Refrigerator Foods
When to Save and When to Throw It Out

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

United States Department of Agriculture (USDA)
Food Safety and Inspection Service
**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>
<tbody>
<tr>
<td><strong>MEAT, POULTRY, SEAFOOD</strong></td>
<td></td>
</tr>
<tr>
<td>Beef, veal, lamb, pork, and ground meats</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Poultry and ground poultry</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Variety meats (liver, kidney, heart, chitterlings)</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Casseroles, stews, soups</td>
<td>Refreeze</td>
</tr>
<tr>
<td>Fish, shellfish, breaded seafood products</td>
<td>Refreeze. However, there will be some texture and flavor loss.</td>
</tr>
</tbody>
</table>

**DAIRY**

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

_Last Modified July 30, 2013_