



Disaster

readiness - response - recovery

When the Power Is Out—When to Refreeze Frozen Food and When to Throw It Out

<i>Food</i>	<i>Still Contains Ice Crystals and Feels as Cold as if Refrigerated</i>	<i>Thawed and Held at Over 40°F for Over 2 Hours</i>
Meat, Poultry, Seafood		
Beef, veal, lamb, pork, ground meats	Refreeze	Discard
Poultry, ground poultry Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Discard
Casseroles, stews, soups, convenience foods, pizza with meat, poultry, or seafood	Refreeze	Discard
Fish, shellfish, breaded seafood products	Refreeze; will be some loss of texture and flavor	Discard
Dairy		
Milk	Refreeze; may lose some texture	Discard
Eggs (out of shell), egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard, significant loss of quality	Discard
Cheese (soft and semi-soft), cream cheese, Ricotta	Refreeze; may lose some texture	Discard
Hard cheeses (cheddar, Swiss, Parmesan) Cheesecake	Refreeze	Discard

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Food	Still Contains Ice Crystals and Feels as Cold as if Refrigerated	Thawed; Held Over 40° F for Over 2 Hours
Juices		
Juice, opened	Refreeze	Refreeze; discard if mold, yeasty smell, or sliminess develops
Home or commercially packaged fruit	Refreeze; will change texture and flavor.	Discard after held at 40° F for 6 hours
Vegetables		
Juice, opened	Refreeze	Discard after held at 40° F for 6 hours
Home or commercially packaged or blanched	Refreeze; may lose texture and flavor	Discard after held at 40° F for 6 hours
Breads, Pastries		
Breads, rolls, muffins, 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 lose some quality	Refreeze; considerable loss of quality
Other		
Casseroles, pasta- and rice-based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze



Prepared by Extension Food Safety Specialists, Family and Consumer Services, North Carolina Cooperative Extension Service