Refrigerated Food and Power Outages: When to Save It and When to Throw It Out

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Meat, poultry, seafood	
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Salads: 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
Casseroles, soups, stews	Discard
Cheese	
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	Keep
Processed cheeses	Keep
Shredded cheeses	Discard
Low-fat cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Keep
Dairy	
Milk, cream, sour cream, buttermilk, evaporated	Discard

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
milk, yogurt, eggnog, soy milk	
Butter, margarine	Keep
Baby formula, opened	Discard
Eggs	
Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings, quiche	Discard
Fruits	
Fresh fruits, cut	Discard
Fresh fruits, uncut	Keep
Fruit juices, opened	Keep
Canned fruits, opened	Keep
Dried fruits, raisins, candied fruits, dates	Keep
Sliced or shredded coconut	Discard
Sauces, Spreads, Jams	
Opened mayonnaise, tartar sauce, horseradish	Discard (if above 50°F (10°C) for more than 8 hrs)
Peanut butter	Keep
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Keep
Worcestershire, soy, barbecue, hoisin sauces	Keep
Fish sauces, oyster sauce	Discard
Opened vinegar-based dressings	Keep
Opened creamy-based dressings	Discard
Spaghetti sauce, opened	Discard
Bread, cakes, cookies, pasta, grains	
Bread, rolls, cakes, muffins, quick breads, tortillas	Keep
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	Discard

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Breakfast foods: waffles, pancakes, bagels	Keep
Pies and pastry	
Cream filled pastries	Discard
Pies: Any with filling containing eggs or milk, e.g., custard, cheese-filled, or chiffon; quiche.	Discard
Fruit pies	Keep
Vegetables	
Fresh vegetables, cut	Discard
Fresh vegetables, uncut	Keep
Fresh mushrooms, herbs, spices	Keep
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, cooked	Discard
Tofu, cooked	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato salad	Discard
Casseroles, soups, stews	Discard

Date Last Reviewed August 8, 2024