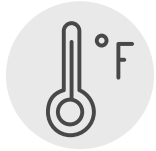


FOOD SAFETY

Preparing & Managing During Power Outages

OdomRD
Dietitian Consultants
www.odomrd.com

If you can plan ahead:



THERMOMETERS

Put thermometers in Fridge & Freezer.

Freeze gel packs & water containers.



FREEZE ITEMS

Group foods together in the freezer to keep cold

Freeze milk, fresh meat, poultry, & leftovers



NONPERISHABLES

Store on higher shelves to avoid possible damage.

Discard cans with dents, swelling, or punctures.

FREEZER TEMPERATURE

Keep freezer at 0 or below.



REFRIGERATOR TEMPERATURE

Keep refrigerator at 40 or below.



X
KEEP

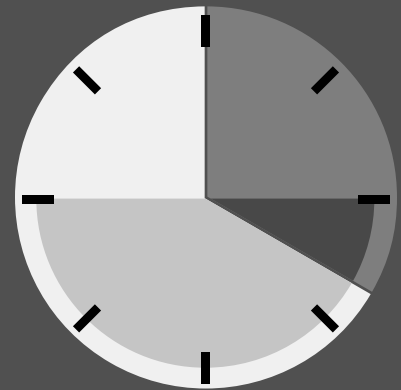
THESE
DOORS

SHUT.

During a power outage:

If doors stay shut:

- A FULL freezer will hold temps for 48 hours.
- A HALF FULL freezer will hold temps for 24 hours.
- A CLOSED FRIDGE will keep food safe for 4 hours.



When the power is back:

CHECK TEMPERATURES in refrigerator & freezer.

If they are in the appropriate range, your food should be ok!

Refreeze anything with ice crystals or $< 40^{\circ}\text{F}$.



If the temperatures are too high:



These foods are **SAFE** to keep if above 40°F :

- Hard cheeses: cheddar, colby, parmesan, romano
- Butter or margarine
- Fruit juices
- Jelly, relish, mustard, ketchup, olives, pickles
- Vinegar-based dressings
- Peanut butter
- Breads, rolls, cake, muffins, tortillas, waffles, pancakes
- Fruit pies
- Fresh mushrooms, herbs, spices
- Whole, uncut raw fruits & vegetables



UNSAFE Foods to Throw Away:

- Meat, poultry, seafood products
- SOFT cheeses: brie, mozzarella, ricotta, feta, cottage cheese
- Milk, cream, yogurt
- OPEN baby formula
- Eggs, egg products
- Dough, cooked pasta
- Cooked/cut produce



TEST TEMPS, NOT TASTE!

NEVER taste food to "check" for safety.



WHEN IN DOUBT, THROW IT OUT.