Fact Sheet

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 (eg 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 | |



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| efrigerator) | Discard if outage is over 8 hours |
| ickled/ brined vegetables eg olives, pickles | Safe |
| | Safe |
| Condiments eg tomato, barbecue, Hoisin sauces, relish, salsas, mustards | Safe |
| Opened vinegar-based dressings | Safe |
| READ, CAKES, COOKIES, PASTA, GRAINS | |
| cooked pasta, rice | Discard |
| asta salads with mayonnaise or vinaigrette | Discard |
| resh pasta | Discard |
| Cheesecake | Discard |
| aw cookie dough | Discard |
| read, rolls, cakes, muffins, quick breads, tortillas | Safe |
| read rolls with cheese and meat toppings | |
| Other —waffles, pancakes, bagels | Safe |

| Recommendation of when to save and when to throw it out | | |
|---|---------------------------------|--|
| REFRIGERATED FOOD | Held above 5°C for over 4 hours | |
| 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 | |
| Fresh mushrooms, herbs, spices | Safe | |

| Recommendation of when to save and when to throw it out | | |
|---|--|--|
| FROZEN FOOD | Still contains ice crystals and feels as cold as if refrigerated | Thawed & held above 5°C for over 4 hours |
| MEAT, POULTRY, SEAFOOD | | |
| Beef, veal, lamb, pork, and ground meats | Refreeze | Discard |
| Poultry and ground poultry | Refreeze | Discard |
| Offal 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 flavour loss. | Discard |

| DAIRY Refreeze. May lose some texture. Discard Milk Refreeze. May lose some texture. Discard Eggs (out of shell) and egg products Refreeze Discard Ice cream, frozen yoghurt Discard Discard Shredded cheeses Refreeze Discard Casseroles containing milk, cream, eggs, soft cheeses Refreeze Discard Cheese (soft and semi-soft) Refreeze. May lose some texture. Discard Hard cheeses Refreeze. May lose some texture. Refreeze FRUITS Refreeze Refreeze Juices Refreeze. Will change texture and flavour. Refreeze. Discard if mould, yeasty smell, or sliminess develops. VEGETABLES Juices Refreeze. Will change texture and flavour. Refreeze. Discard if mould, yeasty smell, or sliminess develops. VEGETABLES Juices Refreeze. May suffer texture and flavour. Discard Home or commercially packaged or blanched Refreeze. May suffer texture and flavour loss. Discard BREADS, PASTRIES Discard Discard Cakes, pies, pastries with custard or cheese filling Refreeze. Some quality loss is considerable. <th colspan="3">Recommendation of when to save and when to throw it out</th> | Recommendation of when to save and when to throw it out | | |
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| Casseroles—pasta, rice based Refreeze Discard | OTHER | | |
| Distance Page 1 | Casseroles—pasta, rice based | Refreeze | Discard |

| Recommendation of when to save and when to throw it out | | |
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| FROZEN FOOD | Still contains ice crystals and feels as cold as if refrigerated | Thawed & held above 5°C for over 4 hours |
| Frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods) | Refreeze | Discard |
| Flour, cornmeal, nuts | Refreeze | Refreeze |

For more information

SA Health

Health Protection and Licensing Services

Food and Controlled Drugs

Telephone: 82267100

www.sahealth.sa.gov.au





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