



## Meat, Poultry or Seafood

**Food still cold, held at 4°C (40°F) or above under two hours**

**Food still cold, held at 4°C (40°F) or above over two hours**

Fresh or leftover meat, poultry, fish, seafood

**Safe**

**Discard**

Thawing meat or poultry

**Safe**

**Discard**  
(if warmer than refrigerator temperature)

Meat, tuna, shrimp, chicken, egg salad

**Safe**

**Discard**

Gravy, stuffing

**Safe**

**Discard**

Lunch meats, hot dogs, bacon, sausage, dried beef

**Safe**

**Discard**

Pizza ~ meat topped

**Safe**

**Discard**

Canned meats (not labeled "Keep Refrigerated") ~ refrigerated after opening

**Safe**

**Discard**

Canned hams (labeled "Keep Refrigerated")

**Safe**

**Discard**

Casseroles, soups, stews

**Safe**

**Discard**



## Dairy

**Food still cold, held at 4°C (40°F)  
or above under two hours**

**Food still cold, held at 4°C (40°F)  
or above over two hours**

Milk, cream, sour cream,  
buttermilk, evaporated milk,  
yogurt

**Safe**

**Discard**

Butter, margarine

**Safe**

**Safe**

Baby formula ~ opened

**Safe**

**Discard**

Eggs ~ fresh, hard cooked in shell

**Safe**

**Discard**

Egg dishes, custards, puddings

**Safe**

**Discard**

Hard cheeses, processed cheeses

**Safe**

**Safe**

Soft cheeses, cottage cheese

**Safe**

**Discard**



# Fruits

**Food still cold, held at 4°C (40°F)  
or above under two hours**

**Food still cold, held at 4°C (40°F)  
or above over two hours**

Canned fruits

**Safe**

**Safe**

Fresh fruits, coconut, raisins,  
dried fruits, candied fruits,  
dates

**Safe**

**Safe**

## Vegetables

Vegetables ~ cooked,  
juice ~ opened

**Safe**

Discard after  
six hours

Baked potatoes

**Safe**

**Discard**

Fresh mushrooms, herbs,  
spices

**Safe**

**Safe**

Garlic ~ chopped in oil  
or butter

**Safe**

**Discard**



## Breads, Pastries

**Food still cold, held at 4°C (40°F)  
or above under two hours**

**Food still cold, held at 4°C (40°F)  
or above over two hours**

Bread, rolls, cakes, muffins

**Safe**

**Safe**

Pastries ~ cream filled

**Safe**

**Discard**

Pies ~ custard, cheese filled,  
chiffons

**Safe**

**Discard**

Pies ~ fruit

**Safe**

**Safe**

Refrigerated biscuits, rolls,  
cookie dough

**Safe**

**Safe**



## Other

**Food still cold, held at 4°C (40°F)  
or above under two hours**

**Food still cold, held at 4°C (40°F)  
or above over two hours**

Cooked pasta, spaghetti

**Safe**

**Discard**

Pasta salads with mayonnaise  
or vinegar base

**Safe**

**Discard**

Mayonnaise, tartar sauce,  
horseradish

**Safe**

Discard if above 10°C (50°F)  
for over eight hours

Open salad dressing, jelly,  
relish, barbecue sauce,  
mustard, catsup, olives

**Safe**

**Safe**



**Meat, Poultry or Seafood**

**Still contains ice crystals and feels as cold as if refrigerated**

**Thawed, held above 4°C (40°F) for over two hours**

Meat, Poultry or Seafood

**Refreeze**

**Discard**

Beef, veal, lamb, pork, ground meats

**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**



## Dairy

**Still contains ice crystals and feels as cold as if refrigerated**

**Thawed, held above 4°C (40°F) for over two hours**

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**



**Fruits**

**Still contains ice crystals and feels as cold as if refrigerated**

**Thawed, held above 4°C (40°F) for over two hours**

Juices

**Refreeze**

**Refreeze**  
(discard if moldy, yeasty smell, or sliminess develops)

Home or commercially packaged

**Refreeze**  
(will change in texture or flavour)

**Refreeze**  
(discard if moldy, yeasty smell, or sliminess develops)

**Vegetables**

Juices

**Refreeze**

Discard after held above 4°C (40°F) for six hours

Home or commercially packaged; blanched

**Refreeze**  
(will change in texture or flavour)

Discard after held above 4°C (40°F) for six hours





## Breads, Pastries

Still contains ice crystals and feels as cold as if refrigerated

Thawed, held above 4°C (40°F) for over two hours

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

**Refreeze**  
(may suffer some quality loss)

**Refreeze**  
(will suffer considerable quality loss)

## Other

Casseroles – pasta; rice-based

**Refreeze**

**Discard**

Flour, cornmeal, nuts

**Refreeze**

**Refreeze**