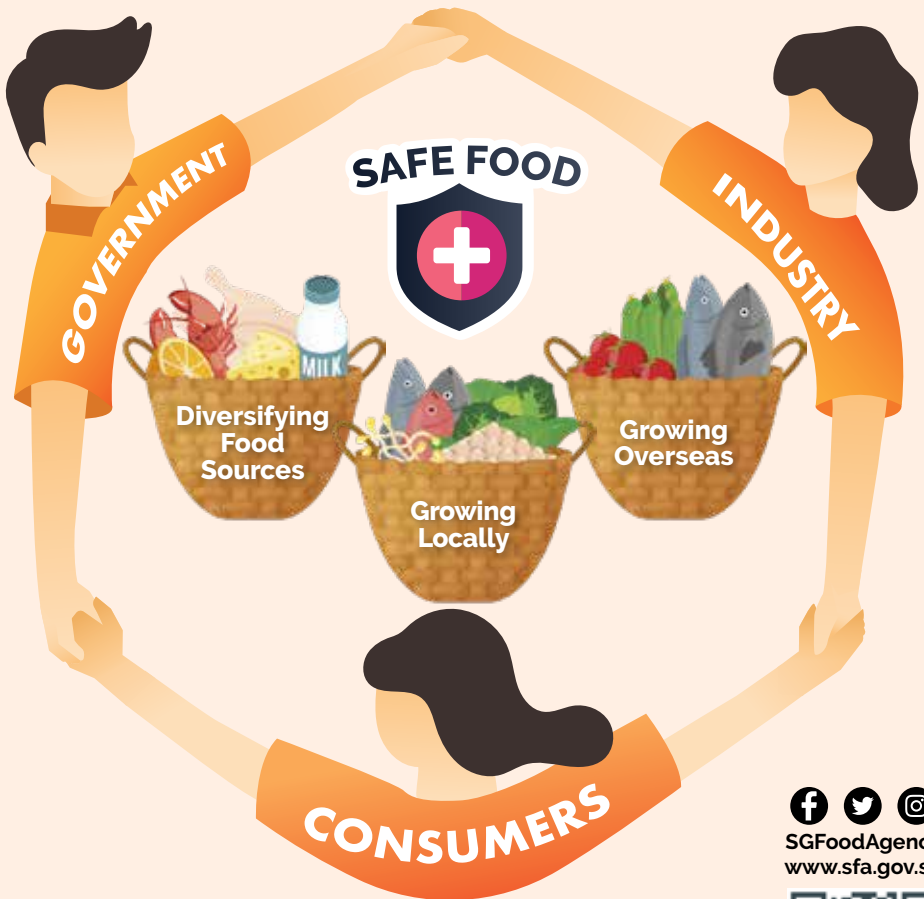


The Singapore Food Story



Singapore's Food Supply

Singapore imports more than 90% of our food.

To make sure Singaporeans can always enjoy a stable supply of safe food, the Singapore Food Agency (SFA) adopts the strategy of **3 'Food Baskets'**.

1

Singapore imports from about 180 countries and regions. By diversifying food sources to import from many different places, we reduce the risk of reliance on any single source.



2

While import source diversification has served us well, local production provides a buffer supply in the event our import sources are disrupted.



3

Singapore supports local companies to expand and grow overseas.



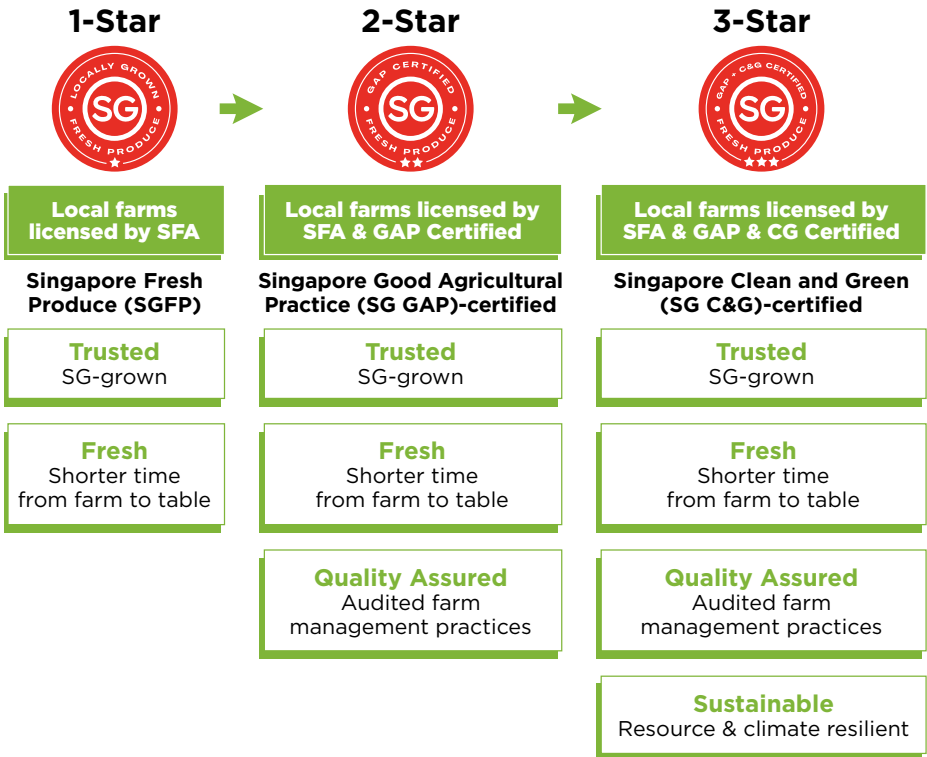
Did you know that SG grows some of its own food?

Local food production plays a key role as a buffer when certain foods cannot continue to be imported as usual. Today, around 1 in 3 eggs consumed in Singapore is produced locally. There are now more than 200 food-farms in Singapore, supplying about 4% of the vegetables and 8% of the seafood we eat.

Singapore aims to sustainably produce 30% of our nutritional needs by 2030. To meet this '30 by 30' goal, SFA is building the agri-food industry's capability and capacity.

You can play your role as a consumer

Choose local produce by looking out for these badges or logos:



What are some types of produce grown in SG?



Caixin



Kow Peck Chye



Spinach Bayam



Kang Kong



Butterhead Lettuce



Xiao Bai Cai



Shell Eggs



Pink Oyster Mushroom



Bean Sprouts



Seabass



Marine Tilapia



Golden Trevally



Hybrid Grouper



Milkfish



Red Snapper



Golden Pomfret



Grey Mullet

Support Local Produce!

Boost food security & support local economy

Make Singapore more self-sufficient by ensuring a continuous local supply of fresh and safe food.

Traceable

Peace of mind is guaranteed as local produce can be easily traced to the farm source.

Protect our environment

Go green by lowering your carbon footprint.

It's fresh & nutritious

As farm-to-retail distance shortens, local produce can arrive fresher and retain more nutrients.

Where to Buy Local Produce?



You can also get locally grown food at farmers' markets, or while on farm tours and learning journeys. Find out more and get involved here at:

www.sfa.gov.sg/fromSGtoSG



Quality Assured Local Produce

Singapore farms can choose to be certified with a farm quality assurance system, also known as the Good Agricultural Practice (GAP) Certification. SG GAP consists of farming codes or standards to address farm hazards and ensure safe and quality farm production.

Key components of SG GAP include safeguards for:

- Food safety
- Environmental management
- Workers' health and safety
- Animal health and welfare/produce quality



Benefits of SG GAP

Quality Assured

Produce grown in SG GAP-certified farms are safe and of higher quality. Look out for these quality produce with the 2-star SG GAP-certified logo on its packaging.



As part of the SG GAP system, vegetable farms have in place a pest management programme with effective control measures such as the use of protective structure (greenhouse) and sticky traps.

Environmentally & Socially Responsible Farms

SG GAP-certified farms produce food in a consistent, environmentally, and socially responsible manner.



An SG GAP farm cultivates fish using a Recirculating Aquaculture System (RAS) where water quality is constantly being monitored to ensure optimal conditions for fish to grow.

Gain Market Access

SG GAP is aligned with ASEAN GAP and international GAP to facilitate local and export market recognition.



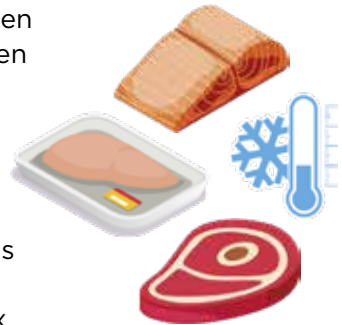
Eggs are checked through a sophisticated camera system for hairline cracks and blood spots, and defective eggs are rejected in order to meet SG GAP certification requirements.

Frozen Meat: A Great Alternative!

Know Your Frozen Meat

Stretch your grocery dollar by choosing frozen meat and save at least 15 to 20%. Some frozen meat cuts can even be 50% cheaper than chilled meat.

Frozen meat comes from fresh meat in peak condition that has been rapidly frozen at temperatures below -30°C . Freezing keeps meat at its freshest. Stored properly, frozen meat can retain its wholesome quality for six months to a year.



QUICK FACTS

- » Freezing maintains meat's condition at its freshest.
- » It stops bacteria growth and chemical changes that cause deterioration of the meat.
- » When properly handled, frozen meat tastes just as good as chilled meat.
- » With frozen meat, you can enjoy quality meat at affordable prices.



Common Myths About Frozen Meat



- ✓ TASTE
- ✓ QUALITY
- ✓ FRESHNESS
- ✓ NUTRITIONAL VALUE

✗ MYTH: The freezing process affects the quality of meat. Hence, frozen meat is not as fresh or tasty as chilled meat.

✓ FACT: Freezing is the best method of extending the shelf life of meat. It keeps the freshness, taste, nutritional value and quality of the meat. The freshness of frozen meat can be maintained for up to 6 months to a year under proper storage conditions while unrefrigerated meat can go stale and spoil within a day.

✗ MYTH: The colour of frozen meat (such as pork, beef and mutton) is usually darker because the meat is not fresh or of an inferior quality.

✓ FACT: The colour of meat, frozen or not, is affected by the presence or absence of oxygen. Frozen meat in vacuum sealed packaging is darker in colour because oxygen is not present. Vacuum packaging prevents meat from becoming rancid and prolongs its shelf life if meat is kept under proper refrigerated conditions. Once frozen meat is exposed to oxygen in the air, it will return to its original colour.

✗ MYTH: Frozen meat is leftover chilled meat that has been frozen or comes from inferior quality sources.

✓ FACT: Frozen meat comes from freshly slaughtered animals. Different grades of meat are available in both chilled and frozen forms.

Best Practices for Handling Frozen Meat

BUYING

- » Buy frozen meat that is in a hard, frozen state.
- » Ensure that packages are not torn, crushed or juice stained, and do not have excessive crystals.
- » Pick up your frozen meat selection just before paying at the cashier.
- » Put the frozen meat in an insulated bag and head home immediately.

STORING

- » Store frozen meat in the freezer at -18°C.
- » For storage of frozen meat in larger packaging, thaw the meat just enough (to about -10°C) to separate into smaller portions, then deep freeze in individual packs.
- » Ensure there is sufficient space in between items placed in the freezer or refrigerator so that cold air can circulate freely around them.
- » Do not open refrigerator or freezer doors more often than necessary to minimise temperature fluctuation.
- » Do not overstock your meat supply. Follow the rule of first-in, first-out, i.e. use older stock first.

THAWING

- » As far as possible, thaw meat without opening the package to prevent contamination, dehydration and absorption of foreign flavours.
- » Thaw only the amount required.
- » Place the frozen meat in the refrigerator or use the microwave oven to thaw meat safely.
- » In general, the time required for thawing 500g of frozen meat is as follows:
Refrigerator: overnight
Microwave oven: 3 - 5 minutes
(Note: thawing times vary with size, thickness and shape of meat.)
- » Do not refreeze meat that has completely thawed as the quality of the meat may deteriorate. Improper handling and refreezing of meat may lead to growth of bacteria to levels that can cause food poisoning.
- » Remember to separate raw meat from cooked or ready-to-eat food to prevent cross-contamination.

More Food Safety Tips

As consumers, we all expect our food to be safe. However, food can potentially become contaminated through improper practices from the time it is produced to the time it is consumed.

Food safety is a joint responsibility amongst the government, the food industry, and consumers. All parties have a role to play in ensuring food safety. As consumers, let's do our part by adopting these five food safety tips.



FOOD SAFETY IS A JOINT RESPONSIBILITY

5 KEY TIPS ON FOOD SAFETY



1 Select your food carefully



2 Wash and keep clean



3 Separate raw and cooked food



4 Cook your food well



5 Keep food at safe temperature

The assurance of food safety requires the combined efforts of the government, the food industry and the consumer. This is how you can play your part!

1

Select Your Food Carefully



- Select food that has not passed its expiry date.
- Do not choose canned food that are rusty, dented or bloated.
- Buy eggs that are clean. Avoid cracked eggs as bacteria can enter eggs through the cracks.

2

Wash and Keep Clean



- Wash your hands with soap and water before handling any food items or utensils.
- Wash and soak fruits and vegetables before eating.
- Clean all kitchen surfaces like countertops and cutting boards with detergent and hot water.

3

Separate Raw and Cooked Food



- Keep raw food in separate bags away from cooked and ready-to-eat food while shopping.
- Place raw food in tightly wrapped plastic bags or covered containers in the refrigerator to prevent raw food juices from dripping onto other food.

4

Cook Your Food Well



- Cook food thoroughly especially meat, poultry, eggs and seafood.
- Cook food at high temperatures above 75°C.
- Bring food like stews, soups and curries to boiling temperatures when cooking.

5

Keep Food At Safe Temperatures



- Do not leave cooked food at room temperature for more than 2 hours.
- Do not thaw food at room temperature. Thaw food safely in the refrigerator overnight or use the microwave oven.
- Bring cooler bags to store chilled and frozen food after shopping.

Visit <https://go.gov.sg/foodsafetytips> to learn more about food safety.

REMEMBER, SINGAPORE'S BEST COMES WITH A BADGE



SPOT ALL 3 BADGES TO SUPPORT LOCAL PRODUCE



FRESH LOCAL PRODUCE



FRESH + QUALITY ASSURED
LOCAL PRODUCE



FRESH + QUALITY ASSURED
+ SUSTAINABLY GROWN
LOCAL PRODUCE



LEARN MORE ABOUT
OUR LOCAL PRODUCE