



Public Health
Prevent. Promote. Protect.

Board of Health Sidney-Shelby County

202 W. Poplar Street, Sidney, OH 45365

Steven J. Tostrick, MPH, RS
Health Commissioner

Phone: (937) 498-7249
Fax: (937) 498-7013
sschd@odh.ohio.gov
shelbycountyhealthdept.org

What to do with refrigerated and frozen foods during a power outage.

FROZEN FOODS

When to save and when to discard:

FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD 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
DAIRY 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, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
FRUITS Juices	Refreeze	Refreeze. Discard if mold, yeasty smell or sliminess develops.
Home or commercially packaged	Refreeze. Will change in texture and flavor.	Refreeze. Discard if mold, yeasty smell or sliminess develops.
VEGETABLES Juices	Refreeze	Discard after held above 40 °F for 6 hours.
Home or commercially packaged or blanched	Refreeze. May suffer texture and flavor loss.	Discard after held above 40 °F for 6 hours.
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	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items – waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard

REFRIGERATED FOODS

When to save and when to discard:

FOOD	Held above 40 °F for over 2 hours	FOOD	Held above 40 °F for over 2 hours
MEAT, POULTRY, SEAFOOD Fresh or leftover meat, poultry, fish, or seafood	Discard	Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
Thawing meat or poultry	Discard	SAUCES, SPREADS, JAMS Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs.
Meat, tuna, shrimp, chicken or egg salad	Discard	Peanut butter	Safe
Gravy, stuffing	Discard	White wine Worcestershire sauce	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard	Fish sauces (oyster sauce)	Discard
Pizza – with any topping	Discard	Hoisin sauce	Discard
Canned hams labeled "Keep Refrigerated"	Discard	Opened vinegar-based dressings	Safe
Canned meats, opened	Discard	Opened creamy-based dressings	Discard
CHEESE Soft Cheeses: blue/bleu, Roquefort, brie, Camembert, colby, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel	Discard	Spaghetti sauce, opened jar	Discard
Hard Cheeses: cheddar, Swiss, Parmesan, provolone, Romano	Safe	BREAD, CAKES, COOKIES, PASTA Bread, rolls, cakes, muffins, quick breads	Safe
Processed Cheeses	Safe	Refrigerator biscuits, rolls, cookie dough	Discard
Shredded Cheeses	Discard	Cooked pasta, spaghetti	Discard
Low-fat Cheeses	Discard	Pasta salads with mayonnaise or vinaigrette	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe	Fresh pasta	Discard
DAIRY Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	Discard	Cheesecake	Discard
Butter, margarine	Safe	Breakfast foods – waffles, pancakes, bagels	Safe
Baby formula, opened	Discard	PIES, PASTRY Pastries, cream filled	Discard
EGGS Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard	Pies – custard, cheese filled, or chiffon	Discard
Custards and puddings	Discard	Pies, fruit	Safe
CASSEROLES, SOUPS, STEWS	Discard	VEGETABLES Fresh mushrooms, herbs, spices	Safe
FRUITS Fresh fruits, cut	Discard	Greens, pre-cut, pre-washed, packaged	Discard
Fruit juices, opened	Safe	Vegetables, raw	Safe
Canned fruits, opened	Safe	Vegetables, cooked	Discard
		Vegetable juice, opened	Discard
		Baked potatoes	Discard
		Commercial garlic in oil	Discard
		Potato Salad	Discard