



## Department of Health

Bureau of Environmental Health  
& Radiation Program  
Food Safety Program

# Food Safety & Power Outages

When to Save & When to Throw Out

## Refrigerated Foods

Meat, Poultry, Seafood	Above 40° > 2 hours
Raw or leftover cooked meat, poultry, fish, or seafood; 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
Cheeses	Above 40° > 2 hours
Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso	Discard
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Safe
Processed Cheeses	Safe
Shredded Cheeses	Discard
Low-fat Cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe
Dairy	Above 40° > 2 hours
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard
Butter, margarine	Safe
Baby formula, opened	Discard
Eggs	Above 40° > 2 hours
Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings, quiche	Discard
Fruits	Above 40° > 2 hours
Fresh fruits, cut	Discard
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe

Vegetables	Above 40° > 2 hours
Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, raw	Safe
Vegetables, cooked; tofu	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard
Casseroles, soups, stews	Discard
Sauces, Spreads, Jams	Above 40° > 2 hours
Opened mayonnaise, tartar sauce, horseradish	Discard if above 50° > 8 hours
Peanut butter	Safe
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Safe
Worcestershire, soy, barbecue, hoisin sauces	Safe
Fish sauces, oyster sauce	Discard
Opened vinegar-based dressings	Safe
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard
Bread, Cakes, Cookies, Pasta	Above 40° > 2 hours
Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Breakfast foods – waffles, pancakes, bagels	Safe
Pies, Pastry	Above 40° > 2 hours
Pastries, cream filled	Discard
Pies: custard, cheese-filled or chiffon; quiche	Discard
Pies, fruit	Safe

Source: [www.foodsafety.gov](http://www.foodsafety.gov)

## Frozen Foods

Food	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 40° for over 2 hours
<b>Meat, Poultry, Seafood</b>		
Beef, veal, lamb, pork, and ground meats	Refreeze	Discard
Poultry and ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze. However, there will be some texture and flavor loss.	Discard
<b>Dairy</b>		
Milk	Refreeze. May lose some texture.	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi-soft)	Refreeze. May lose some texture.	Discard
Hard Cheeses	Refreeze	Refreeze
Shredded Cheeses	Refreeze	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>Fruits</b>		
Home or commercially packaged	Refreeze. Will change in texture and flavor.	Refreeze. Discard if mold, yeasty smell or sliminess develops.
Juices	Refreeze	Refreeze. Discard if mold, yeasty smell or sliminess develops.
<b>Vegetables</b>		
Home or commercially packaged or blanched	Refreeze. May suffer texture and flavor loss.	Discard after held above 40° for 6 hours.
Juices	Refreeze	Discard after held above 40° for 6 hours.
<b>Breads, Pastries</b>		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze. Some quality loss may occur.	Refreeze. Quality loss is considerable.
<b>Other</b>		
Casseroles – pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items – waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard

Source: [www.foodsafety.gov](http://www.foodsafety.gov)