

FOOD: WHEN TO SAVE AND WHEN TO THROW AWAY

FROZEN FOOD-WHEN TO SAVE AND THROW IT OUT		
MEAT, POULTRY, SEAFOOD	Still contains ice crystals and feels as cold as if refrigerated	Held above 40 °F for over 2 hours. Thawed
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 40 °F 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



FOOD: WHEN TO SAVE AND WHEN TO THROW AWAY Page 2

When to Save and When to Throw It Out					
MEAT, POULTRY, SEAFOOD	Held above 40 °F for over 2 hours	DAIRY	Held above 40 °F for over 2 hours	BREAD, CAKES, COOKIES, PASTA, GRAINS	Held above 40 °F for over 2 hours
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard	Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard	Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Thawing meat or poultry	Discard	Butter, margarine	Safe	Refrigerator biscuits, rolls, cookie dough	Discard
Meat, tuna, shrimp, chicken, or egg salad	Discard	Baby formula, opened	Discard	Cooked pasta, rice, potatoes	Discard
Gravy, stuffing, broth	Discard	EGGS		Pasta salads with mayonnaise or vinaigrette	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard	Fresh eggs, hard-cooked in shell, egg dishes, egg products	Discard	Fresh pasta	Discard
Pizza – with any topping	Discard	Custards and puddings	Discard	Cheesecake	Discard
Canned hams labeled "Keep Refrigerated"	Discard	CASSEROLES, SOUPS, STEWS		Breakfast foods – waffles, pancakes, bagels	Safe
Canned meats and fish, opened	Discard	FRUITS		VEGETABLES	
CHEESE		Fresh fruits, cut	Discard	Fresh mushrooms, herbs, spices	Safe
Soft Cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard	Fruit juices, opened	Safe	Greens, pre-cut, pre-washed, packaged	Discard
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano		Safe	Canned fruits, opened	Safe	Vegetables, raw
Processed Cheeses	Safe	Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe	Vegetables, cooked; tofu	Discard
Shredded Cheeses	Discard	SAUCES, SPREADS, JAMS		Vegetable juice, opened	Discard
Low-fat Cheeses	Discard	Peanut butter	Safe	Baked potatoes	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Safe	Opened mayonnaise, tartar sauce, horseradish	Discard if above 50 °F for over 8 hrs.	Commercial garlic in oil	Discard
PIES, PASTRY		Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Safe	Potato Salad	Discard
Pastries, cream filled	Discard	Worcestershire, soy, barbecue, Hoisin sauces	Safe		
Pies – custard, cheese filled, or chiffon; quiche	Discard	Fish sauces (oyster sauce)	Discard		
Pies, fruit	Safe	Opened vinegar-based dressings	Safe		
		Opened creamy-based dressings	Discard		
		Spaghetti sauce, opened jar	Discard		

For more information go to the Arkansas Department of Health website at www.healthy.arkansas.gov or call 1-800-462-0599.



Arkansas Department of Health
Keeping Your Hometown Healthy