

Can Safety

True or False? Dented cans containing safe food are thrown away every day.

Answer: TRUE – What a waste of food!

True or False? Some cans with dents cause food to be unsafe to eat.

Answer: TRUE - However, there are simple evaluation techniques that can be used to determine if the food will be safe or unsafe.

How Does Canned Food Become Unsafe?

When a can is dented near a seam or a junction, it makes it possible for air to enter the can. A sharp dent can cause a pinhole in the can, which could also allow air to enter. This air, combined with the moisture in the can, allows the growth of microorganisms. These microorganisms cannot be killed by cooking. Consumption of this food could potentially result in botulism. Cans that are bulging or have rust that will not wipe off are also deemed unsafe.

How Can I Tell If A Dented Can Is Safe?

Feel the can and visually inspect it.

SAFE Cans Have:

- Smooth dents
- Dents that are not on the seam
- Dents that do not compromise can junctures

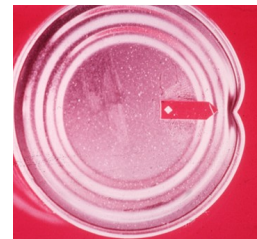


DISCARD Cans With:

- Dent on Seam
- Dent Where Side and End Meet
- Sharp Dent
- Swelling or Bulging
- Rust That Does Not Wipe Off



Sharp Dent



Sharp Lid Dent



Bulging

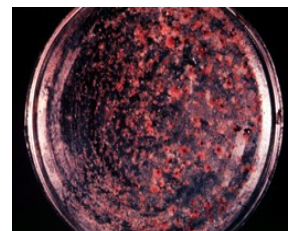
When in Doubt, Throw it Out!



Dent at Side and Top



Dent on Seam



Rust

For more information, contact
Rachel Staver, RD
Nutrition Resource Manager
(585) 328-3380 x120