



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



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