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

<table>
<thead>
<tr>
<th>Type of Food</th>
<th>Held above 40 °F for more than 2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat, poultry, seafood</strong></td>
<td></td>
</tr>
<tr>
<td>Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes</td>
<td>Discard</td>
</tr>
<tr>
<td>Thawing meat or poultry</td>
<td>Discard</td>
</tr>
<tr>
<td>Salads: Meat, tuna, shrimp, chicken, or egg salad</td>
<td>Discard</td>
</tr>
<tr>
<td>Gravy, stuffing, broth</td>
<td>Discard</td>
</tr>
<tr>
<td>Lunchmeats, hot dogs, bacon, sausage, dried beef</td>
<td>Discard</td>
</tr>
<tr>
<td>Pizza with any topping</td>
<td>Discard</td>
</tr>
<tr>
<td>Canned hams labeled &quot;Keep Refrigerated&quot;</td>
<td>Discard</td>
</tr>
<tr>
<td>Canned meats and fish, opened</td>
<td>Discard</td>
</tr>
<tr>
<td>Casseroles, soups, stews</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td></td>
</tr>
<tr>
<td>Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco</td>
<td>Discard</td>
</tr>
<tr>
<td>Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano</td>
<td>Keep</td>
</tr>
<tr>
<td>Processed cheeses</td>
<td>Keep</td>
</tr>
<tr>
<td>Shredded cheeses</td>
<td>Discard</td>
</tr>
<tr>
<td>Low-fat cheeses</td>
<td>Discard</td>
</tr>
<tr>
<td>Grated Parmesan, Romano, or combination (in can or jar)</td>
<td>Keep</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td></td>
</tr>
<tr>
<td>Type of Food</td>
<td>Held above 40 °F for more than 2 hours</td>
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<td>----------------------------------------------------------------------------</td>
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<tr>
<td>Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk</td>
<td>Discard</td>
</tr>
<tr>
<td>Butter, margarine</td>
<td>Keep</td>
</tr>
<tr>
<td>Baby formula, opened</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td></td>
</tr>
<tr>
<td>Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products</td>
<td>Discard</td>
</tr>
<tr>
<td>Custards and puddings, quiche</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
</tr>
<tr>
<td>Fresh fruits, cut</td>
<td>Discard</td>
</tr>
<tr>
<td>Fresh fruits, uncut</td>
<td>Keep</td>
</tr>
<tr>
<td>Fruit juices, opened</td>
<td>Keep</td>
</tr>
<tr>
<td>Canned fruits, opened</td>
<td>Keep</td>
</tr>
<tr>
<td>Dried fruits, raisins, candied fruits, dates</td>
<td>Keep</td>
</tr>
<tr>
<td>Sliced or shredded coconut</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>Sauces, Spreads, Jams</strong></td>
<td></td>
</tr>
<tr>
<td>Opened mayonnaise, tartar sauce, horseradish</td>
<td>Discard</td>
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<tr>
<td>(if above 50 °F for more than 8 hrs)</td>
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</tr>
<tr>
<td>Peanut butter</td>
<td>Keep</td>
</tr>
<tr>
<td>Jelly, relish, taco sauce, mustard, catsup, olives, pickles</td>
<td>Keep</td>
</tr>
<tr>
<td>Worcestershire, soy, barbecue, hoisin sauces</td>
<td>Keep</td>
</tr>
<tr>
<td>Fish sauces, oyster sauce</td>
<td>Discard</td>
</tr>
<tr>
<td>Opened vinegar-based dressings</td>
<td>Keep</td>
</tr>
<tr>
<td>Opened creamy-based dressings</td>
<td>Discard</td>
</tr>
<tr>
<td>Spaghetti sauce, opened</td>
<td>Discard</td>
</tr>
<tr>
<td><strong>Bread, cakes, cookies, pasta, grains</strong></td>
<td></td>
</tr>
<tr>
<td>Bread, rolls, cakes, muffins, quick breads, tortillas</td>
<td>Keep</td>
</tr>
<tr>
<td>Refrigerator biscuits, rolls, cookie dough</td>
<td>Discard</td>
</tr>
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<td>Type of Food</td>
<td>Held above 40 °F for more than 2 hours</td>
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<tr>
<td>-------------------------------------------------------</td>
<td>----------------------------------------</td>
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<tr>
<td>Cooked pasta, rice, potatoes</td>
<td>Discard</td>
</tr>
<tr>
<td>Pasta salads with mayonnaise or vinaigrette</td>
<td>Discard</td>
</tr>
<tr>
<td>Fresh pasta</td>
<td>Discard</td>
</tr>
<tr>
<td>Cheesecake</td>
<td>Discard</td>
</tr>
<tr>
<td>Breakfast foods: waffles, pancakes, bagels</td>
<td>Keep</td>
</tr>
<tr>
<td><strong>Pies and pastry</strong></td>
<td></td>
</tr>
<tr>
<td>Cream filled pastries</td>
<td>Discard</td>
</tr>
<tr>
<td>Pies: Any with filling containing eggs or milk, e.g.,</td>
<td>Discard</td>
</tr>
<tr>
<td>custard, cheese-filled, or chiffon; quiche.</td>
<td></td>
</tr>
<tr>
<td>Fruit pies</td>
<td>Keep</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td>Fresh vegetables, cut</td>
<td>Discard</td>
</tr>
<tr>
<td>Fresh vegetables, uncut</td>
<td>Keep</td>
</tr>
<tr>
<td>Fresh mushrooms, herbs, spices</td>
<td>Keep</td>
</tr>
<tr>
<td>Greens, pre-cut, pre-washed, packaged</td>
<td>Discard</td>
</tr>
<tr>
<td>Vegetables, cooked</td>
<td>Discard</td>
</tr>
<tr>
<td>Tofu, cooked</td>
<td>Discard</td>
</tr>
<tr>
<td>Vegetable juice, opened</td>
<td>Discard</td>
</tr>
<tr>
<td>Baked potatoes</td>
<td>Discard</td>
</tr>
<tr>
<td>Commercial garlic in oil</td>
<td>Discard</td>
</tr>
<tr>
<td>Potato salad</td>
<td>Discard</td>
</tr>
<tr>
<td>Casseroles, soups, stews</td>
<td>Discard</td>
</tr>
</tbody>
</table>

Date Last Reviewed January 28, 2021