

# Keeping Foods Safe During an Extended Power Outage

*An extended power outage is one that lasts for 4 hours or longer*

- Keep the refrigerator and freezer doors closed. Cover the refrigerator and freezer with blankets to keep the cold air inside.
- Keep a thermometer inside the refrigerator and freezer compartments to monitor the internal temperatures.
- Once the power is restored, take the temperature of the food in the refrigerator and freezer. This can be done with a metal stem thermometer, available at most hardware and retail stores. If foods are above 45 degrees, they should be discarded.
- Foods that have defrosted in the freezer, but have remained under 45 degrees may be refrozen, although they may deteriorate in quality.

Be especially careful with any potentially hazardous foods (luncheon meats, dairy products, eggs and egg products, defrosted meats, fish, etc.) These foods support the rapid growth of bacteria which may cause food-borne illness.

**If you have any doubt concerning the safety of any food items, discard them immediately. Remember.....**

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