



Keeping Food Safe During An Emergency

Environmental Health Officers, Food Businesses, Public

This is not an exhaustive list and should be used as a **GUIDE ONLY**. It is the responsibility of the individual or business to assess the types of food affected by the power outage.

These recommendations do not consider food damaged by flood or fire.

Recommendation of when to save and when to throw it out	
REFRIGERATED FOOD	Held above 5°C for over 4 hours
MEAT, POULTRY, SEAFOOD	
Raw or leftover cooked meat, poultry, fish, or seafood; soy or other meat substitutes	Discard
Thawing meat or poultry	Discard
Ready to Eat meats (ham, chicken, beef etc)	Discard
Salad with meat, chicken, fish (e.g. tuna), prawns or egg	Discard
Gravy, stuffing, broth	Discard
Hot dogs, bacon, sausage, dried beef	Discard
Pizza, with any topping	Discard
Canned meats and fish, opened	Discard
Shelf stable cured meats (business must have storage directions)	Safe
CHEESE	
Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, ricotta, mozzarella, Muenster, Neufchatel, queso styles	Discard
Shredded cheeses	Discard

Low-fat cheeses	Discard
Hard Cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Safe
Processed shelf stable cheeses eg cheese sold in the unrefrigerated section	Safe
Shelf stable grated / powdered Parmesan, Romano, or combination (sold in containers in the unrefrigerated section)	Safe
OTHER DAIRY/ DAIRY ALTERNATIVES	
Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Discard
Baby formula, opened	Discard
Butter, margarine	Safe
EGGS	
Recommendation of when to save and when to throw it out	
Egg dishes, raw egg products	Discard
Custards and puddings (not the shelf stable versions)	Discard
Hard cooked shell eggs	Discard
Shell eggs - fresh	Safe
CASSEROLES, SOUPS, STEWS	Discard
FRUITS	
Fresh fruits, diced	Discard
Commercial/ shelf stable fruit juices, opened	Safe
Canned fruits, opened	Safe
Whole fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe
SAUCES, SPREADS, JAMS	
Opened creamy-based dressings	Discard
Opened (commercial) mayonnaise, tartar sauce, horseradish	Discard if outage is over 8 hours
Peanut butter, jam (shelf stable - do not need to be stored in refrigerator)	Safe

Pickled/ brined vegetables eg olives, pickles	Safe
Condiments eg tomato, barbecue, Hoisin sauces, relish, salsas, mustards	Safe
Recommendation of when to save and when to throw it out	
Opened vinegar-based dressings	Safe
BREAD, CAKES, COOKIES, PASTA, GRAINS	
Cooked pasta, rice	Discard
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Raw cookie dough	Discard
Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
Bread rolls with cheese and meat toppings	Safe
Other –waffles, pancakes, bagels	Safe
PIES, PASTRY	
Pastries, cream or custard filled	Discard
Quiche	Discard
Meat pies, pasties	Safe for up to 8 hours
Baked custard products	Safe for up to 8 hours
Pastries – mock cream or bakers ‘custard’	Safe
Pies - fruit	Safe
VEGETABLES	
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, cooked; tofu	Discard
Vegetable juice, opened	Discard
Baked potatoes/ cooked potatoes	Discard
Commercial garlic in oil	Discard
Potato Salad	Discard
Vegetables, raw	Safe
FROZEN FOOD	Still contains ice crystals
	and feels as cold as if
	refrigerated
MEAT, POULTRY, SEAFOOD	
Beef, veal, lamb, pork, and ground meats	Refreeze

Poultry and ground poultry	Refreeze
Offal meats (liver, kidney, heart, chitterlings)	Refreeze
Casseroles, stews, soups	Refreeze
Fish, shellfish, breaded seafood products	Refreeze. However, there will be some texture and flavour loss.
FROZEN FOOD	Still contains ice crystals and feels as cold as if refrigerated
DAIRY	
Milk	Refreeze. May lose some texture.
Eggs (out of shell) and egg products	Refreeze
Ice cream, frozen yoghurt	Discard
Shredded cheeses	Refreeze
Casseroles containing milk, cream, eggs, soft cheeses	Refreeze
Cheesecake	Refreeze
Cheese (soft and semi-soft)	Refreeze. May lose some texture.
Hard cheeses	Refreeze
FRUITS	
Juices	Refreeze
Home or commercially packaged	Refreeze. Will change

	texture and flavour.
VEGETABLES	
Juices	Refreeze
Home or commercially packaged or blanched	Refreeze. May suffer
	texture and flavour loss.
BREADS, PASTRIES	
Cakes, pies, pastries with custard or cheese filling	Refreeze
Pie crusts, commercial and homemade	Refreeze. Some quality loss may occur.
bread dough	
Recommendation of when to save and when to throw it out	
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze
Other—waffles, pancakes, bagels	Refreeze
OTHER	
Casseroles—pasta, rice based	Refreeze

FROZEN FOOD	Still contains ice crystals and feels as cold as if refrigerated
Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze
Flour, cornmeal, nuts	Refreeze

For more information contact your local Council Environmental Health Officer or call the Public Health Hotline 1800 671 738.

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