



# POWER OUTAGES AND FOOD SAFETY

Try to be aware of what time the power went out. Keep your refrigerator and freezer doors tightly shut.



If the doors remain shut, food maybe safe for up to:

- **4 hours** in a refrigerator (or food temperature above 40° F)
- **24 hours** in a half full freezer
- **48 hours** in a full freezer

- Do not taste food to determine if it's safe to eat
- **After 4 hours without power, discard perishable foods like eggs, milk, fish, meat, fruits, vegetables, and leftovers**
- When in doubt, **THROW IT OUT!**



- If possible, take temperatures of food kept in a cooler or refrigerator
- Throw out food above 40° F



## When in doubt **THROW IT OUT!**

SOURCE: [HTTPS://WWW.CDC.GOV/FOODSAFETY/FOOD-SAFETY-DURING-A-POWER-OUTAGE.HTML](https://www.cdc.gov/foodsafety/food-safety-during-a-power-outage.html)  
[HTTPS://WWW.FOODSAFETY.GOV/FOOD-SAFETY-CHARTS/FOOD-SAFETY-DURING-POWER-OUTAGE](https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage)