

## KEEPING FOOD SAFE

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out. **Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.** The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

One decision you will have to make is what foods to keep and what to discard. The chart below gives you some guidelines.

### REFRIGERATOR FOODS

When to Save and When to Throw It Out	
FOOD	Held above 40 °F for over 2 hours
<b>MEAT, POULTRY, SEAFOOD</b> Fresh or leftover meat, poultry, fish, or seafood	Discard
Thawing meat or poultry	Discard
Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza – with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats, opened	Discard
<b>CHEESE</b> Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel	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	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 <b>FRUITS</b> Fresh fruits, cut	Discard
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
<b>SAUCES, SPREADS, JAMS</b> Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs.
Peanut butter	Safe
Jelly; relish; taco, barbecue & soy sauce; mustard; catsup; olives	Safe

Worcestershire sauce	Discard
Fish sauces (oyster sauce)	Discard
Hoisin sauce	Discard
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	
Cooked pasta, spaghetti	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Cheesecake	Discard
Breakfast foods-waffles, pancakes, bagels	Safe
<b>PIES, PASTRY</b> <b>Pastries, cream filled</b>	Discard
Pies – custard, cheese, filled, or chiffon	Discard
Pies, fruit	Safe
<b>VEGETABLES</b> Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, raw	Safe
Vegetables, cooked	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard

## FROZEN FOOD

When to Save and When To Throw It Out <b>FOOD</b>	<b>Still contains Ice crystals and Feels as cold as If refrigerated</b>	<b>Thawed. Held above 40 Degrees F for over 2 hours</b>
<b>MEAT, POULTRY, SEAFOOD</b> Beef, veal, lamb, pork, and ground meats	Refreeze	Discard
Poultry and ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze. However, there will be some texture and flavor loss.	Discard
<b>DAIRY</b> Milk	Refreeze. May lose some texture.	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi-soft)	Refreeze. May lose some texture	Discard
Hard cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Casseroles containing milk, cream, egg, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>FRUITS</b> 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.

<b>VEGETABLES</b> Juices	Refreeze	Discard after held above 40 degrees F for 6 hours.
Home or commercially Packaged or blanched	Refreeze. May suffer texture And flavor loss.	Discard after held above 40 degrees f for 6 hours.
<b>BREADS, PASTRIES</b> Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese fillings	Refreeze	Refreeze
Pie crusts, commercial and homemade bread dough	Refreeze. Some quality loss may occur.	Refreeze. Quality loss is considerable.
<b>OTHER</b> Casseroles – pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items – waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entrée, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Refreeze

Information provided by University of Florida, IFAS Extension in Okaloosa County.

Reference: Food Safety Inspection Service, USDA

For additional information call (850) 689-5850 or 729-1400 ext. 5850.