



# Disaster

# readiness - response - recovery

## When the Power Is Out—When to Save Refrigerated Food and When to Throw It Out

<i>Food</i>	<i>Still Cold; Held at 40° F or Above Under 2 Hours</i>	<i>Held Above 40° F Over 2 Hours</i>
<b>Dairy</b>		
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	Safe	Discard
Butter, margarine	Safe	Safe
Baby Formula, opened	Safe	Discard
<b>Eggs</b>		
Eggs, fresh	Safe	Discard
Hard-cooked in shell	Safe	Discard
Egg dishes	Safe	Discard
Custards and Puddings	Safe	Discard
<b>Cheese</b>		
Hard cheese, unopened processed cheese	Safe	Safe
Soft cheese, cottage cheese, opened processed cheese	Safe	Discard
<b>Fruits</b>		
Fruit juice, opened	Safe	Safe
Canned fruits, opened	Safe	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe	Safe

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<b>Food</b>	<b><i>Still Cold; Held at 40° F or Above Under 2 Hours</i></b>	<b><i>Held Above 40° F Over 2 Hours</i></b>
<b>Vegetables</b>		
Vegetables, cooked	Safe	Discard after 6 hours
Vegetable juice, opened	Safe	Discard after 6 hours
Baked potatoes	Safe	Discard
Fresh mushrooms, herbs, spices, not in oil	Safe	Safe
Garlic, chopped in oil or butter	Safe	Discard
Casseroles, soups, stews	Safe	Discard
<b>Meat, Poultry, Seafood</b>		
Fresh or leftover meat, poultry, fish, seafood	Safe	Discard
Thawing meat or poultry	Safe	Discard if no ice crystals present
Meat, tuna, shrimp, chicken egg salad	Safe	Discard
Gravy, stuffing	Safe	Discard
Luncheon meats, hot dogs, bacon, sausage, dried beef	Safe	Discard
Pizza, meat topped	Safe	Discard
Canned meats (NOT labeled "Keep Refrigerated") but refrigerated after opening	Safe	Discard
<b>Pies, Pastry</b>		
Pastries, cream filled	Safe	Discard
Pies, custard, cheese filled or chiffons	Safe	Discard
Pies, fruit	Safe	Safe
<b>Bread, Cakes, Cookies, Pasta</b>		
Bread, rolls, cakes, muffins, quick bread	Safe	Safe
Refrigerator biscuits, rolls, cookie dough	Safe	Discard
Cooked pasta, spaghetti	Safe	Discard
Pasta salad with mayonnaise or vinegar base	Safe	Discard

<b>Food</b>	<b><i>Still Cold; Held at 40° F or Above Under 2 Hours</i></b>	<b><i>Held Above 40° F Over 2 Hours</i></b>
<b>Sauces, Spreads, Jams</b>		
Mayonnaise, tartar sauce, horseradish	Safe	Discard if above 40° F for over 8 hours
Peanut butter	Safe	Safe
Opened salad dressing, jelly, relish, taco and barbecue sauce, mustard, catsup, olives	Safe	Safe



Prepared by Extension Food Safety Specialists, Family and Consumer Services, North Carolina Cooperative Extension Service

