**REFRIGERATED FOODS**  
(When to Save and When to Throw Out)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Held above 40° F for over 2 hours</th>
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<tbody>
<tr>
<td>MEAT, POULTRY, SEAFOOD</td>
<td>Discard</td>
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</table>
- Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes
- Beef, lamb, ham, clams
- Leaves
- Marinated meats, hot dogs, bacon, sausage, dried beef
- Canned hams labeled “Keep Refrigerated,” canned meats & fish
| CHEESE | Discard |
- Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Munster, Neufchatel, queso blanco, queso fresco
- Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano
- Processed cheeses
- Shredded cheeses
- Low-fat cheeses
- Grated Parmesan, Romano, or combination (in can or jar)
| DAIRY | Safe |
- Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, egg nog, soy milk
- Baby formula, opened
| EGGS | Discard |
- Fresh eggs, hard-cooked in shell, egg dishes, egg products
- Custards and puddings
| CASEROLES, SOUPS, STEWS | Discard |
- Fruits
- Fresh fruits, cut
- Fruit juices, opened
- Canned fruits, opened
- Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates
| SAUCES, SPREADS, JAMS | Safe |
- Opened mayonnaise
- Opened mustard
- Worcestershire, soy, barbecue, Hoisin sauces
- Fish sauce (oyster sauce)
- Opened vinegar-based dressings
- Opened creamy-based dressings
- Spaghetti sauce, opened jar
| BREAD, CAKES, COOKIES, PASTA, GRAINS | Discard |
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Refrigerator biscuits, rolls, cookie dough
- Cooked pasta, rice, potatoes
- Pasta salads with mayonnaise or vinaigrette
- Fresh pasta

**DO YOU HAVE FOOD SAFETY QUESTIONS?**

**ASK USDFA!**
The FSIS automated response system can provide food safety information 24/7. Visit us at www.fsis.usda.gov.

**USDA Meat and Poultry HOTLINE**
1-888-MPHotline (1-888-674-6854) English & Spanish

For more information on Food Safety for Areas Affected by Severe Storms or Hurricanes Contact the USDA Food Safety and Inspection Service. Information is available in English and Spanish.

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**DEPARTMENT OF AGRICULTURE:**

**Foodsafety.gov/Keep/Emergency**

**Phone:** USDA Meat and Poultry Hotline 1-888-MPHOTLINE (1-888-674-6854) / Email: mphotline@usda.gov

**Chat:** To chat with a live food safety representative, Monday through Friday from 10 a.m. to 6 p.m. ET. Visit Ask.USDA.gov

**Online:** Receive automated food safety information 24/7 by visiting Foodsafety.gov; www.fsis.usda.gov; and Ask.USDA.gov

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Food Safety During an Emergency


Power Outages

We practice basic safe food handling in our daily lives, but obtaining and storing food safely becomes more challenging during a power outage or natural disasters such as hurricanes and floods.

STEPS TO FOLLOW TO PREPARE FOR A POSSIBLE WEATHER EMERGENCY

Keep an appliance thermometer in the refrigerator and freezer in case of a power outage and help determine the safety of the food.

- Make sure the freezer is at 0°F or below and the refrigerator is at 40°F or below.
- Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers after the power is out.
- Freeze refrigerated items such as leftovers, milk and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.

STEPS TO FOLLOW DURING AND AFTER THE WEATHER EMERGENCY

- Plan ahead and know where dry ice and block ice can be purchased.
- Store food on shelves that will be safely out of the way of contaminated water in case of flooding.
- Have coolers on hand to keep refrigerated food cold if the power will be out for more than 4 hours. Plan ahead and purchase or make ice cubes and store in the freezer for use in the refrigerator or in a cooler. Freeze gel packs ahead of time for use in coolers.
- Group foods together in the freezer—this helps the food stay cold longer.

Fifty pounds of dry ice should hold an average-size freezer with an appliance thermometer for approximately 48 hours (24 hours if the power is going to be out for a prolonged period of time).

If a thermometer has not been kept in the freezer, then check each package of food to determine its safety. If the food still contains ice crystals, the food is safe.

Discard refrigerated perishable food such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers, and deli items after 4 hours without power.

When in Doubt, Throw it Out!

Safety of Food in Containers Exposed to Flood Waters

HOW TO DETERMINE WHAT FOOD TO KEEP OR DISCARD

- Do not eat any food that may have come into contact with flood water.
- Inspect canned foods and discard any food in damaged cans.

POTs, PANS, DISHES AND UTENSILS:

- Thoroughly wash metal pans, ceramic dishes, and utensils (including can openers) and counter tops with soap and water, using hot water if available. Rinse and then sanitize them by boiling in clean water or immersing them for 15 minutes in a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available).

SAFETY OF DRINKING WATER IF FLOODING OCCURS

- Use bottled water that has not been exposed to flood waters if it is available.
- If you don’t have bottled water, you should boil water to make it safe. Boiling water will kill most types of disease-causing organisms that may be present.
- If you can’t boil water, you can disinfect it using household bleach. Bleach will kill some, but not all, types of disease-causing organisms that may be in the water. Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach for each gallon of water. Let it stand for 30 minutes.
- If you have a well that has been flooded, the water should be tested and disinfected after flood waters recede.

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT any food that may have touched flood water.
- DISCARD food not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods.
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, intensive deep rusting, or corrosion/denting severe enough to prevent normal stacking or opening.

WHAT SHOULD I THROW OUT?

- Meat, poultry, fish, soft cheeses, dairy products, cooked egg products, pasteurized egg products, prepared salads, cooked pasta, cut produce, and shredded yogurt, and other dairy products.

- Filled gel packs, ice packs, and ice cubes.

- Containers exposed to flood waters if it is available. Use bottled water that has not been exposed to flood waters if it is available. If you have a well that has been flooded, the water should be tested and disinfected after flood waters recede.

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SANITIZE

- 1Tbsp. bleach + 1 gallon water