

What Should Be Discarded After A Power Outage?



As soon as the power returns, **check temperatures**. If the food in the freezer has ice crystals and is not above 40 degrees you can refreeze. Perishable foods in the refrigerator should not be above **40 degrees F** for more than two hours. **Use this chart** to see what has to be discarded and what can be kept.

Frozen Foods	Still Contains Ice Crystals. Not Above 40° F	Thawed, Held Above 40° F For Over 2 Hours
Meat and Mixed Dishes:		
Beef, veal, lamb, pork, poultry, ground meat and poultry	REFREEZE	DISCARD
Casseroles with meat, pasta, rice, egg or cheese base, stews, soups, convenience foods, pizza	REFREEZE	DISCARD
Fish, shellfish, breaded seafood products	REFREEZE. MAY BE SOME TEXTURE & FLAVOR LOSS	DISCARD
Dairy:		
Milk	REFREEZE. MAY LOSE SOME QUALITY	DISCARD
Eggs (out of shell), egg products	REFREEZE	DISCARD
Ice cream, frozen yogurt	DISCARD	DISCARD
Cheese (soft and semi soft), cream cheese, ricotta	REFREEZE. MAY LOSE SOME TEXTURE	DISCARD
Hard cheese (Cheddar, Swiss, Parmesan)	REFREEZE	REFREEZE
Fruits/Vegetables:		
Fruit juices	REFREEZE	REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.
Home or commercially packaged fruit	REFREEZE. WILL CHANGE TEXTURE & FLAVOR	REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.
Vegetable juices	REFREEZE	DISCARD IF ABOVE 50° F FOR OVER 8 HOURS
Home or commercially packaged or blanched vegetables	REFREEZE. WILL CHANGE TEXTURE & FLAVOR	DISCARD IF ABOVE 50° F FOR OVER 8 HOURS
Baked Goods/Baking Ingredients:		
Flour, cornmeal, nuts	REFREEZE	REFREEZE
Pie crusts, breads, rolls, muffins, cakes (no custard fillings)	REFREEZE	REFREEZE
Cakes, pies, pastries with custard or cheese filling, cheesecake	REFREEZE	DISCARD
Commercial and homemade bread dough	REFREEZE. MAY LOSE SOME QUALITY	REFREEZE. CONSIDERABLE QUALITY LOSS
Refrigerator Foods	Food Still Cold, Held At 40° F Or Above Under 2 Hours	Held Above 40° F For Over 2 Hours
Dairy/Eggs/Cheese:		
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	KEEP	DISCARD
Butter, margarine	KEEP	KEEP
Baby formula, opened	KEEP	DISCARD
Eggs, egg dishes, custards, puddings	KEEP	DISCARD
Hard & processed cheeses	KEEP	KEEP
Soft cheeses, cottage cheese	KEEP	DISCARD
Fruits/Vegetables:		
Fruit juices, opened; canned fruits, opened; fresh fruits	KEEP	KEEP
Vegetables, cooked; vegetable juice, opened	KEEP	DISCARD AFTER 6 HOURS
Baked potatoes	KEEP	DISCARD
Fresh mushrooms, herbs, spices	KEEP	KEEP
Garlic, chopped in oil or butter	KEEP	DISCARD
Meat/Poultry/Seafood:		
Fresh or leftover meat, poultry, fish or seafood	KEEP	DISCARD
Lunchmeats, hot dogs, bacon, sausage, dried beef	KEEP	DISCARD
Canned meats (NOT labeled "Keep Refrigerated" but refrigerated after opening)	KEEP	DISCARD
Canned hams labeled "Keep Refrigerated"	KEEP	DISCARD
Mixed Dishes/Side Dishes:		
Casseroles, soups, stews, pizza with meat	KEEP	DISCARD
Meat, tuna, shrimp, chicken, egg salad	KEEP	DISCARD
Cooked pasta, pasta salads with mayonnaise or vinegar base	KEEP	DISCARD
Gravy stuffing	KEEP	DISCARD
Pies/Breads:		
Cream- or cheese-filled pastries and pies	KEEP	DISCARD
Fruit pies	KEEP	KEEP
Breads, rolls, cakes, muffins, quick breads	KEEP	KEEP
Refrigerator biscuits, rolls, cookie dough	KEEP	DISCARD
Sauces/Spreads/Jams:		
Mayonnaise, tartar sauce, horseradish	KEEP	DISCARD IF ABOVE 50° F FOR OVER 8 HOURS
Opened salad dressing, jelly, relish, taco and barbecue sauce, mustard, catsup, olives	KEEP	KEEP