

# Keep Food Safe Before, During and After a Power Outage

We do all we can to keep your power flowing. When an extended outage does occur, it's important to know how to keep your food safe – both to **avoid food loss** and **reduce the risk of illness**.



## Before

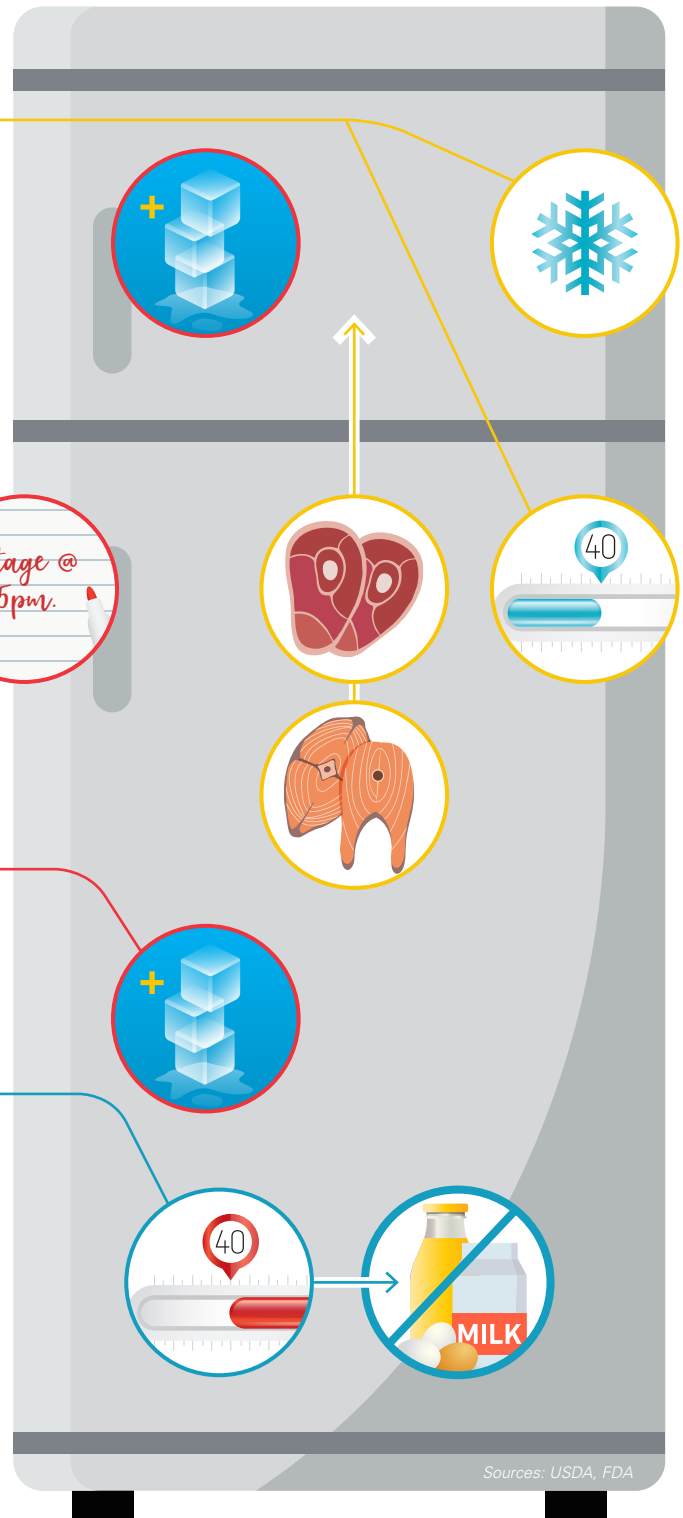
- 1 Set the thermostat in your **refrigerator at or below 40 F** and your **freezer at its coldest setting**.
- 2 Transfer refrigerated **meat, poultry and fish** to a tray in the freezer.
- 3 Stock up on **ready-to-eat foods** that don't require refrigeration.
- 4 Keep a couple of **coolers** on hand.

## During

- 1 If your power goes out, check and **note the time** the outage started.
- 2 **Keep refrigerator and freezer doors CLOSED**. An unopened refrigerator will keep food safely cold for about 4 hours. A full freezer will hold the temperature for approximately 48 hours if the door remains closed (24 hours if it's half full).
- 3 **Purchase ice** to keep your refrigerator, freezer or coolers as cold as possible.

## After

- 1 Check the temperature inside your refrigerator and freezer. **Discard any perishable food that has been above 40 F** for two hours or more.
- 2 Food in your freezer may be safely refrozen **if it still contains ice crystals or is at 40 F or below**.
- 3 Discard any items in either the freezer or the refrigerator that have come into contact with **raw meat juices**.
- 4 **Never taste a food to decide if it's safe**. When in doubt, throw it out.



Sources: USDA, FDA