

When to Save and When to Throw It Out		
FOOD	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 whole 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, whole	Safe	
Vegetables, cooked; tofu	Discard	
Vegetable juice, opened	Discard	
Baked potatoes	Discard	
Commercial garlic in oil	Discard	
Potato Salad	Discard	

FROZEN FOOD FREEZER CHART

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FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 40 °F for over 2 hours
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
FRUITS		
Juices	Refreeze	Refreeze. Discard if mold, yeasty smell, or sliminess develops.
Home or commercially packaged	Refreeze. Will change texture and flavor.	Refreeze. Discard if mold, yeasty smell, or sliminess develops.
VEGETABLES		
Juices	Refreeze	Discard after held above 40 °F for 6 hours.
Home or commercially packaged or blanched	Refreeze. May suffer texture and flavor loss.	Discard after held above 40 °F for 6 hours.
BREADS, PASTRIES		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze. Some quality loss may occur.	Refreeze. Quality loss is considerable.
OTHER		
Casseroles – pasta, rice based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items – waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard