



BEFORE

PLAN AHEAD (IF YOU CAN) ...



Freeze **containers of water and gel packs** to help keep food cold if the power goes out.



Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below

Refrigerator **40°F** or below



Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

Group foods together in the freezer to help food stay colder longer.

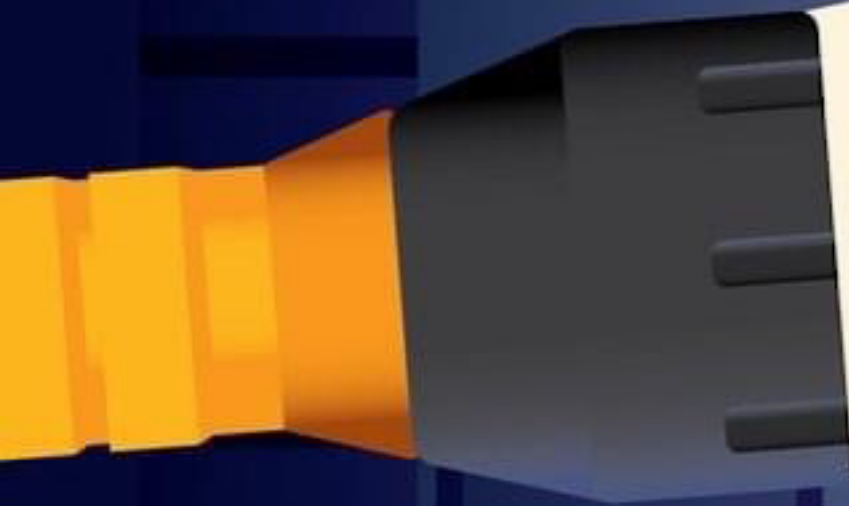
If you think power will be out for more than 4 hours, consider moving food to a cooler with ice. If available, buy dry or block ice to keep the refrigerator or freezer cold.



Store non-perishable foods on higher shelves to avoid flood water.

DURING

WHILE THE POWER IS OUT ...



Keep the refrigerator and freezer doors closed to **maintain cold temperature.**



IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for

48 HOURS

24 HOURS

if half-full

... a fridge will keep food safe for

4 HOURS

Place perishable foods in a cooler with ice before food starts to go bad

AFTER

ONCE THE POWER IS BACK ON ...



Check the temperature inside your refrigerator and freezer. If they're still at safe temperatures, your food should be fine. Discard perishable foods that have been at an unsafe temperature.



Never taste food to **determine its safety!**

WHAT CAN I KEEP?



Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)



Grated Parmesan, Romano, or combination (in can or jar)



Butter or margarine



Opened fruit juices



Opened canned fruits



Jelly, relish, taco sauce, mustard, ketchup, olives, pickles



Worcestershire, soy, barbecue, and Hoisin sauces



Peanut butter



Opened vinegar-based dressings



Bread, rolls, cakes, muffins, quick breads, tortillas



Breakfast foods (waffles, pancakes, bagels)



Fruit pies



Fresh mushrooms, herbs, and spices



Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?



Raw meat, poultry or seafood products



Soft cheeses and shredded cheeses



Milk, cream, yogurt, and other dairy products



Opened baby formula



Eggs and egg products



Dough, cooked pasta



Leftovers



Cooked or cut produce

WHEN IN DOUBT, THROW IT OUT!