



# Foods to Keep and Discard After a Power Outage

This list is based solely on the safety of the food. Some of the foods listed may spoil faster the longer they are at room temperature. These are quality concerns, and the food should still be safe to consume. However, if you notice off smells, textures or flavors that make the food unpleasant, you may want to discard these foods anyways. This list refers to both open and closed containers, unless otherwise noted.

## Keep These Foods:

### Dairy Products

- Butter, margarine
- Processed cheeses (slices, spreads)
- Hard cheeses: cheddar, colby, swiss, parmesan, provolone, romano, including grated in a can or jar
- Cultured dairy products, such as yogurt, sour cream and buttermilk
- **Milk, cream, evaporated milk, ice cream, commercial eggnog, plant-based milk alternatives**

### Meat, Poultry, Seafood and Eggs

- Raw meat, poultry, fish or seafood that will be fully cooked
- Raw meat substitutes that will be fully cooked
- Eggs: uncooked eggs and hardboiled air cooled eggs in shell
- Dried, cured or fermented meats and sausages
- Raw bacon and hotdogs that will be fully cooked

### Other

- Leftover baked pizza with only cheese and/or pepperoni or bacon

### Pastries, Pies and Baked Goods

- Fruit pies
- Bread, rolls, cakes (without cream or custard filling), muffins, quick breads, tortillas
- Waffles, pancakes, bagels
- Refrigerator biscuits, rolls, doughs that will be baked

### Sauces, Spreads, Jams and Condiments

- Jelly, jam, marmalade made with only fruit
- Ketchup, mustard, relish, olives, pickles
- Worcestershire, soy, bbq, hoisin, taco sauces
- Vinegar-based dressings
- Tomato-based pizza or spaghetti sauces (no meat)
- Mayonnaise and tartar sauce

### Fruits and Vegetables

- Fruit juices, except pear
- Canned fruits, except pear
- Fresh fruits, dried and candied fruits, coconut, raisins, dates
- Fresh mushrooms, herbs, spices
- Raw produce, except raw sprouts and cut tomatoes, leafy greens and melons

**Cook foods to the following internal temperatures:**  
Eggs, whole meats, fish: 145°F, Ground meats, ground fish: 155°F, Whole and ground poultry: 165°F

**Bolded foods may spoil faster than other products.**



# Foods to Keep and Discard After a Power Outage

## Discard These Foods Based on the Table Below:

### Dairy Products

- Opened liquid baby formula
- Homemade eggnog
- Soft cheeses: blue/bleu, gorgonzola, brie, camembert, cottage, cream, monterey jack, ricotta, mozzarella, muenster, queso blanco, queso fresco

### Sauces, Spreads, Jams and Condiments

- Opened horseradish
- Fish and oyster sauces
- Opened creamy based dressings
- Garlic-in-oil mixtures

### Meat, Poultry, Seafood and Eggs

- Leftover cooked meat, poultry, fish or seafood;
- Leftover meat substitutes
- Salads made from meat, tuna, shrimp, chicken or eggs
- Gravies, stuffings, broths
- Deli meat

### Fruits and Vegetables

- Pre-cut, pre-washed, packaged leafy greens
- Cooked vegetables or tofu
- Opened vegetable juice
- Cut tomatoes and melons

### Pastries, Pies and Baked Goods

- Cream filled pastries
- Pies: custard, cheese filled, chiffon
- Cheesecake

### Cooked Pasta, Rice, and Potatoes

- Pasta salads and fresh pasta
- Cooked potatoes and potato dishes

### Other

- Leftovers such as casseroles, soups, stews
- Leftover pizza with meat (non-pepperoni or bacon) or vegetables

**All vacuum packaged cooked foods and meats should be discarded if out of temperature.**

**Check the product temperature using a food thermometer and follow this chart to determine when to keep and discard.**

Keep refrigerator and freezer doors closed as much as possible to maintain temperature.

Time	Food Product Temperature			
	Maximum Temperature up to 45°F (7°C)	Maximum Temperature up to 50°F (10°C)	Maximum Temperature up to 55°F (13°C)	Maximum Temperature up to 60°F (15°C)
Up to 4 hours	Keep products			Follow list of foods to discard at 4 hours
4 to 6 hours	Keep products		Follow list of foods to discard at 6 hours	
6 to 9 hours	Keep products	Follow list of foods to discard at 9 hours		
9 to 15 hours	Follow list of foods to discard at 15 hours			

Based on 2014 Conference for Food Protection - Emergency Action Plan for Retail Food Establishments, Second Edition