

# CAN I EAT MOLDY FOOD?

## KEEP IT

Hard salami  
Hard cheese  
Dry-cured ham  
Firm fruits & veggies



## TOSS IT

Leftovers

Bread

Yogurt

Soft cheese

Lunch meats

Peanut butter or jelly

Soft fruits & veggies



MY  
• FEARLESS •  
KITCHEN

