

# 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

### Meat and Mixed Dishes:

Beef, veal, lamb, pork, poultry, ground meat and poultry  
Casseroles with meat, pasta, rice, egg or cheese base, stews, soups, convenience foods, pizza  
Fish, shellfish, breaded seafood products

### Dairy:

Milk  
Eggs (out of shell), egg products  
Ice cream, frozen yogurt  
Cheese (soft and semi soft), cream cheese, ricotta  
Hard cheese (Cheddar, Swiss, Parmesan)

### Fruits/Vegetables:

Fruit juices  
Home or commercially packaged fruit  
Vegetable juices  
Home or commercially packaged or blanched vegetables

### Baked Goods/Baking Ingredients:

Flour, cornmeal, nuts  
Pie crusts, breads, rolls, muffins, cakes (no custard fillings)  
Cakes, pies, pastries with custard or cheese filling, cheesecake  
Commercial and homemade bread dough

## Refrigerator Foods

### Dairy/Eggs/Cheese:

Milk, cream, sour cream, buttermilk, evaporated milk, yogurt  
Butter, margarine  
Baby formula, opened  
Eggs, egg dishes, custards, puddings  
Hard & processed cheeses  
Soft cheeses, cottage cheese

### Fruits/Vegetables:

Fruit juices, opened; canned fruits, opened; fresh fruits  
Vegetables, cooked; vegetable juice, opened  
Baked potatoes  
Fresh mushrooms, herbs, spices  
Garlic, chopped in oil or butter

### Meat/Poultry/Seafood:

Fresh or leftover meat, poultry, fish or seafood  
Lunchmeats, hot dogs, bacon, sausage, dried beef  
Canned meats (NOT labeled "Keep Refrigerated" but refrigerated after opening)  
Canned hams labeled "Keep Refrigerated"

### Mixed Dishes/Side Dishes:

Casseroles, soups, stews, pizza with meat  
Meat, tuna, shrimp, chicken, egg salad  
Cooked pasta, pasta salads with mayonnaise or vinegar base  
Gravy stuffing

### Pies/Breads:

Cream- or cheese-filled pastries and pies  
Fruit pies  
Breads, rolls, cakes, muffins, quick breads  
Refrigerator biscuits, rolls, cookie dough

### Sauces/Spreads/Jams:

Mayonnaise, tartar sauce, horseradish  
Opened salad dressing, jelly, relish, taco and barbecue sauce, mustard, catsup, olives

Still Contains Ice Crystals.  
Not Above 40° F

Thawed, Held Above 40° F  
For Over 2 Hours

REFREEZE

DISCARD

REFREEZE

DISCARD

REFREEZE. MAY BE SOME TEXTURE & FLAVOR LOSS

DISCARD

REFREEZE. MAY LOSE SOME QUALITY

DISCARD

REFREEZE

DISCARD

DISCARD

DISCARD

REFREEZE. MAY LOSE SOME TEXTURE

DISCARD

REFREEZE

REFREEZE

REFREEZE

REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.

REFREEZE. WILL CHANGE TEXTURE & FLAVOR

REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.

REFREEZE

DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

REFREEZE. WILL CHANGE TEXTURE & FLAVOR

DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

REFREEZE

REFREEZE

REFREEZE

REFREEZE

REFREEZE

DISCARD

REFREEZE. MAY LOSE SOME QUALITY

REFREEZE. CONSIDERABLE QUALITY LOSS

Food Still Cold, Held At 40° F Or  
Above Under 2 Hours

Held Above 40° F For Over 2 Hours

KEEP

DISCARD

KEEP

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DISCARD AFTER 6 HOURS

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DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

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KEEP