

# FOOD & POWER OUTAGES

## REFRIGERATED FOOD

### *When to Save it and when to Throw Out*

As the USDA notes in *Keeping Food Safe During an Emergency*, your refrigerator will keep food safe for up to 4 hours during a power outage. Keep the door closed as much as possible. Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after 4 hours without power.

After a power outage never taste food to determine its safety. You will have to evaluate each item separately—use this chart as a guide. *When in Doubt, Throw it Out!*

### Held above 40°F more than 2 hours

#### **Meat, poultry, seafood**

☹️ Raw or leftover cooked meat, poultry, fish or seafood; soy meat substitutes	Discard
☹️ Thawing meat or poultry	Discard
☹️ Salads: meat, tuna, shrimp, chicken or egg salad	Discard
☹️ Gravy, stuffing, broth	Discard
☹️ Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
☹️ Pizza with any topping	Discard
☹️ Canned hams labeled “keep refrigerated”	Discard
☹️ Canned meats and fish, opened	Discard
☹️ Casseroles, soups, stews	Discard

#### **Cheese**

☹️ Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard
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✔️ Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Keep
✔️ Processed cheeses	Keep
☹️ Shredded cheeses	Discard
☹️ Low-fat cheeses	Discard
✔️ Grated Parmesan, Romano or combination (in can or jar)	Keep

#### **Dairy**

☹️ Milk, cream, sour cream, butter-milk, evaporated milk, yogurt, egg-nog, soy milk	Discard
✔️ Butter, margarine	Keep
☹️ Baby formula, opened	Discard

#### **Eggs**

☹️ Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
☹️ Custards and puddings, quiche	Discard

#### **Fruits**

☹️ Fresh fruits, cut	Discard
✔️ Fresh fruits, uncut	Keep
✔️ Fruit juices, opened	Keep
✔️ Canned fruits, opened	Keep
✔️ Dried fruits, raisins, candied fruits, dates	Keep
☹️ Sliced or shredded coconut	Discard

### Sauces, Spreads, Jams

🗑️ (If above 50°F for more than 8 hours) Opened mayonnaise, tartar sauce, horseradish	<b>Discard</b>
✔️ Peanut butter	<b>Keep</b>
✔️ Jelly, relish, taco sauce, mustard, catsup, olives, pickles	<b>Keep</b>
✔️ Worcestershire, soy, barbecue, hoisin sauces	<b>Keep</b>
🗑️ Fish sauces, oyster sauce	<b>Discard</b>
✔️ Opened vinegar-based dressings	<b>Keep</b>
🗑️ Opened creamy-based dressings	<b>Discard</b>
🗑️ Opened spaghetti sauce	<b>Discard</b>

### Bread, cakes, cookies, pasta, grains

✔️ Bread, rolls, cakes, muffins, quick breads, tortillas	<b>Keep</b>
🗑️ Refrigerator biscuits, rolls, cookie dough	<b>Discard</b>
🗑️ Cooked pasta, rice, potatoes	<b>Discard</b>
🗑️ Pasta salads with mayonnaise or vinaigrette	<b>Discard</b>
🗑️ Fresh pasta	<b>Discard</b>
🗑️ Cheesecake	<b>Discard</b>
✔️ Breakfast foods: waffles, pancakes, bagels	<b>Keep</b>

## REFERENCES

**FoodSafety.gov** A federal government website managed by the U.S. Department of Health & Human Services. 200 Independence Avenue, S.W., Washington, D.C. 20201

**USDA.** United States Department of Agriculture. Food Safety and Inspection Service.

## LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit [http://mfp.ucanr.edu/Contact/Find\\_a\\_Program/](http://mfp.ucanr.edu/Contact/Find_a_Program/).

### Pies and pastry

🗑️ Cream filled pastries	<b>Discard</b>
🗑️ Pies: custard, cheese-filled or chiffon; quiche	<b>Discard</b>
✔️ Fruit pies	<b>Keep</b>

### Vegetables

🗑️ Fresh vegetables, cut	<b>Discard</b>
✔️ Fresh vegetables, uncut	<b>Keep</b>
✔️ Fresh mushrooms, herbs, spices	<b>Keep</b>
🗑️ Greens, pre-cut, pre-washed, packaged	<b>Discard</b>

### Vegetables, cooked

🗑️ Tofu, cooked	<b>Discard</b>
🗑️ Vegetable juice, opened	<b>Discard</b>
🗑️ Baked potatoes	<b>Discard</b>
🗑️ Commercial garlic in oil	<b>Discard</b>
🗑️ Potato salad	<b>Discard</b>
🗑️ Casseroles, soups, stews	<b>Discard</b>

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