

Ways to Recognize Food Spoilage

These Foods:	Are Risky When:
Fresh Poultry	Stored raw in the refrigerator for longer than 1-2 days (3-4 days when cooked). Left unrefrigerated for more than 2 hours either before or after cooking.
Fresh Meat	Stored raw in the refrigerator for longer than 3-5 days (1-2 days for hamburger). Discolored, smelly or slimy. Left unrefrigerated for more than 2 hours either before or after cooking.
Fresh Fish	Stored for longer than 1-2 days in the refrigerator. Dried at edges; smelly. Left unrefrigerated for more than 2 hours either before or after cooking.
Milk, Cream, Egg Products	Left unrefrigerated for more than 2 hours.
Frozen Meats, Poultry, Fish or Casseroles	Thawed at room temperature. Allowed to thaw and be refrozen. Eaten without thorough cooking.
Canned Foods Home canned foods should never be served in child care centers or day care homes.	Liquid spurts out when can is opened. Can is corroded, rusty, leaky, swollen on top or bottom or dented on side seams. Contents have off-odors or a foamy or mushy texture. Stored at hot temperatures or allowed to freeze and thaw.
Fresh Fruits or Vegetables	Unwashed, moldy, soft or discolored.
Bread Products	Moldy. Infested with insects.

If in doubt, throw it out.