

# CANNED GOODS:

## FOOD SAFETY



"Use By", "Best By", and "Sell By" only refers the freshness of an item.



As long as the container is not damaged, the food is safe to eat long beyond the listed date. There might be a slight difference in quality, but it's completely safe!



Store canned goods and other shelf stable products in a cool, dry place. Never keep beside the stove, under the sink, in a damp garage, or any place exposed to high or low temperature.



The canning process destroys any germs and prevents the food from spoiling in the future. Canning ensures the safety of the item long after the "Best By" date.



Once a can is opened, the contents should either be used or refrigerated.



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Warning signs when using canned foods:

## Foul appearance and smell

If you open a canned item and it has an appearance or a smell that is "off" or abnormal, do not use the food. Do not even taste. For safety concerns, throw out the food so you don't potentially consume something harmful.

## Large Dents

Cans with small, shallow dents are safe to eat. Cans with deep dents, ones you can lay your finger into, should be thrown out. Deep dents may damage the seal of the can and allow bacteria into the food.

## Swelling

Swelling in canned foods may indicate the item is contaminated with Clostridium Botulinum. If the can is severely damaged, bacteria can enter and take over. In addition to swelling, look out for leaking, bulging, or badly dented cans; cracked jars; loose or bulging lids; cans with a foul odor; milky liquids surrounding the vegetables that should be clear; or any container that spews liquid when you open it. The risk for contamination is more common in home canned products, but should not be ignored in commercially canned products.

## Heavy Rust

Do not use heavily rusted cans. The rust can create tiny holes that allow bacteria to enter. It's okay to use a can with a little rust on the surface. Try wiping the rust with a paper towel or your finger. If you find any rust on the inside of the can, do not eat the food. Rust is not safe to consume.

For more  
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