



## When The Power Goes Out

- If it has been less than two hours, you don't need to worry about your food spoiling.
- If you think the power outage will last more than 2-4 hours, pack refrigerated milk, dairy products, meats, fish, poultry, eggs, and leftovers into a cooler with ice.
- Make sure you have plenty of canned goods on hand. (Ensure you have a hand crank can opener).
- Use a digital quick response thermometer to check the internal temperatures of your food.
- Perishable foods should not be held above 40 degrees for more than 2 hours.
- Do not open the refrigerator or freezer. An unopened fridge or freezer will keep foods cold enough to avoid spoilage for a couple of hours at least.
- A freezer that is half full will keep foods safe for at least 24 hours. A full freezer will do the same for 48 hours.
- If the power outage looks like it is going to be prolonged, put your freezer items into a cooler with ice.

### **Sources:**

-Giant Food, Inc., Landover, Maryland, June 1999

-“Help, Power Outage!” Food News for Consumers, Summer 1989, U.S. Department