

Frozen Food and Power Outages: When to Save It and When to Throw It Out

| Type of food | Contains ice crystals and feels cold as if refrigerated | Thawed and held above 40°F for more than 2 hours |
|--|---|--|
| Meat, poultry, seafood | | |
| Meat, poultry, seafood – all types of cuts | Refreeze | Discard |
| stews, soups | Refreeze | Discard |
| Dairy | | |
| Milk | Refreeze (some loss of texture) | Discard |
| Eggs (out of shell) and egg products | Refreeze | Discard |
| Ice cream, frozen yogurt | Discard | Discard |
| Cheese (soft and semi-soft) | Refreeze (some loss of texture) | Discard |
| Hard cheeses | Refreeze | Refreeze |
| Shredded 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 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 |

| Type of food | Contains ice crystals and feels cold as if refrigerated | Thawed and held above 40°F for more than 2 hours |
|---|---|--|
| Breads and 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 Foods | | |
| Casseroles: pasta, rice-based | Refreeze | Discard |
| Flour, cornmeal, nuts | Refreeze | Refreeze |
| Breakfast items: waffles, pancakes, bagels | Refreeze | Refreeze |
| Frozen meal, entree, specialty item (pizza, sausage and biscuit, meat pie, convenience foods) | Refreeze | Discard |

Date Last Reviewed April 12, 2019