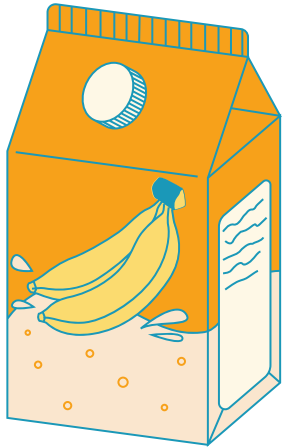


Can I Eat This?



Expiration Dates:

Best by/Best if used by: peak quality and freshness; not an indicator of health or safety

Use by: the final day that the product will be at its optimum freshness, flavor, and texture

Sell by: the last day a grocery store is able to sell a product, often found on dairy and meat; consume within 10 days of this date

Cans:

Avoid cans that:

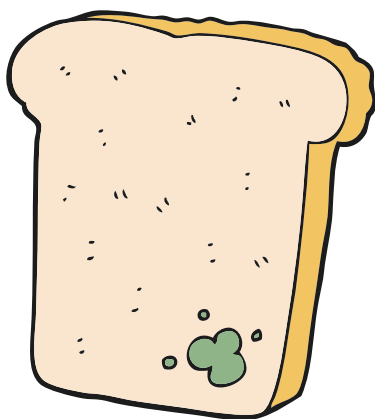
- Have dents that come to a sharp point
- Have dents along the seams
- Pop or hiss when opened
- Are bulging or rusted



Moldy Food:

Soft foods: If mold is on soft foods such as breads, soft cheeses, lunch meats, soft fruits and vegetables, or cooked foods, it should be thrown away.

Hard foods: If mold is on hard foods such as hard cheeses, fruits and vegetables, cut away the moldy area and consume the rest.



Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

WEB: solid-ground.org/get-help/food-resources

EMAIL: foodeducation@solid-ground.org