

Moulds on Food: Know when it is safe with this easy to use guide.

FOOD	HANDLING	REASON
Luncheon meats, bacon, or hot dogs	Discard	Foods with high moisture content can be contaminated below the surface. Mouldy foods may also have bacteria growing along with the mould.
Hard salami and dry-cured country hams	Use. Scrub mould off surface.	It is normal for these shelf-stable products to have surface mould.
Cooked leftover meat and poultry	Discard	Foods with high moisture content can be contaminated below the surface. Mouldy foods may also have bacteria growing along with the mould.
Cooked casseroles	Discard	Foods with high moisture content can be contaminated below the surface. Mouldy foods may also have bacteria growing along with the mould.
Cooked grain and pasta	Discard	Foods with high moisture content can be contaminated below the surface. Mouldy foods may also have bacteria growing along with the mould.
Hard cheese (not cheese where mould is part of the processing)	Use. Cut off at least 1 inch around and below the mould spot (keep the knife	Mould generally cannot penetrate deep into the

	<p>out of the mould itself so it will not cross-contaminate other parts of the cheese).</p> <p>After trimming off the mould, re-cover the cheese in fresh wrap.</p>	product.
<p>Cheese made with mould (such as Roquefort, blue, Gorgonzola, Stilton, Brie, Camembert)</p>	<p>Discard soft cheeses such as Brie and Camembert if they contain moulds that are not a part of the manufacturing process. If surface mould is on hard cheeses such as Gorgonzola and Stilton, cut off mould at least 1 inch around and below the mould spot and handle like hard cheese (above).</p>	Moulds that are not a part of the manufacturing process can be dangerous.
<p>Soft cheese(such as cottage, cream cheese, Neufchatel, <i>chevre</i>, Bel Paese, etc.) Crumbled, shredded, and sliced cheeses (all types)</p>	Discard	Foods with high moisture content can be contaminated below the surface. Shredded, sliced, or crumbled cheese can be contaminated by the cutting instrument. Mouldy soft cheese can also have bacteria growing along with the mould.
Yogurt and sour cream	Discard	Foods with high moisture content can be contaminated below the surface. Mouldy foods may also have bacteria

		growing along with the mould.
Jams and jellies	Discard	The mould could be producing a mycotoxin. Microbiologists recommend against scooping out the mould and using the remaining condiment.
Fruits and vegetables, FIRM (such as cabbage, bell peppers, carrots, etc.)	Use. Cut off at least 1 inch around and below the mould spot (keep the knife out of the mould itself so it will not cross-contaminate other parts of the produce).	Small mould spots can be cut off FIRM fruits and vegetables with low moisture content. It's difficult for mould to penetrate dense foods.
Fruits and vegetables, SOFT (such as cucumbers, peaches, tomatoes, etc.)	Discard	SOFT Fruits and vegetables with high moisture content can be contaminated below the surface.
Bread and baked goods	Discard	Porous foods can be contaminated below the surface.
Peanut butter, legumes and nuts	Discard	Foods processed without preservatives are at high risk for mould.

Source: USDA (Note: This document serves only as a guide)