

Food	Spoilage Issue	Safe to Use?	Why or Why Not?	How would you safely prepare this item?	Ideas for Use?
block of cheese	white and green mold spots	yes!	white or green mold is mostly harmless, watch out for black and pink!	cut away mold at least 1/2 inch in all directions	use as you normally would!
strawberries	fuzzy green spots	yes!	Throw away strawberries that are more than 50% rotten. Rinse strawberries.	Cook them!	jam, pie, sauces...
carrots	black skin and limp	yes!	They are just drying out. Black skin is a form of rot.	Cut or peel away black parts. Not culinarily desirable, but still full of nutrients. Best used in a sauce or soup	carrot & ginger soup, vegetable chili, 'Hero' recipes
ground meat	slightly brown in color	yes!	as long as it doesn't smell, this brown is just oxidation.	Because it means that the meat might be older, best to not serve it as burger. Cook thoroughly.	Chili, shepherd's pie, meatballs....
shredded cheese	green mold spots throughout	no!	Because it has a high amount of surface area, you cannot pick out the moldy pieces.	n/a	Feed to farm animals if possible. They won't mind, and pigs love cheese!
eggs	past expiration date by 4 weeks	yes!	Eggs rarely go bad. They will start to dry out, and the air pocket will enlarge, hence the 'float test'.	Probably not culinarily desirable to serve them fried for breakfast, but they still are great for baking and binding.	Cakes, muffins, quiche, omelettes...
frozen meat	white spots and dried in appearance	yes!	The white spots are due to freezer burn- or water evaporating in the freezer	Again, not culinarily desirable, but will still work great for soups and stews!	pot roast, coc-au-vin, 'Hero' recipes
tomatoes	black spots	yes!	Another form of rot.	Cut away black spots. You may be able to still use as fresh slicing tomatoe if rot wasn't extensive. Otherwise tomato sauce!	Tomato sauce, quiche or omelete filling, salsa, 'Hero' recipes
milk	past expiration date by 3 weeks	maybe	Smell it! If it doesn't smell spoiled, it isn't.	anything you would use milk for.	cereal, sauces, soup, cakes...
large cut of meat	slimy outside (and a little stinky)	yes!	Meat will only go bad from the outside in, and center of meat is fine. In a controlled environment, this can actually be desirable!	Rinse with a vinegar and water solution. Trim away 1/2 inch into the meat. Use as you normally would.	roast, steaks, 'Hero' recipes