

Jams and Chutneys

Jams and chutneys are preserved with high sugar, salt, and/or acid content which help prevent most bacterial growth. However, under certain conditions some microorganisms can still survive and grow leading to spoilage or health risks.

Causes of Microbial Growth

- Insufficient sugar or acid levels
- Poor hygiene during preparation
- Contaminated utensils or containers
- Incorrect storage
- Lids not correctly sealed

Prevention

- Maintain proper sugar, acid and salt levels
- Sterilise jars and lids before use
- Ensure jams and chutneys reach recommended cooking temperatures
- Use airtight containers
- Refrigerate after opening

Labelling Requirements

- Lot/batch identification
- Name and physical address of your New Zealand business
- Any advisory statements such as allergen declarations
- Conditions for storage and use
- Ingredients list
- Date marking (best before dates)
- Information about characterising ingredients

Fundraising

You can sell food to fundraise without registering under the Food Act – but only up to 20 times per year. You still need to make sure your sold food is "safe and suitable".