

Foods in the Freezer

FROZEN FOOD	
MEAT, POULTRY, SEAFOOD	
Beef, veal, lamb, pork, and ground meats	Discard
Poultry and ground poultry	Discard
Variety meats (liver, kidney, heart, chitterlings)	Discard
Casseroles, stews, soups	Discard
Fish, shellfish, breaded seafood products	Discard
DAIRY	
Milk	Discard
Eggs (out of shell) and egg products	Discard
Ice cream, frozen yogurt	Discard
Cheese (soft and semi-soft)	Discard
Hard Cheeses	Refreeze
Shredded Cheese	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Discard
Breads and Pastries	
Breads, Rolls, Muffins, Cakes (without custard filling)	Refreeze
Pie Crust, Commercial and Homemade Bread Dough	Refreeze. Quality loss is considerable

FROZEN FOOD	
FRUITS	
Juices	Refreeze. Discard if mold, yeasty smell or sliminess develops
Home or Commercially Packaged	Refreeze. Discard if mold, yeasty smell or sliminess develops.
VEGETABLES	
Juices	Discard
Home or commercially packaged or blanched	Discard
OTHER	
Casseroles—Pasta, Rice Based Frozen Meal, entrée, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Discard
Flour, cornmeal, nuts	Refreeze
Breakfast items—Waffles, pancakes, bagels	Refreeze



Keeping Refrigerated Food Safe When the Electricity Has Been Off



*When to Save and When to Throw It Out
When In Doubt, Throw Out!*

**Mariposa County Health
and Human Services
Environmental Health**

1-209-966-2220 or 1-888-777-0377

www.mariposacounty.org/235

Foods in the Refrigerator

Refrigerator Foods

Food	Over 40 °F 2+ Hours
Meat, Poultry, Seafood	
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
CHEESE	
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, Low-fat Cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe

Food	Over 40 °F 2+ Hours
DAIRY	
Milk, cream, sour cream, butter milk, evaporated milk, yogurt, eggnog, soy milk	Discard
Butter, margarine	Safe
Baby formula, opened	Discard
EGGS	
Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings	Discard
CASSEROLES, SOUPS, STEWS	
Fruits	
Fresh fruits, cut	Discard
Fruit juices, opened	Safe
Canned fruits, opened	Safe
Fresh fruits, coconut, raisins,	Safe
Dried fruits, candied fruits, dates	Safe
SAUCES, SPREADS, JAMS	
Opened mayonnaise, tartar sauce, horseradish	Discard
Peanut butter, Jelly, relish, taco sauce, mustard, catsup, olives, pickles, Worcestershire, soy, barbecue, Hoisin sauces	Safe
Fish sauces (oyster sauce)	Discard

Food	Over 40 °F 2+ Hours
SAUCES, SPREADS, JAMS (cont)	
Opened vinegar-based dressings	Safe
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard
BREAD, CAKES, COOKIES, PASTA, GRAINS	
Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes, Pasta salads with mayonnaise or vinaigrette, Fresh pasta	Discard
Cheesecake	Discard
Breakfast foods—waffles, pancakes	Safe
Bagels	Safe
PIES, PASTRY	
Pastries, cream filled	Discard
Pies—custard, cheese filled, or chiffon; quiche	Discard
Pies, fruit	Safe
VEGETABLES	
Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, raw	Safe
Vegetables, cooked; tofu, vegetable juice opened, baked potatoes, commercial garlic in oil, potato salad	Discard