

Safety of Canned Goods



Eating from dented cans is NOT unsafe. That is a myth that has led to food and money being wasted. It is true that some dented cans are unsafe, but a majority of dented cans are completely safe to eat!

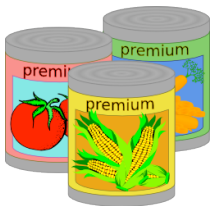
To determine if a can is safe...

Push on the top, bottom, and sides of the can. If the can moves or makes a popping sound, the can's seal has been broken and air has made its way inside. Popped cans should be discarded or returned to the store where they were purchased for replacement. If the can does not make a noise or move, it is most likely safe to eat even though it has dents.



If the can is bulging and bloated it is most likely unsafe. Cans will bulge and bloat when bacteria begins to produce gasses which push the can outward. You can also tell by looking at the dented can if it rusting. Rust can weaken the can and allow air and bacteria to enter it.

Sometimes cans can be fine when they originally get dented, but after a period of time, begin to display some of the above changes. So when buying dented cans try to avoid ones that are dented on the top or bottom. These are where the main seams are located and where the can is its weakest. Alternatively, if the can is dented along the side it is most likely safe to eat the food within.



The final way you can tell if a dented can is safe to eat is when you open it. Once you puncture the can with your can opener it should not spray or explode. If it does spray or explode do not eat the food within it because it may be contaminated. Safe dented cans will open the same as non-dented cans.

From "How to tell if a dented can is safe to use," by Nanette Campbell, 2008.

http://www.associatedcontent.com/article/1175422/how_to_tell_if_a_dented_can_is_safe.html?cat=25

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