

## Refrigerated Food and Power Outages: When to Save It and When to Throw It Out

| Type of Food  | Held above 40°F (4°C) for more than 2 hours |
|---|---|
| <b>Meat, poultry, seafood</b>   |   |
| Raw or leftover cooked meat, poultry, fish, or seafood;<br>soy meat substitutes   | Discard                                     |
| Thawing meat or poultry   | Discard                                     |
| Salads: Meat, tuna, shrimp, chicken, or egg salad   | Discard                                     |
| Gravy, stuffing, broth  | Discard                                     |
| Lunchmeats, hot dogs, bacon, sausage, dried beef  | Discard                                     |
| Pizza with any topping  | Discard                                     |
| Canned hams labeled "Keep Refrigerated"   | Discard                                     |
| Canned meats and fish, opened   | Discard                                     |
| Casseroles, soups, stews  | Discard                                     |
| <b>Cheese</b>   |   |
| Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco | Discard                                     |
| Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano  | Keep  |
| Processed cheeses   | Keep  |
| Shredded cheeses  | Discard                                     |
| Low-fat cheeses   | Discard                                     |
| Grated Parmesan, Romano, or combination (in can or jar)   | Keep  |
| <b>Dairy</b>  |   |
| Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk  | Discard                                     |

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|---|---|
| Butter, margarine   | Keep  |
| Baby formula, opened  | Discard   |
| <b>Eggs</b>   |   |
| Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products | Discard   |
| Custards and puddings, quiche   | Discard   |
| <b>Fruits</b>   |   |
| Fresh fruits, cut   | Discard   |
| Fresh fruits, uncut   | Keep  |
| Fruit juices, opened  | Keep  |
| Canned fruits, opened   | Keep  |
| Dried fruits, raisins, candied fruits, dates                          | Keep  |
| Sliced or shredded coconut  | Discard   |
| <b>Sauces, Spreads, Jams</b>  |   |
| Opened mayonnaise, tartar sauce, horseradish                          | Discard<br>(if above 50°F (10°C) for more than 8 hrs) |
| Peanut butter   | Keep  |
| Jelly, relish, taco sauce, mustard, catsup, olives, pickles           | Keep  |
| Worcestershire, soy, barbecue, hoisin sauces                          | Keep  |
| Fish sauces, oyster sauce   | Discard   |
| Opened vinegar-based dressings  | Keep  |
| Opened creamy-based dressings   | Discard   |
| Spaghetti sauce, opened   | Discard   |
| <b>Bread, cakes, cookies, pasta, grains</b>                           |   |
| Bread, rolls, cakes, muffins, quick breads, tortillas                 | Keep  |
| Refrigerator biscuits, rolls, cookie dough                            | Discard   |
| Cooked pasta, rice, potatoes  | Discard   |
| Pasta salads with mayonnaise or vinaigrette                           | Discard   |
| Fresh pasta   | Discard   |

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|---|---|
| Cheesecake  | Discard                                     |
| Breakfast foods: waffles, pancakes, bagels  | Keep  |
| <b>Pies and pastry</b>  |   |
| Cream filled pastries   | Discard                                     |
| Pies: Any with filling containing eggs or milk, e.g., custard, cheese-filled, or chiffon; quiche. | Discard                                     |
| Fruit pies  | Keep  |
| <b>Vegetables</b>   |   |
| Fresh vegetables, cut   | Discard                                     |
| Fresh vegetables, uncut   | Keep  |
| Fresh mushrooms, herbs, spices  | Keep  |
| Greens, pre-cut, pre-washed, packaged   | Discard                                     |
| Vegetables, cooked  | Discard                                     |
| Tofu, cooked  | Discard                                     |
| Vegetable juice, opened   | Discard                                     |
| Baked potatoes  | Discard                                     |
| Commercial garlic in oil  | Discard                                     |
| Potato salad  | Discard                                     |
| Casseroles, soups, stews  | Discard                                     |

Date Last Reviewed September 20, 2023