



Southern California Preparedness Foundation

Refrigerated Food Safety—Keep It or Toss It

Food in your **refrigerator** should be safe during an emergency that results in a power failure *provided* that the power is out for no more than 4 hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs and egg-products, and leftovers) that have been above 40°F for over 2 hours. Keep an appliance thermometer in your refrigerator. Never taste food to determine its safety because you can't rely on appearance or odor to determine whether food is safe to eat. Always discard any items in the refrigerator that have come into contact with raw meat juices. You will have to evaluate each item separately. Use this chart as a guide. This guide should not be construed as an absolute nor complete listing.

Food Category	Specific Foods	Held Above 40°F Over 2 Hours
Meat, Poultry, Seafood	Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes. Thawing meat or poultry. Salads: meat, tuna, shrimp, chicken, or egg. Gravy, stuffing, broth. Lunchmeats, soy meat substitutes, hot dogs, bacon, sausage, dried beef. Pizza—with any topping. Canned hams labeled "Keep Refrigerated." Opened cans of meats and fish. Casseroles, soups, and stews.	DISCARD
Cheese	<i>Soft Cheeses:</i> blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco. Shredded cheeses. Low-fat cheeses.	DISCARD
	<i>Hard Cheeses:</i> Cheddar, Colby, Swiss, Parmesan, provolone, Romano. Processed cheeses. Grated Parmesan, Romano, or combination in can or jar.	SAFE
Dairy	Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk. Opened baby formula.	DISCARD
	Butter and margarine	SAFE
Eggs	Fresh eggs, hard-cooked in shell, egg dishes, egg products, custards, puddings, quiche	DISCARD
Fruits	Cut fresh fruits	DISCARD
	Opened fruit juices, opened canned fruits, fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	SAFE
Sauces, Spreads, Jams	Opened mayonnaise, tartar sauce, horseradish	DISCARD if above 50°F over 8 hours
	Fish sauces, oyster sauce, opened creamy-based dressings, opened spaghetti sauce	DISCARD
	Peanut butter, jelly, relish, taco sauce, mustard, catsup, olives, pickles; Worcestershire, soy, barbecue, hoisin sauces; opened vinegar-based dressings	SAFE
Bread, cakes, cookies, pasta, grains	Refrigerator biscuits, rolls, and cookie dough; cooked pasta, rice, and potatoes; pasta salads with mayonnaise or vinaigrette; fresh pasta; cheesecake	DISCARD
	Bread, rolls, cakes, muffins, quick breads, tortillas; breakfast foods—waffles, pancakes, bagels	SAFE
Pie, Pastry	Cream-filled pastries; pies—custard, cheese filled or chiffon; quiche	DISCARD
	Fruit pies	SAFE
Vegetables	Greens, pre-cut, pre-washed, packaged; cooked vegetables, tofu, opened vegetable juice, baked potatoes, commercial garlic in oil, potato salad, casseroles, soups, stews	DISCARD
	Fresh mushrooms, herbs, spices, raw vegetables	SAFE



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Frozen Food Safety—Keep It or Toss It

Keep your **freezer** at 0°F or below. Thawed or partially thawed food may be safely refrozen *provided* it still contains ice crystals or is at 40°F or below. Keep the door/lid closed as much as possible. Partial thawing and refreezing may affect the quality of some food, but the food will be safe to eat. Keep an appliance thermometer in your freezer. When electrical power is restored, check the thermometer. If it reads 40°F or below, the food is safe and can be refrozen. Never taste food to determine its safety because you can't rely on appearance or odor to determine whether food is safe. Always discard any items in the freezer that have come into contact with raw meat juices. You will have to evaluate each item separately. Use this chart as a guide. This guide should not be construed as an absolute nor complete listing.

Food Category	Specific Foods	Contains ice crystals and feels cold as if refrigerated	Thawed and held above 40°F for over 2 hours
Meat, Poultry, Seafood	Beef, veal, lamb, pork, and ground meats; poultry and ground poultry; variety meats (liver, kidney, heart, chitterlings); casseroles, stews, and soups	REFREEZE	DISCARD
	Fish, shellfish, breaded seafood products	REFREEZE. There will be some texture and flavor loss.	DISCARD
Dairy	Eggs (out of shell) and egg products; shredded cheeses; cheesecake; casseroles containing milk or dairy products, cream, eggs, soft cheeses; hard cheeses; cheesecake	REFREEZE	DISCARD
	Milk; soft and semi-soft cheese	REFREEZE. May lose some texture.	DISCARD
	Ice cream, frozen yogurt	DISCARD	DISCARD
	Hard cheeses	REFREEZE	REFREEZE
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 if held above 40°F for 6 hours or more.
	Home or commercially packaged or blanched	REFREEZE. May suffer texture and flavor loss.	DISCARD if held above 40°F for 6 hours or more.
Breads, Pastries	Breads, rolls, muffins, cakes (without custard fillings)	REFREEZE	REFREEZE
	Cakes, pies, pastries with custard or cheese filling	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; frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	REFREEZE	DISCARD
	Flour, cornmeal, nuts; breakfast items—waffles, pancakes, bagels	REFREEZE	REFREEZE