

# What Do I Save and What Do I Throw Away When the Power is Out?

When the electricity to your refrigerator or freezer is interrupted for an extended period of time, the safety of food stored in them becomes a concern. This fact sheet can help you determine the safety of your food.

## Frozen Food: When to Save and When to Throw Away

Frozen foods in a fully-stocked freezer will stay frozen up to two days; in a half-filled freezer about one day. Keep the freezer door closed as much as possible. Refer to the chart below to help you decide if a specific food can be kept or should be thrown away.

	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 4°C (40° F) for over two hours
<b>Meat, Poultry or Seafood</b>		
Beef, veal, lamb, ground meats	Refreeze	Discard
Poultry, ground poultry	Refreeze	Discard
Variety meat (liver, kidney, heart)	Refreeze	Discard
Casseroles, stews, soups, convenience foods, pizza	Refreeze	Discard
Fish, shellfish, breaded seafood	Refreeze	Discard
<b>Dairy</b>		
Milk	Refreeze	Discard
Liquid Eggs, egg products	Refreeze	Discard
Soft/semi-soft cheese (cream cheese, ricotta)	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Hard cheeses (cheddar, swiss, parmesan)	Refreeze	Refreeze
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>Fruits</b>		
Juices	Refreeze	Refreeze (discard if moldy, yeasty, smell, or sliminess develops)
Home or commercially packaged	Refreeze	
<b>Vegetables</b>		
Juices	Refreeze	Discard after held above 4°C (40° F) for six hours
Home or commercially packaged: blanched	Refreeze	
<b>Breads, pastries</b>		
Bread, rolls, muffins, cakes (without custard fillings)	Refreeze	Discard
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts	Refreeze	Refreeze
Commercial and homemade bread dough	Refreeze	Refreeze
<b>Other</b>		
Casseroles – pasta, rice-based	Refreeze	Refreeze
Flour, cornmeal, nuts	Refreeze	Refreeze

## Refrigerator Food: When to Save and When to Throw Away

Refrigerated foods will generally stay safe for four to six hours; if the refrigerator door is kept closed. Refer to the chart below to help you decide if a specific food may be kept or should be thrown away.

	Food Still Cold, held at 4°C (40° F) or above under two hours	Thawed, held above 4°C (40° F) for over two hours
<b>Meat, Poultry or Seafood</b>		
Fresh or leftover meat, poultry, fish, seafood	<b>Safe</b>	<b>Discard</b>
Thawing meat or poultry	<b>Safe</b>	<b>Discard</b>
Meat, tuna, shrimp, chicken, egg salad	<b>Safe</b>	<b>Discard</b>
Gravy, stuffing	<b>Safe</b>	<b>Discard</b>
Lunch meats, hot dogs, bacon, sausage, dried beef	<b>Safe</b>	<b>Discard</b>
Pizza-meat topped	<b>Safe</b>	<b>Discard</b>
Canned meats (not labeled "Keep Refrigerated") – refrigerated after opening	<b>Safe</b>	<b>Discard</b>
Canned hams (labeled "Keep Refrigerated")	<b>Safe</b>	<b>Discard</b>
Casseroles, soups, stews	<b>Safe</b>	<b>Discard</b>
<b>Dairy</b>		
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	<b>Safe</b>	<b>Discard</b>
Butter, margarine	<b>Safe</b>	<b>Safe</b>
Baby formula - opened	<b>Safe</b>	<b>Discard</b>
Eggs – fresh, hard cooked in shell	<b>Safe</b>	<b>Discard</b>
Egg dishes, custards, puddings	<b>Safe</b>	<b>Discard</b>
Hard cheeses, processed cheeses	<b>Safe</b>	<b>Safe</b>
Soft cheeses, cottage cheese	<b>Safe</b>	<b>Discard</b>
<b>Fruits</b>		
Canned fruits	<b>Safe</b>	<b>Safe</b>
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	<b>Safe</b>	<b>Safe</b>
<b>Vegetables</b>		
Vegetables- cooked, juice opened	<b>Safe</b>	<b>Discard after six hours</b>
Baked potato	<b>Safe</b>	<b>Discard</b>
Fresh mushrooms, herbs, spices	<b>Safe</b>	<b>Safe</b>
Garlic – chopped in oil or butter	<b>Safe</b>	<b>Safe</b>
<b>Breads, pastries</b>		
Bread, rolls, muffins, cakes	<b>Safe</b>	<b>Safe</b>
Pastries - cream filled	<b>Safe</b>	<b>Discard</b>
Pies – custard, cheese filled, chiffons	<b>Safe</b>	<b>Discard</b>
Pies -fruit	<b>Safe</b>	<b>Safe</b>
Refrigerated biscuits, rolls cookie dough	<b>Safe</b>	<b>Discard</b>
<b>Other</b>		
Cooked pasta, spaghetti	<b>Safe</b>	<b>Discard</b>
Pasta salads with mayonnaise or vinegar base	<b>Safe</b>	<b>Discard</b>
Mayonnaise, tarter sauce, horseradish	<b>Safe</b>	<b>Discard after eight hours</b>
Open salad dressing, jelly, relish, BBQ sauce, mustard, catsup, olives	<b>Safe</b>	<b>Safe</b>