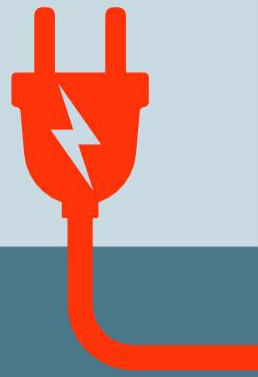


Eat Safe Food after a Power Outage



Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

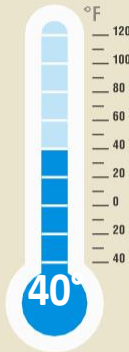
Before

Keep appliance thermometers in your refrigerator and freezer.

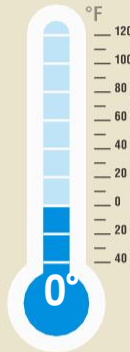
The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

REFRIGERATOR



FREEZER

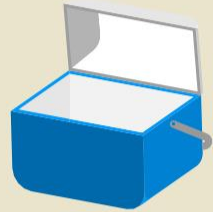


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

KEEP
Refrigerator & Freezer Doors **CLOSED**



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- Throw out perishable food in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) after 4 hours without power or a cold source.
- Throw out any food with an unusual odor, color, or texture.
- Check temperatures of food kept in coolers or your refrigerator with a cold source.
- Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40°F or below.



www.cdc.gov/foodsafety

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:



DO NOT EAT any food that may have touched flood water.



DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.



DISCARD cardboard juice/milk/baby formula boxes and home canned foods



DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.



Pots, pans,
dishes and
utensils

Undamaged
all-metal cans
after removing
labels