

FROZEN FOODS:

When to Save and When To Throw Out

Meat, Poultry, and Seafood

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
Beef, veal, lamb, pork, ground meats	Refreeze	Discard
Poultry, ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups, convenience foods, pizza	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze (there will be some texture and flavor loss)	Discard

Dairy, Eggs, Cheese

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
Milk	Refreeze (may lose some texture)	Discard
Eggs (out of shells), egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Hard cheeses (cheddar, Swiss, Parmesan)	Refreeze	Refreeze
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard

Cheesecake	Refreeze	Discard
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Fruits

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
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

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
Juices	Refreeze	Discard if above 40°F for over 6 hours
Home or commercially packaged; blanched	Refreeze (may suffer flavor and texture loss)	Discard if above 40°F for over 6 hours

Breads, Pastries

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
Breads, rolls, muffins, cakes (without custard filling)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese	Refreeze	Discard

fillings		
Pie crusts	Refreeze	Refreeze
Commercial and homemade bread dough	Refreeze (may suffer some quality loss)	Refreeze (will suffer considerable quality loss)

Other Foods

Type of Product	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 40° F for over 2 hours
Casseroles - pasta; rice-based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze

Source: U.S. Department of Agriculture, Food Safety and Inspection Service Food News for Consumers.

REFRIGERATED FOODS:

When to Save and When To Throw Out

Meat, Poultry, and Seafood

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Fresh or leftover meat, poultry, fish, seafood	Safe	Discard
Thawing meat or poultry	Safe	Discard if warmer than refrigerator temperatures
Meat, tuna, shrimp, chicken, egg salad	Safe	Discard
Gravy, stuffing	Safe	Discard
Lunch meats, hot dogs, bacon, sausage, dried beef	Safe	Discard
Pizza - meat topped	Safe	Discard
Canned meats (not labeled "Keep Refrigerated") - refrigerated after opening	Safe	Discard
Canned hams labeled "Keep Refrigerated"	Safe	Discard
Casseroles, soups, stews	Safe	Discard

Dairy, Eggs, Cheese

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt	Safe	Discard
Butter, margarine	Safe	Safe
Baby formula - opened	Safe	Discard
Eggs - fresh, hard cooked in shell	Safe	Discard

Eggs dishes, custard, puddings	Safe	Discard
Hard cheeses, processed cheeses (cheddar, Swiss, Parmesan)	Safe	Safe
Soft cheeses, cottage cheese	Safe	Discard

Fruits

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Juices - opened	Safe	Safe
Canned - opened	Safe	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe	Safe

Vegetables

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Cooked, juice - opened	Safe	Discard after 6 hours
Baked potatoes	Safe	Discard
Fresh mushrooms, herbs, spices	Safe	Safe
Garlic - chopped in oil or butter	Safe	Discard

Pies, Pastries

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Pastries - cream filled	Safe	Discard
Pies - custard, cheese filled, chiffons	Safe	Discard
Pies - fruit	Safe	Safe

Bread, Cakes, Cookies, Pasta

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Bread, rolls, cakes, muffins, quick breads	Safe	Safe
Refrigerator biscuits, rolls, cookie dough	Safe	Discard
Cooked pasta, spaghetti	Safe	Discard
Pasta salads with mayonnaise or vinegar base	Safe	Discard

Sauces, Spreads, Jams

Type of Product	Food still cold, held at 40° F or above under 2 hours	Held above 40° F for over 2 hours
Mayonnaise, tartar sauce, horseradish	Safe	Discard if above 50° F for over 8 hours
Peanut butter	Safe	Safe
Opened salad dressing, jelly, relish, taco & barbeque sauce, mustard, catsup, olives	Safe	Safe

Source: U.S. Department of Agriculture, Food Safety and Inspection Service Food News for Consumers.