Refrigerator Foods

When to Save and When to Throw It Out

Held above 40 °F for over 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
Discard
Low-fat Cheeses
Discard
Grated Parmesan, Romano, or combination (in can or jar)
Safe

**DAIRY**
Milk, cream, sour cream, buttermilk, 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**
Discard
FRUITS
Fresh fruits, cut
Discard
Fruit juices, opened
Safe
Canned fruits, opened
Safe
Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates
Safe

SAUCES, SPREADS, JAMS
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

BREAD, CAKES, COOKIES, PASTA, GRAINS
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

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 Discard
Vegetable juice, opened Discard
Baked potatoes Discard
Commercial garlic in oil Discard
Potato Salad Discard

**Frozen Foods**

**When to Save and When To Throw It Out**

<table>
<thead>
<tr>
<th>Still contains ice crystals and feels as cold as if refrigerated</th>
<th>Thawed, Held above 40 °F for over 2 hours</th>
</tr>
</thead>
</table>

**MEAT, POULTRY, SEAFOOD**

- Beef, veal, lamb, pork, and ground meats: Refreeze (Discard)
- Poultry and ground poultry: Refreeze (Discard)
- Variety meats (liver, kidney, heart, chitterlings): Refreeze (Discard)
- Casseroles, stews, soups: Refreeze (Discard)
- Fish, shellfish, breaded seafood products: Refreeze. However, there will be some texture and flavor loss. (Discard)

**DAIRY**

- Milk: Refreeze. May lose some texture. (Discard)
- Eggs (out of shell) and egg products: Refreeze (Discard)
- Ice cream, frozen yogurt: Discard (Discard)
- Cheese (soft and semi-soft): Refreeze. May lose some texture. (Discard)
- Hard cheeses: Refreeze (Refreeze)
- Shredded cheeses: Refreeze (Discard)
- Casseroles containing milk, cream, eggs, soft cheeses: Refreeze (Discard)
- Cheesecake: Refreeze (Discard)
<table>
<thead>
<tr>
<th>Category</th>
<th>Condition 1</th>
<th>Condition 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUITS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juices</td>
<td>Refreeze</td>
<td>Refreeze. Discard if mold, yeasty smell, or sliminess develops.</td>
</tr>
<tr>
<td>Home or commercially packaged</td>
<td>Refreeze. Will change texture and flavor.</td>
<td>Refreeze. Discard if mold, yeasty smell, or sliminess develops.</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juices</td>
<td>Refreeze</td>
<td>Discard after held above 40 °F for 6 hours.</td>
</tr>
<tr>
<td>Home or commercially packaged or blanched</td>
<td>Refreeze. May suffer texture and flavor loss.</td>
<td>Discard after held above 40 °F for 6 hours.</td>
</tr>
<tr>
<td><strong>BREADS, PASTRIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breads, rolls, muffins, cakes (without custard fillings)</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Cakes, pies, pastries with custard or cheese filling</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Pie crusts, commercial and homemade bread dough</td>
<td>Refreeze. Some quality loss may occur.</td>
<td>Refreeze. Quality loss is considerable.</td>
</tr>
<tr>
<td><strong>OTHER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casseroles—pasta, rice based</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
<tr>
<td>Flour, cornmeal, nuts</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Breakfast items—waffles, pancakes, bagels</td>
<td>Refreeze</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)</td>
<td>Refreeze</td>
<td>Discard</td>
</tr>
</tbody>
</table>

Last Modified July 30, 2013