



# Recovering from a Power Outage: Frozen and Refrigerated Food

## When the power goes out consider the following:

- Keep refrigerator and freezer doors closed as much as possible to maintain the cold temperature
- Place a fridge thermometer in your refrigerated and freezer
- Use a tip-sensitive digital thermometer to check temperatures of refrigerated and frozen foods
- Have items that don't require refrigeration and can be eaten at room temperature or heated on an outdoor grill

**Some foods are riskier to eat after being held at 41°F for more than 4 hours because they can support the growth of bacteria that cause illness**

## Keep These Foods

It is safe to keep the following foods even if your refrigerator or freezer loses power:

### Dairy Products

Butter, margarine

Hard cheeses: cheddar, colby, swiss, parmesan, provolone, romano, including grated in a can or jar

Processed cheeses

Unopened, commercially processed yogurt

### Sauces, Spreads and Jams

Jelly, jam, marmalade

Ketchup, mustard, relish, olives, pickles

Worcestershire, soy, barbecue, Hoisin, taco sauces

Opened vinegar based dressings

### Pastries, Pies and Baked Goods

Fruit pies

Bread, rolls, cakes (without cream or custard filling), muffins, quick breads, tortillas

Waffles, pancakes, bagels

### Fruits and Vegetables

Opened fruit juices, except pear

Opened canned fruits, except pear

Fresh fruits, dried and candied fruits, coconut, raisins, dates

Fresh mushrooms, herbs, spices

Raw vegetables, except cut tomatoes and greens

## Toss These Foods

The following foods should be thrown away if held above 41°F for over four hours:

Meat, Poultry and Seafood
Raw, thawing or leftover cooked meat, poultry, fish or seafood; meat substitutes
Salads made from meat, tuna, shrimp, chicken or eggs
Gravies, stuffings or broths
Lunchmeats, hot dogs, bacon, sausage, dried beef
Dairy Products
Milk, cream, sour cream, buttermilk, evaporated milk, ice cream, yogurt, eggnog, plant-based milk alternatives
Opened baby formula
Soft cheeses: blue/bleu, gorgonzola, brie, camembert, cottage, cream, monterey jack, ricotta, mozzarella, muenster, queso blanco, queso fresco
Shredded cheeses
Low-fat cheeses
Eggs
Fresh eggs, egg dishes, egg products
Custards and puddings
Sauces, Spreads and Jams
Opened mayonnaise, tartar sauce and horseradish (if above 50°F over 8 hours)
Fish and oyster sauces
Opened creamy based dressings
Opened spaghetti sauce

Pastries, Pies, Baked Goods, Pasta, Grains
Cream filled pastries
Pies: custard, cheese filled, chiffon; quiche
Cheesecake
Refrigerator biscuits, rolls, doughs
Cooked pasta, rice, potatoes
Pasta salads with mayonnaise or vinaigrette
Fresh pasta
Fruits and Vegetables
Pre-cut, pre-washed, packaged leafy greens
Cooked vegetables or tofu
Opened vegetable juice
Cooked potatoes and potato dishes
Commercial garlic in oil
Cut tomatoes
Other
Leftovers such as casseroles, soups, stews

**Please note these recommendations are for safety. There may be spoilage, such as mold growth, or changes in quality due to holding at higher temperatures. Many thawed foods can be refrozen, but may also have quality changes.**

When cooking, heat foods to the following internal temperatures:  
Eggs, whole meats, fish: 145°F, Ground meats, ground fish: 155°F, Whole and ground poultry: 165°F