

# Health Department

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## REFRIGERATED FOODS

### When to Save and When to Throw it Out

Foods which are above 40° F for less than 2 hours are safe.

<b>Refrigerated</b>	<b>Held above 40° F for over 2 hours</b>
<b>Dairy</b>	
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
<b>Cheese</b>	
Soft Cheeses: blue (bleu or imported), brie, camembert, colby, cottage, cream, edam, Monterey Jack, mozzarella, muenster, neufchatel, ricotta, roquefort	Discard
Hard Cheeses: cheddar, parmesan, provolone, romano, swiss	Safe
Processed cheeses: American	Safe
Shredded cheeses	Discard
Low-fat cheeses	Discard
Commercial Grated Hard Cheese purchased in a can or jar (Parmesan, Romano or combination)	Safe
<b>Fruits</b>	
Fruit juices, opened	Safe
Canned fruits, opened	Safe

Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
Fresh cut-up fruits	Discard
Pastries, cream filled	Discard
Pies - custard, cheese filled or chiffons	Discard
Pies, fruit	Safe
<b>Vegetables</b>	
Fresh mushrooms, herbs and spices	Safe
Vegetables, raw	Safe
Vegetables, cooked	Discard
Vegetable juice, Opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard
<b>Casseroles, Soups, Stews, Meat, Poultry, Seafood</b>	
Fresh or leftover meat, poultry, fish or seafood	Discard
Thawing meat or poultry	Discard
Meat, tuna, shrimp, chicken, egg salad	Discard
Gravy, stuffing	Discard
Lunch meats, hot dogs, bacon, sausage, dried beef	Discard
Pizza - any topping	Discard
Canned meats (NOT labeled "Keep Refrigerated") but refrigerated after opening	Discard
Canned hams labeled "Keep Refrigerated"	Discard
<b>Bread, Cakes, Cookies, Pasta</b>	
Bread, rolls, cakes, muffins, quick breads	Safe
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, spaghetti	Discard
Pasta salads with mayonnaise or vinegar base	Discard
Fresh pasta	Discard
Cheese cake	Discard
Breakfast foods - waffles, pancakes, bagels	Safe
<b>Sauces, Spreads, Jams</b>	
Peanut butter	Safe
Jelly, relish, taco and barbecue sauce, mustard, catsup, olives	Safe
White wine Worcestershire sauce	Discard
Fish Sauce or Oyster sauce	Discard
Hoisin sauce	Discard
Opened vinegar-based dressings	Safe
Opened creamy-based Dressings	Discard

<b>Other</b>	
Deli-prepared foods - Salads, cole slaw, cooked meats or poultry, luncheon meats	Discard
Opened mayonnaise, tartar sauce, horseradish	Discard if above 40° F for over 8 hours

## FROZEN FOODS

<b>Frozen Foods</b>	<b>Still contains ice crystals and feels as cold as if refrigerated</b>	<b>Thawed. Held above 40° F for over 2 hours</b>
<b>Meat, Poultry, Seafood</b>		<b>Discard</b>
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	Discard
<b>Dairy</b>		
Milk	Refreeze. May lose some texture	Discard
Eggs (out of the shell) and egg products	Discard (poor quality)	Discard
Ice cream, frozen yogurt	Refreeze. May lose some texture	Discard
Cheeses (soft and semi-soft)	Refreeze	Discard
Hard Cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
<b>Fruits</b>		
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

<b>Breads, Pastries</b>		
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie Crusts	Refreeze	Refreeze
Commercial and homemade bread dough	Refreeze. Some quality loss may occur	Refreeze. Considerable quality loss
<b>Other</b>		
Casseroles – pasta, rice-based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items – waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entrée, specialty items (pizza, sausage and biscuit, meat Pie)	Refreeze	Discard