

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.

REFRIGERATED FOODS	HELD ABOVE 40°F. FOR OVER 2 HOURS
MEAT, POULTRY, SEAFOOD	
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
CHEESE	
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
DAIRY	
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	throw out
Baby formula, opened	throw out
Butter, margarine	safe
EGGS	
Fresh eggs, hard-cooked in shell, egg dishes, egg products	throw out
Custard and puddings	throw out
CASSEROLES, SOUPS, STEWS	throw out
FRUITS	
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
SAUCES, SPREADS, JAMS	throw out if above 40°F for over 8 hours.
Opened mayonnaise, tartar sauce, horseradish, ketchup (Do not have to throw out if unopened.)	
Spaghetti sauce, opened jar	throw out
Opened creamy-based dressings	throw out
Fish sauces (oyster sauce)	throw out
Worcestershire sauce	throw out
Hoisin sauce	throw out
Opened vinegar-based dressings	safe
Jelly; relish; taco, barbecue & soy sauce; mustard; olives	safe
Peanut butter	safe
BREADS, CAKES, COOKIES, PASTA	
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
PIES, PASTRY	
Pastries, cream filled	throw out
Pies – custard, cheese filler, or chiffon	throw out
Pies – fruit	safe

VEGETABLES 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!

FROZEN FOODS	STILL CONTAINS ICE CRYSTALS AND FEELS AS COLD AS IF REFRIGERATED	HELD ABOVE 40°F. FOR OVER 2 HOURS
MEAT, POULTRY, SEAFOOD 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
VEGETABLES Vegetable juices	refreeze	throw out after held above 40°F for 6 hours.
Home or commercially packaged or blanched vegetables	refreeze ~ may suffer texture and flavor loss	throw out after held above 40°F for 6 hours.
FRUITS Fruit juices	refreeze	refreeze Throw out if mold, yeasty smell, or sliminess develops.
Home or commercially packaged fruit	refreeze ~ will change texture and flavor.	refreeze Throw out if mold, yeasty smell, or sliminess develops.
DAIRY 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
BREADS, PASTRIES 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	throw out
OTHER 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