



Meat Sorting Guidelines:

Primary Requirements:

- Must be frozen
- Must have label
- Must be unopened

What types of meat should we toss?

- Opened or torn packaging regardless of how the meat looks
- Meat with no labeling
- Meat that is not frozen
- Meat that appears to be slimy

Why does meat change color or texture?

Myoglobin- a protein in blood is responsible for the red color seen in most meat. Storage, lighting and temperature lead to oxidation and formation of metmyoglobin. This turns meat brown- this does not affect safety and occurs during the cooking process as well.

Changes in color while meat and poultry are frozen do not affect their safety. You may see darkening or dimming in the colors of red meats and ground meats. Bones on poultry may become darker due to their porous nature.

Acceptable:

Freezer burn is safe, and discoloration is normal with freezing



Freezer burn is safe, and discoloration is normal with freezing



Freezer burn is safe, and discoloration is normal with freezing

Unacceptable:



This is opened

This has no labeling

This does not have correct labeling