FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

**BEFORE PLAN AHEAD (IF YOU CAN)**

- Put appliance thermometers in your refrigerator and freezer.
- Keep freezer at 0°F or below.
- Keep refrigerator at 40°F or below.
- Freeze containers of water and gel packs to help keep food cold if the power goes out.
- Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.
- If you think power will be out for an extended period of time, buy dry or block ice to keep the fridge or freezer cold.
- Group foods together in the freezer to help food stay colder longer.
- Store nonperishable food, on higher shelves to avoid flood water.

**DURING WHILE THE POWER IS OUT**

- Keep the refrigerator and freezer doors closed to maintain cold temperature.
- A full freezer will hold its temperature for 48 hours, 24 hours if half full.
- A fridge will keep food safe for 4 hours.

**WHEN IN DOUBT, THROW IT OUT!**

- Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

**AFER ONCE THE POWER IS BACK ON**

- Never taste food to determine its safety.
- Check the temperature inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.

**WHAT CAN I KEEP?**

The following foods are safe if held above 40°F for more than 2 hours:

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Ground Poultry, Beef, or Pork (in can of jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, relish, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and onion sauces
- Opened yogurt, sour cream, and dips
- Whole milk, buttermilk, sour cream, and cream
- Opened baby formula
- Opened milk, cream, yogurt, and other dairy products
- Opened cream cheese
- Opened egg products
- Opened cooked pasta
- Opened cooked rice
- Opened cooked chicken
- Opened cooked beef
- Opened raw vegetables
- Opened fruit

**WHAT SHOULD I THROW OUT?**

- Meat, poultry, seafood, eggs, and dairy products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Opened milk, cream, yogurt, and other dairy products
- Opened cream cheese
- Opened egg products
- Opened cooked pasta
- Opened cooked rice
- Opened cooked chicken
- Opened cooked beef
- Opened raw vegetables
- Opened fruit
- Opened canned foods
- Opened any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

**FOLLOW THESE STEPS AFTER A FLOOD:**

- DO NOT EAT any food that may have touched flood waters.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and stumped 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.

**SANITIZE**

- 1 tsp. bleach + 1 gallon water
- Pots, pans, dishes and utensils
- Undamaged all-metal cans after removing labels

For more food safety tips, go to Foodsafety.gov