

FOOD SAFETY INFOSHEET: RECOVERING FROM A STORM

Refrigerated Foods

If the power goes out what can I keep?

Keep the refrigerator doors closed as much as possible to maintain the cold temperature.

MEAT, POULTRY, SEAFOOD	Held above 41 °F for over 2 hours
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
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

DAIRY	Held above 41 °F for over 2 hours
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard
Butter, margarine	Safe
Baby formula, opened	Discard

EGGS	Held above 41 °F for over 2 hours
Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings	Discard

CHEESE	Held above 41 °F for over 2 hours
Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Safe
Processed Cheeses	Safe
Shredded Cheeses	Discard
Low-fat Cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe





SAUCES, SPREADS, JAMS	Held above 41 °F for over 2 hours
Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs.
Peanut butter	Safe
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Safe
Worcestershire, soy, barbecue, Hoisin sauces	Safe
Fish sauces (oyster sauce)	Discard
Opened vinegar-based dressings	Safe
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard



CASSEROLES, SOUPS, STEWS	Held above 41 °F for over 2 hours
All	Discard



PIES, PASTRY	Held above 41 °F for over 2 hours
Pastries, cream filled	Discard
Pies – custard,cheese filled, or chiffon; quiche	Discard
Pies, fruit	Safe



BREAD, CAKES, COOKIES,PASTA, GRAINS	Held above 41 °F for over 2 hours
Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Refrigerator biscuits,rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Breakfast foods –waffles, pancakes, bagels	Safe





FRUITS	Held above 41 °F for over 2 hours
Fresh fruits, cut	Discard
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe

VEGETABLES	Held above 41 °F for over 2 hours
Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, raw	Safe
Vegetables, cooked; tofu	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard



When the power goes out

- Place a thermometer in your fridge and freezer
- Use a tip-sensitive digital thermometer to check foods (cooking and storage temperatures).
- Have items that don't require refrigeration and can be eaten cold or heated on an outdoor grill.
- Unsafe food may not appear or smell to be spoiled.
- A closed fridge will keep food below 41° F only about 4 hours after a power loss.
- A closed freezer can keep food below 41° F for up to 48 hrs if full and kept cold.



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