

FACT SHEET

INCA Community Services

Head Start & Early Head Start

Category: Nutrition Food Safety:

Subject: Food Spoilage



BE AWARE OF INDICATORS THAT ARE SIGNS OF FOOD SPOILING

- Odors- off odors are smells (sometimes like rotten eggs) that are produced when bacteria break down the protein in food, (usually fatty foods). This process is called putrefaction. Taints due to flavor change may also occur
- Sliminess- Food becomes slimy as the bacterial population grows
- Discoloration- Foods can become discolored by microbial growth. Some molds have colored spores that give the food a distinctive color, for example black pin mold on bread or blue and green mold on citrus fruit and cheese
- Souring- Foods go sour when certain bacteria produce acids. A common example is when milk sours from the production of lactic acid
- Gas- Bacteria and yeasts often produce gaseous by-products that can affect food. You may notice meat becoming spongy, or packages and cans swelling or having a popping or fizzing sound upon opening
- Inspect: Taste, touch, look, listen and smell food to ensure it is safe

GUIDELINES

Make sure food is protected at all times from contamination. Check for

- cross contamination between raw and cooked foods
- toxic substances
- contamination by insects or rodents while being stored, prepared, displayed, dispensed, packaged or transported

Review: Inspect...when in doubt, throw it out, keep bacteria away!