

Is This Can Safe to Use?

Examples of low-acid canned goods include:

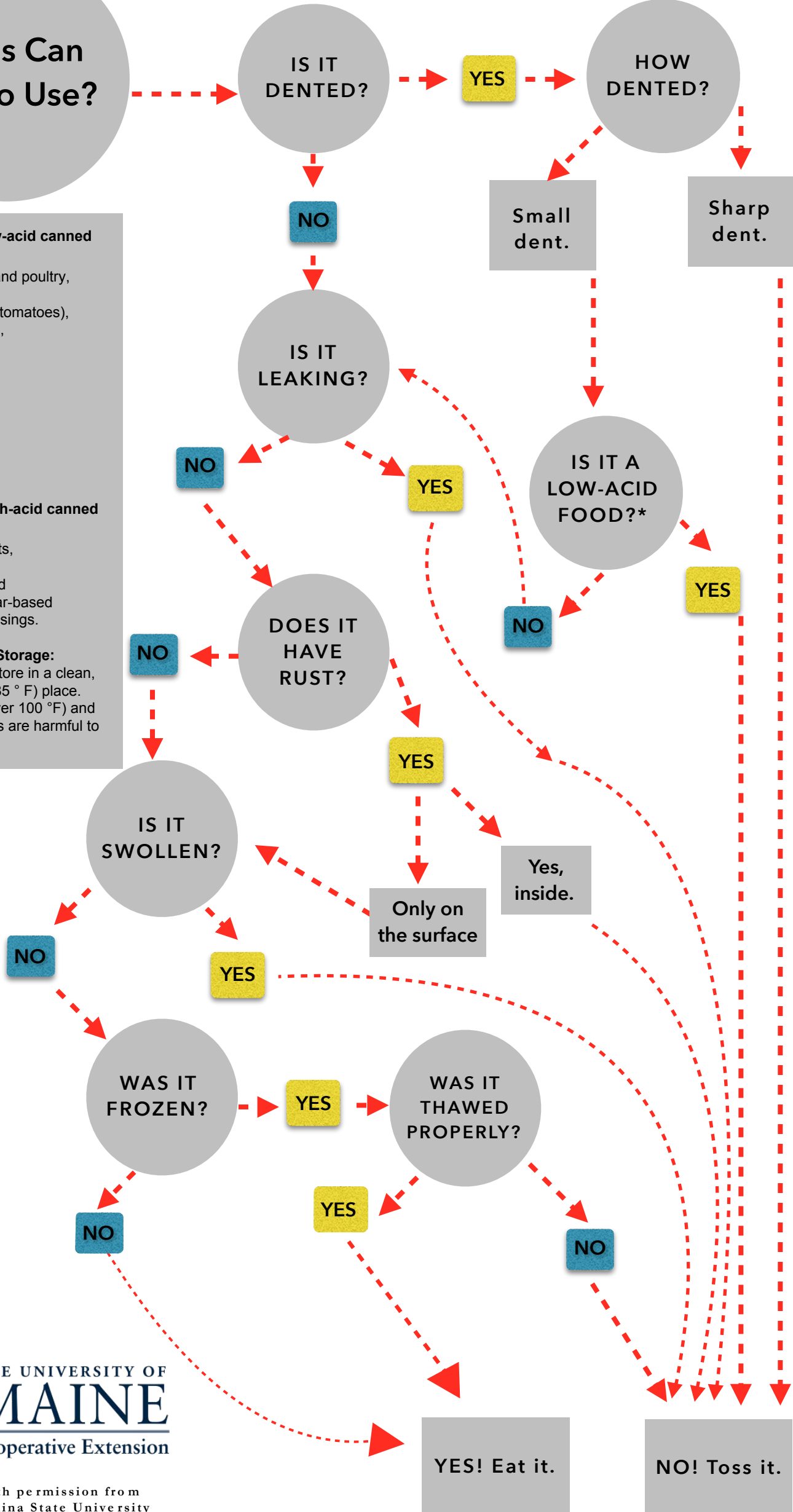
- canned meat and poultry,
- stews,
- soups (except tomatoes),
- pasta products,
- potatoes,
- corn,
- carrots,
- spinach,
- beans,
- beets,
- peas, and
- pumpkin.

Examples of high-acid canned goods include:

- tomato products,
- fruits,
- sauerkraut, and
- foods in vinegar-based sauces or dressings.

Canned Goods Storage:

For best quality store in a clean, dry, cool (below 85 ° F) place. Extremely hot (over 100 °F) and cold temperatures are harmful to canned goods.



Adapted with permission from North Carolina State University

WHEN IN DOUBT, THROW IT OUT!