

Home food facts during the pandemic

In these current times many of us are spending more time in the kitchen. This World Food Safety Day (7th June) we want to help you manage the food in your home safely during lockdown and beyond.

Peter Quigley, Head of Chemical Safety Policy at the Food Standards Agency, said: 'Food safety is everyone's business. As part of my role, I answer all sorts of questions about the safety of the food in your fridges and cupboards.'

'To mark this World Food Safety Day we've pulled together some advice around the questions we get asked most frequently. We hope that our [home food facts](#) help you to avoid throwing away good food unnecessarily and to use up the contents of your cupboards and fridges safely.'

Here are five tips to help make your food go further:

- **Eggs** are safe to eat for a couple of days after the best before date, as long as they are cooked thoroughly.
- Food in **dented cans** should be fit to eat, providing the dent on the can is shallow and there are no other obvious signs that the can is damaged. Make sure the can has not expanded or leaked.
- **Leftover rice** can be eaten, but rice should be kept in the fridge for no more than one day. When you reheat rice always check the dish is steaming hot all the way through.
- **Potatoes** that have started to sprout can be eaten, but the sprouts should be cut off. Any green or rotten bits should be removed before they are used.
- **Fruit or vegetables** that are a bit overripe, such as wrinkly carrots, brown bananas and slightly mushy strawberries can be eaten normally, providing they are not mouldy.

Alternatively, they can be used in cooking, baking or smoothies.

For more safety tips on rice, eggs, fruit, vegetables, meat and canned food, visit our [home food fact checker](#).