

A loss of power for a prolonged period of time can result in spoiled food due to lack of refrigeration. In general, do not eat any food that you feel may be unsafe. Follow these safe food handling from the Canadian Food Inspection Agency tips to reduce the risk of foodborne illness. Remember, **when in doubt throw it out!**

FROZEN FOODS

☀ An upright or chest freezer should keep food frozen for about 24 hours during a power failure if the freezer is kept closed

- ☀ If possible, transport the food to a friend's or family member's freezer
- ☀ Discard any thawed food that has remained at room temperature for 2 or more hours
- ☀ Discard any food that has an obvious strange colour or odour
- ☀ If raw food has leaked during thawing, clean and disinfect the areas the food has touched. Do not reuse wash cloths until they have been cleaned and disinfected
- ☀ Food that still contains ice crystals or feels refrigerator cold can be refrozen
- ☀ Some foods may be refrozen **if they have been cooked first**

REFRIGERATED FOODS

- ☀ During a power failure the refrigerator will keep food cool for 4 to 6 hours depending on the kitchen temperature and the original temperature of the refrigerator
- ☀ Place securely wrapped packages of raw meat, poultry or fish in the coldest section of your refrigerator
- ☀ Put ice in the refrigerator to help keep it cool
- ☀ An ice box or cooler filled with ice will help keep perishable foods temporarily chilled
- ☀ Discard any food that has remained at room temperature for 2 or more hours

When to Save and When to Throw It Out

FOOD	Held above 4 °C for over 2 hours
MEAT, POULTRY, SEAFOOD	
Fresh or leftover meat, poultry, fish, or seafood	Discard
Thawing meat or poultry	Discard
Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza – with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats, opened	Discard
CHEESE	
Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel	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	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 10 °C for over 8 hrs.
Peanut butter	Safe
Jelly; relish; taco, barbecue & soy sauce; mustard; catsup; olives	Safe
Worcestershire sauce	Discard

Fish sauces (oyster sauce)	Discard
Hoisin sauce	Discard
Opened vinegar-based dressings	Safe
Opened creamy-based dressings	Discard
Spaghetti sauce, opened jar	Discard
BREAD, CAKES, COOKIES, PASTA	
Bread, rolls, cakes, muffins, quick breads	Safe
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, spaghetti	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	Discard
Pies, fruit	Safe
VEGETABLES	
Fresh mushrooms, herbs, spices	Safe
Greens, pre-cut, pre-washed, packaged	Discard

Vegetables, raw	Safe
Vegetables, cooked	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard

FROZEN FOOD

When to Save and When To Throw It Out

FOOD	Still contains ice crystals and feels as cold as if refrigerated	Thawed. Held above 4 °C 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 4 °C 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

Chart courtesy of the Food Safety and Inspection Service, United States Department of Agriculture