



## Food in my fridge — keep it or toss it after a power outage?

### **REFRIGERATED FOODS - When to Save and When to Throw Away**

Type of Food	Held above 40 °F for over 2 hours
<b>MEAT, POULTRY, SEAFOOD</b>	
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing, broth	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza — with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats and fish, opened	Discard
<b>CHEESE</b> - Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Safe
Processed Cheeses	Safe
Shredded Cheeses	Discard
Low-fat Cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe
<b>DAIRY</b>	
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard
Butter, margarine	Safe
Baby formula, opened	Discard
<b>EGGS</b>	
Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings	Discard
<b>CASSEROLES, SOUPS, STEWS</b>	Discard

***FRUITS***

Fresh fruits, cut	Discard
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh whole fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe

***SAUCES, SPREADS, JAMS***

Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs.
Peanut butter	Safe
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Safe
Worcestershire, soy, barbecue, Hoisin sauces	Safe
Fish sauces (oyster sauce)	Discard
Opened vinegar-based dressings	Safe
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard

***BREAD, CAKES, COOKIES, PASTA, GRAINS***

Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	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; quiche	Discard
Pies, fruit	Safe

**VEGETABLES**

Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, raw, whole	Safe
Vegetables, cooked; tofu; hummus	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard

Source: USDA Food Safety and Inspection Service. Accessed 10/10/2016.

[http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/a-consumers-guide-to-food-safety-severe-storms-and-hurricanes/ct\\_index](http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/a-consumers-guide-to-food-safety-severe-storms-and-hurricanes/ct_index)