

FOOD SAFETY NATURAL DISASTER/POWER LOSS

Power outage less than 2 hours: If the power is out for less than 2 hours, then your food in your refrigerator and freezer in most cases will be safe to consume. While the power is out, keep the refrigerator and freezer doors closed as much as possible to keep the food cold for a longer period.

For the Freezer section: A freezer that is half full will hold food safely for 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.

For the refrigerator section: Pack milk, other dairy products, meat, fish, eggs, gravy, and other spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.

Use a food thermometer: Use a digital quick-response thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.

REFRIGERATOR FOODS

When to Save and When to Throw It Out

General Rule: As long as the power has been less than 2 hours, foods should be safe.

FOOD	Held above 40°F For over 2 hours	Quantity	Cost
Meat, Poultry, Seafood – Fresh or leftover meat, poultry, fish, or seafood	Discard		
Thawing meat or poultry	Discard		
Meat, tuna, shrimp, chicken, or egg salad	Discard		
Gravy, stuffing	Discard		
Lunchmeats, hotdogs, bacon, sausage, dried beef	Discard		
Pizza – with any topping	Discard		
Canned ham labeled “keep refrigerated”	Discard		
Canned meats, opened	Discard		
Cheese – Soft cheeses	Discard		
Cheese – Hard cheeses	Safe		
Processed Cheeses	Safe		
Shredded Cheeses	Discard		
Low-fat Cheeses	Discard		
Grated Parmesan, Romano, or combination (in jar or can)	Safe		
Dairy – milk, cream, sour cream, buttermilk, yogurt, evaporated milk	Discard		
Butter, margarine	Safe		
Baby formula, opened	Discard		
Eggs – Fresh, hard-cooked in shell, egg dishes, egg products	Discard		
Custards and puddings	Discard		
Casseroles, Soups, Stews	Discard		
Fruits, fresh fruits, cut	Discard		
Fresh fruits, coconuts, raisins, dried fruit, candied fruits, dates	Safe		
Sauces, Spreads, Jams – Opened mayonnaise, tartar sauce, horseradish	Discard if 50°F over 8 hours		
Peanut butter	Discard		
Jelly; relish; taco, barbecue & soy sauce; mustard, catsup, olives	Safe		
Worcestershire sauce; Fish sauces (oyster), Hoisin sauce	Discard		
Opened vinegar-based dressings	Safe		
Opened creamy-based dressings	Discard		
Spaghetti sauce, opened jar	Discard		
Bread, Cakes, Cookies, Pasta – Rolls, cakes, muffins, quick breads	Safe		

FOOD SAFETY

FOOD	Held above 40°F For over 2 hours	Quantity	Cost
Refrigerator biscuits, rolls, cookie dough	Discard		
Cooked Pasta, spaghetti	Discard		
Pasta salads with mayonnaise or vinaigrette	Discard		
Fresh pasta	Discard		
Cheesecake	Discard		
Breakfast foods – waffles, pancakes, bagels	Safe		
Pies, pastry – Pastries, cream filled	Discard		
Pies –custard, cheese filled, or chiffon	Discard		
Pies, fruit	Safe		
Vegetables –fresh mushrooms, herbs, spices	Safe		
Greens, pre-cut, pre-washed, packaged	Discard		
Vegetables, raw	Safe		
Vegetables, cooked	Discard		
Vegetable juice, opened	Discard		
Baked potatoes	Discard		
Commercial garlic in oil	Discard		
Potato salad	Discard		

FROZEN FOOD

When to Save and When to Throw It Out

FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 40°F for over 2 hours	Quantity	Cost
MEAT, POULTRY, SEAFOOD				
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	Discard		
Dairy milk	Refreeze May lose some texture	Discard		
Eggs (out of shell) and egg products	Discard	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		
FRUITS				
Juices	Refreeze	Refreeze – Discard if mold, yeasty smell, or sliminess develops		
Home or commercially packaged	Refreeze Will change texture and flavor	Refreeze – Discard if mold, yeasty smell, or sliminess develops		

VEGETABLES Juices	Refreeze	Discard after held above 40°F for 6 hours		
Home or commercially packaged or blanched	Refreeze May suffer texture and flavor loss	Discard after held above 40°F for 6 hours		
BREADS, PASTRIES Breads, rolls, muffins, cakes (without custards or cheese fillings)	Refreeze	Refreeze		
Cakes, pies, pastries with custards or cheese fillings	Refreeze	Discard		
Pie crusts, commercial and homemade bread dough	Refreeze Some quality loss may occur	Refreeze Quality loss is considerable		
OTHER Casseroles –pasta, rice based	Refreeze	Discard		
Flour, cornmeal, nuts	Refreeze	Refreeze		
Breakfast items –waffles, pancakes, bagels	Refreeze	Refreeze		
Frozen meal, entrée, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard		