

## What Do I Save and What Do I Throw Away When The Power is Out?

When the electricity to your refrigerator or freezer is interrupted for an extended period of time, the safety of food store in them becomes a concern. This fact sheet can help you determine the safety of your food.

### Frozen Food: When to Save and When to Throw Away

Frozen foods in a fully-stocked freezer will stay frozen up to two days; in a half-filled freezer about one day. Keep the freezer door closed as much as possible. Refer to the chart below to help you decide if a specific food can be kept or should be thrown away.

	Still contains ice crystals and feels as cold as if refrigerated	Thawed, held above 4°C (40°F) for over two hours
<b>Meat, Poultry or Seafood</b>		
Beef, veal, lamb, pork, ground meats	Refreeze	Discard
Poultry, ground poultry	Refreeze	Discard
Variety meats (liver, kidney, heart, Chitterlings)	Refreeze	Discard
Casseroles, stews, soups, convenience foods, pizza	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze (there will be some texture and flavor loss)	Discard
<b>Dairy</b>		
Milk	Refreeze (may lose some texture)	Discard
Eggs (out of shells), egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Soft/semi-soft cheeses (cream cheese, ricotta)	Refreeze (may lose some texture)	Discard
Hard cheeses (cheddar, Swiss, Parmesan)	Refreeze	Refreeze
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>Fruits</b>		
Juices	Refreeze	Refreeze (discard if moldy, yeasty smell, or sliminess develops)
Home or commercially packaged	Refreeze (will change in texture or flavour)	
<b>Vegetables</b>		
Juices	Refreeze	Discard after held above 4°C (40°F) for six hours
Home or commercially packaged; blanched	Refreeze (may suffer texture and flavour loss)	
<b>Breads, Pastries</b>		
Bread, rolls, muffin cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese fillings	Refreeze	Discard
Pie crusts	Refreeze	Refreeze
Commercial and homemade bread dough	(may suffer some quality loss)	Refreeze (will suffer considerable quality loss)
<b>Other</b>		
Casseroles – pasta; rice-based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze

**Reference:** Chart courtesy of the Nova Scotia Department of Agriculture and Fisheries