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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 46805-2025

General quality rules for self-heating devices for foods

食品用自热装置质量通则

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Foreword

This document complies with the provisions of GB/T 1.1-2020 "Standardization Work Guidelines Part

1. Structure and Drafting Rules of Standardization Documents". Drafting. This document specifies the quality-related technical requirements; food safety-related requirements can be found in relevant laws, regulations, policies, and food safety standards. document. Please note that some content in this document may involve patents. The issuing organization of this document assumes no responsibility for identifying patents. This document was proposed by the China National Light Industry Council. This document is under the jurisdiction of the National Technical Committee on Standardization of Food Direct Contact Materials and Products (SAC/TC397). This document was drafted by: China National Institute of Standardization, Anhui Provincial Institute of Product Quality Supervision and Inspection, and Changzhou Institute of Engineering Vocational and Technical College. Zhejiang Fangyuan Testing Group Co., Ltd., China Agricultural University, Shandong Provincial Institute of Product Quality Inspection, Fujian Honglv Food Co., Ltd. Hebei Provincial Institute of Product Quality Supervision and Inspection, Chengdu Institute of Product Quality Inspection Co., Ltd., and Sichuan Gaojin Industrial Group Co., Ltd. The company, the Institute of Agricultural Product Processing of the Chinese Academy of Agricultural Sciences, the Institute of Urban Agriculture of the Chinese Academy of Agricultural Sciences, and Xinteng Digital Network Technology Co., Ltd. Company. Qingdao Zhire Future Materials Technology Co., Ltd. The main drafters of this document are. Li Qiang, Duan Min, Zhang Yafei, Yao Bangben, Shang Guiqin, Huang Rong, Wu Xiaomeng, Sun Xiaochen, Huang Rong, and Huang Kunlong. Liu Jinpeng, Zhang Xiaofei, Ding Yan, Li Yingchao, Cao Jiameng, Zhang Shengbin, Zhang Zhiyuan, Li Xiao, Pan Jianting, Zhao Wenyu, Zhang Chun, Zhang Chunjiang, Zhang Dequan Chen Chao, Yu Heng, Xiao Rong, Nie Bo, Fu Yuwu. General Quality Rules for Self-Heating Devices for Food

1 Scope

GB/T 46805-2025 is the Chinese national standard covering the self-heating pack - the quicklime and water reaction that cooks a meal without a stove, the temperature and

duration it must reach, the steam vent, and the burns and pressure bursts that are the hazard. Self-heating hotpot is a large and fast-growing product category in China, and the accidents have followed it. First edition, in force from 1 January 2027. It was issued on 2 December 2025 and takes effect on 1 January 2027, as a first edition. The document is under the responsibility of the China National Light Industry Council. This page is published from the official record of the 2025 edition; the clause text of a standard this recent is not yet in circulation, and the figures, limits and tables it contains are those of the document itself, delivered in full with the English translation.

This document defines the terminology and definitions for self-heating devices for food use, provides product classifications, and specifies technical requirements, inspection rules, and marking procedures. Packaging, transportation, and storage, and the corresponding test methods are described. This document applies to the production, inspection, and sale of self-heating devices for food use.

2 Normative references

The contents of the following documents, through normative references within the text, constitute essential provisions of this document. Dated citations are not included. For references to documents, only the version corresponding to that date applies to this document; for undated references, the latest version (including all amendments) applies. This document.

GB/T 191 Packaging and Storage Graphic Symbols

GB/T 2828.1 Sampling Procedures for Inspection by Attributes - Part

1.Sampling Schemes Retrieved by Acceptable Quality Limit (AQL) for Lot-by-Lot Inspection

GB 5749 Standard for Drinking Water Quality

GB/T 6682 Specifications and test methods for water used in analytical laboratories

GB/T 18006.1 General Technical Requirements for Disposable Plastic Tableware

GB/T 18455 Packaging Recycling Mark

JJF1070 Rules for Measurement and Inspection of Net Content of Prepackaged

Commodities FZ/T 64033 Spunbond Thermal Rolling Nonwoven Fabrics FZ/T 64034

Spunbond/Meltblown/Spunbond (SMS) Nonwoven Fabrics QB/T 5394 Aluminum Foil

Products for Catering and Cooking

3 Terms and Definitions

The following terms and definitions apply to this document.

3.1 heating pack for foods It can react with a certain amount of water, releasing heat and

producing water vapor within a specified time, which can heat the corresponding food to the required temperature. Temperature, for pre-packaged products that do not directly contact food.

3.2 Self-heating food boxes A food container for disposable heating, consisting of an outer box, an inner box, and a lid.

Note. The outer box is used for the food heating pack to react with water, the inner box is used to hold the food, and the lid is used to seal the outer box.

3.3 Packaging products containing water that are specially formulated for use with food heating packs.

3.4 It consists of a food heating pack (3.1), a self-heating meal box (3.2), etc., with or without a dedicated heating water pack (3.3), for one-time heating.