

# When to save and when to throw it out!

Can I use food that's been in the refrigerator if the power goes? Can I refreeze food if the power was off? Here is a guide as to what you can keep and what to toss.

| <b>REFRIGERATED FOODS</b>   | <b>HELD ABOVE 40°F FOR OVER 2 HOURS</b>          |
|---|--|
| <b>MEAT, POULTRY, SEAFOOD</b>   |  |
| Fresh or leftover meat, poultry, fish, or seafood   | Throw out  |
| Thawing meat or poultry   | Throw out  |
| Meat, tuna, shrimp, chicken, or egg salad   | Throw out  |
| Gravy, stuffing   | Throw out  |
| Lunchmeats, hot dogs, bacon, sausage, dried beef  | Throw out  |
| Pizza – any topping   | Throw out  |
| Canned hams labeled “keep refrigerated” opened and unopened   | Throw out  |
| Canned meats, fish opened and unopened  | Throw out  |
| <b>CHEESE</b>   |  |
| Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel | Throw out  |
| Shredded cheeses  | Throw out  |
| Low-fat cheeses   | Throw out  |
| Processed cheese  | Safe   |
| Hard cheeses: Cheddar, Colby, Swiss, Parmesan, Provolone, Romano  | Safe   |
| Grated Parmesan, Romano, or combination cheese (in can or jar)  | Safe   |
| <b>DAIRY</b>  |  |
| Milk, cream, sour cream, buttermilk, evaporated milk, yogurt  | Throw out  |
| Baby formula, opened  | Throw out  |
| Butter, margarine   | Safe   |
| <b>EGGS</b>   |  |
| Fresh eggs, hard-cooked in shell, egg dishes, egg products  | Throw out  |
| Custard and puddings  | Throw out  |
| <b>CASSEROLES, SOUPS, STEWS</b>   | Throw out  |
| <b>FRUITS</b>   |  |
| Fresh fruits, cut   | Throw out  |
| Fresh fruits, whole uncut   | Safe   |
| Fruit juices, opened  | Safe   |
| Canned fruits, opened   | Safe   |
| Coconuts, raisins, dried fruits, candied fruits, dates  | Safe   |
| <b>SAUCES, SPREADS, JAMS</b>  |  |
| Opened mayonnaise, tartar sauce, horseradish, ketchup<br><b>(Do not have to throw out if unopened.)</b>                             | Throw out if above 40°F for <b>over 8 hours.</b> |
| Spaghetti sauce, opened jar   | Throw out  |
| Opened creamy-based dressings   | Throw out  |
| Worcestershire sauce  | Throw out  |
| Fish sauces (oyster sauce)  | Throw out  |
| Hoisin sauce  | Throw out  |
| Opened vinegar-based dressings  | Safe   |
| Jelly; relish; taco, barbecue & soy sauce; mustard; olives  | Safe   |
| Peanut butter   | Safe   |

| <b>REFRIGERATED FOODS</b>                         | <b>HELD ABOVE 40°F FOR OVER 2 HOURS</b> |
|---|---|
| <b>BREADS, CAKES, COOKIES, PASTA</b>              |   |
| Waffles, pancakes                                 | Throw out                               |
| Refrigerator biscuits, rolls, cookie dough        | Throw out                               |
| Cooked pasta, spaghetti                           | Throw out                               |
| Pasta salads with mayonnaise or vinaigrette       | Throw out                               |
| Fresh pasta                                       | Throw out                               |
| Cheesecake  | Throw out                               |
| Bread, rolls, cakes, muffins, quick breads        | Safe                                    |
| Bagels  | Safe                                    |
| <b>PIES, PASTRY</b>                               |   |
| Pastries, cream filled                            | Throw out                               |
| Pies – custard, cheese filler, or chiffon         | Throw out                               |
| Pies – fruit                                      | Safe                                    |
| <b>VEGETABLES</b>                                 |   |
| Bag salads, greens, pre-cut, pre-washed, packaged | Throw out                               |
| Potato salad                                      | Throw out                               |
| Commercial garlic in oil                          | Throw out                               |
| Vegetables, cooked                                | Throw out                               |
| Vegetable juice, opened                           | Throw out                               |
| Baked potatoes                                    | Throw out                               |
| Vegetables, raw un-cut                            | Safe                                    |
| Fresh mushrooms, herbs, spices                    | Safe                                    |

## WHEN IN DOUBT – THROW IT OUT!

| <b>FROZEN FOODS</b>                                  | <b>STILL CONTAINS ICE CRYSTALS AND FEELS AS COLD AS IF REFRIGERATED</b> | <b>HELD ABOVE 40°F FOR OVER 2 HOURS</b>                                  |
|--|---|--|
| <b>MEAT, POULTRY, SEAFOOD</b>                        |   |  |
| Beef, veal, lamb, pork and ground meat               | Refreeze  | Throw out  |
| Poultry and ground poultry                           | Refreeze  | Throw out  |
| Variety meats (liver, kidney, heart, chitterlings)   | Refreeze  | Throw out  |
| Casseroles, stews, soups                             | Refreeze  | Throw out  |
| Fish, shellfish, breaded seafood                     | Refreeze. There may be some texture and flavor loss.                    | Throw out  |
| <b>VEGETABLES</b>                                    |   |  |
| Vegetable juices                                     | Refreeze  | Throw out after held above <b>40°F for 6 hours.</b>                      |
| Home or commercially packaged or blanched vegetables | Refreeze. May suffer texture and flavor loss.                           | Throw out after held above <b>40°F for 6 hours.</b>                      |
| <b>FRUITS</b>  |   |  |
| Fruit juices   | Refreeze  | Refreeze. <b>Throw out if mold, yeasty smell, or sliminess develops.</b> |
| Home or commercially packaged fruit                  | Refreeze. Will change texture and flavor.                               | Refreeze. <b>Throw out if mold, yeasty smell, or sliminess develops.</b> |

| <b>FROZEN FOODS</b>  | <b>STILL CONTAINS ICE CRYSTALS AND FEELS AS COLD AS IF REFRIGERATED</b> | <b>HELD ABOVE 40°F FOR OVER 2 HOURS</b> |
|--|---|---|
| <b>DAIRY</b>   |   |   |
| Milk   | Refreeze. May lose some texture.  | Throw out                               |
| Eggs (out of shell) and egg products   | Refreeze  | Throw out                               |
| Ice cream, frozen yogurt   | Throw out   | Throw out                               |
| Cheese (soft and semi-soft)  | Refreeze. May lose some texture.  | Throw out                               |
| Cheesecake   | Refreeze.   | Throw out                               |
| Shredded cheeses   | Refreeze  | Throw out                               |
| Casseroles containing milk, cream, eggs, soft cheeses  | Refreeze  | Throw out                               |
| Hard cheeses   | Refreeze. Quality may be compromised.                                   | Refreeze                                |
| <b>BREADS, PASTRIES</b>  |   |   |
| Pie crusts, commercial and homemade bread dough  | Refreeze. Some quality loss may occur.                                  | Throw out                               |
| Cakes, pies, pastries with custard or cheese fillings  | Refreeze  | Throw out                               |
| Breads, rolls, muffins, cakes without custard fillings   | Refreeze  | Refreeze                                |
| <b>OTHER</b>   |   |   |
| Waffles, pancakes  | Refreeze  | Throw out                               |
| Frozen meal, entrée, specialty items (pizza, sausage and biscuit, meat pie, convenience foods) | Refreeze  | Throw out                               |
| Bagels   | Refreeze  | Refreeze                                |
| Casseroles – pasta, rice based (NO MEAT)   | Refreeze  | Refreeze                                |
| Flour, cornmeal, nuts  | Refreeze  | Refreeze                                |

\* Source: USDA