

Are microorganisms, like bacteria and yeasts, always harmful?

- Our gut is naturally home to hundreds of species of bacteria.
- Probiotics are just one example of a non-harmful microorganism, and they are a key player in maintaining a healthy gut!

Are vegetables still edible after they've started to wilt or soften?

- Wilted vegetables can often be refreshed by soaking in ice water for about 10 minutes! They are also great in soups, chilis, and pasta dishes, and can also be frozen for later.
- They only need to be thrown out if they are smelly, slimy, or noticeably discolored.

Should I throw away my potatoes if they have green spots or sprouts?

- Potatoes that have green spots or sprouts could contain toxins, but aren't necessarily unsalvageable.
- You do not need to discard green potatoes. Just peel the skins, shoots and any green color.

USDA source on green potatoes:



<https://ask.usda.gov/s/article/Are-green-potatoes-dangerous#:~:text=Tubers%20with%20a%20high%20concentration,is%20where%20the%20solanines%20concentrate.>

Can I still eat something that has a moldy or rotted spot?

- Many moldy foods can be salvaged by cutting about an inch around the bad spot. This is especially true for sturdier items like potatoes, winter squashes, and blocks of cheese.
- To be on the safe side, be sure to cook these items before eating them.

Should I throw out food that has a new, bad smell?

- Your senses are the best judge of whether or not something is still safe to eat. What does it normally smell, look, taste, and feel like?
- Foul odor is a sure sign that food is no longer safe to eat.

I found bugs on my produce. Should I throw it away?

- Many raw fruits and vegetables, especially when grown organically, may have a few small bugs on them that can be easily rinsed off.
- Discard any foods that look infested with bugs or worms, especially if it looks significantly eaten by insects.

Why does my food spoil faster when I eat or drink directly from the container?

- When you eat or drink directly from the container, bacteria and digestive enzymes from your mouth end up in that food, causing it to spoil faster. It's best to portion food out into a clean container before enjoying it!

Can I reheat and refreeze leftovers as many times as I want?

- Reheating and refreezing food multiple times increases the risk of bad bacteria and food borne illnesses. It's best to reheat things in smaller batches when possible.
- If you have to refreeze or reheat something multiple times, check for any new sights and smells and be sure to cook it thoroughly before eating.