



Here's to Your Good Health

You can enjoy tremendous health benefits when you make small but significant changes in the way you eat. A great first step is to take advantage of the Healthy Appetite program, designed by Cleveland Clinic and Heinen's. For nutrition tips and meal ideas, please visit www.heinens.com/healthyappetite. Here's to your good health!

Healthy Appetite™

Bringing you the resources of Cleveland Clinic and Heinen's

This brochure is brought to you by **Healthy Appetite**, a program designed by **Cleveland Clinic and Heinen's** to provide shoppers with nutritional and educational information, so they can make healthier food and lifestyle choices – choices that will ultimately enhance personal health and wellness.

This information should be relied upon for health education purposes only. It does not provide a complete overview of the topics covered and should not replace the independent judgment of a physician.



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Canned Food Safety Tips

For a healthy, balanced life





Shelf-Life

According to the Canned Food Alliance, one of the most frequently asked questions about canned foods is its shelf life and “use-by” dates.

The codes that are stamped on canned foods are manufacturers’ codes that usually designate the date the product was packaged. These codes vary from manufacturer to manufacturer and usually include coding for time and place of canning. For example, the code 91372, can mean the food was processed in 1999 (the first number nine, is the year), on the 137th day (middle three numbers), by the second shift (the last number is two). No wonder consumers get confused! For more information on deciphering most canned manufacturer codes, visit the Canned Food Alliance at www.mealtime.org. Type “reading can codes” in the search box.

A general rule of thumb is that canned food has a shelf life of approximately two years from the date of processing. According to the United States Department of Agriculture (USDA), high-acid foods such as tomatoes and fruits should be stored up to 18 months. Low-acid foods such as meat and vegetables can be kept two to five years.

Safety Issues

Canned food can retain its safety and nutritional value beyond two years, but it may have some changes in color and texture. According to the Canned Food Alliance, canning is a high-heat process that renders food commercially sterile; therefore food safety is not an issue in products kept on the shelf or pantry for long periods of time.

Storing & Reusing Canned Goods

It is recommended that all canned foods be stored in a cool, dry place, approximately 75° F and below. In most instances, small dents do not affect the contents of the can as long as the can is not leaking. If it is leaking, or if the ends are bulged, the food should be thrown out or

A staple in just about every American pantry, canned food is a nutritious choice for on-the-go families. Canned beans, vegetables, and fruits are perfect for times when you need to whip together a quick, nutritious meal.

The good news is that recent research shows recipes using canned ingredients are similar in nutritional value and taste to those made with fresh or frozen ingredients. That means you can feed your family right when time is short, or the budget pinched.

But how long should you keep that dusty can of pinto beans you just found in the back of your cupboard? Read on for some useful tips on storing canned goods.



returned to the place of purchase. While extremely rare, a toxin produced by *Clostridium botulinum* is the worst danger in canned foods. Never use food from containers that show signs of “botulism” such as bulging, leaking, rusting, or badly dented cans; cracked jars; jars with loose or bulging lids; canned food with a foul odor; or a container that spurts liquid when opening.

Resources

For more information on the safe handling and storage of canned goods, visit the following websites:

- United States Department of Agriculture (USDA) Food Safety & Food Security Brochure www.fsis.usda.gov/oa/topics/foodsec_cons.pdf
- Canned Foods Alliance at www.mealtime.org