

# How to Be Safe During a Power Outage

## How to be sure your food is safe to eat when the power goes out

### FOOD IN YOUR REFRIGERATOR AND FREEZER MAY BE UNSAFE TO EAT IF:

- The power is off for 4 hours or more.
- The temperature inside your refrigerator is at or above 45°F/ 7°C for more than two hours.

### KEEP THE REFRIGERATOR AND FREEZER CLOSED

- Keep the door of your refrigerator/freezer closed during a power outage to keep it cold inside longer.
- **Refrigerated food** will be safe for no more than 4 hours.
- **Freezer full of frozen food** will be safe for no more than 48 hours.
- **Freezer half full of frozen food** will be safe for no more than 24 hours.

### CLEAN YOUR REFRIGERATOR AND FREEZER AFTER A POWER OUTAGE

- When the power comes back on, clean out your refrigerator and freezer **BEFORE** you put new food in it.
- Wash the inside of the refrigerator and freezer with soap and warm water. Next, wipe the insides down with a mild solution of ½ tablespoon bleach in a gallon of water. Keep the refrigerator and freezer doors open to air dry.
- Once dry, close the doors and let it get cold inside the freezer and refrigerator before you fill it with food.

If you have a question about food safety **dial 2-1-1** or contact the Department of Public Health Food Protection Program at **(860) 509-7297** or go to **[www.ct.gov/dph/foodprotection](http://www.ct.gov/dph/foodprotection)**.

*See more helpful information on the other side* →



*The temperature of the food in your refrigerator must stay at or below 45°F/ 7°C to be safe to eat.*



*Keep the refrigerator and freezer doors closed!*

## *When in doubt, throw it out!*

### **Do not eat unsafe food.**

- It can make you sick.
- You cannot tell if food is safe by the way it looks or smells.
- Throw away any unsafe foods.
- Cooking or reheating food will not make it safe to eat.



# How to Be Safe During a Power Outage

## Throw away these foods if held above 45°F/ 7°C for more than two hours

### REFRIGERATED FOODS TO THROW AWAY:

- Raw meat, poultry, fish, and seafood
- Cooked meat, poultry, fish, seafood, and soy meat substitutes or any dishes containing them
- Tuna, shrimp, chicken, ham or egg salads
- Gravy, stuffing, or broth
- All lunchmeat
- Hotdogs, bacon, sausage, dried meats
- Pizza
- Canned meat products that have been opened
- Casseroles, soups, and stews
- Shredded cheeses and low-fat cheeses
- Soft cheeses such as cottage, cream, Monterey jack, ricotta, mozzarella, queso blanco, queso fresco
- Milk, cream, sour cream, buttermilk, evaporated milk that has been opened, yogurt, eggnog, soy milk
- Baby formula that has been opened
- Butter (very low-risk)
- Shell eggs, liquid egg product, egg dishes, hard-cooked eggs, quiche
- Custards and puddings
- Cut fruit
- Unpasteurized fruit juices
- Canned fruits that have been opened
- Fish sauces, oyster sauce
- Creamy salad dressings
- Refrigerator biscuit, roll, and cookie dough
- Cooked pasta, rice, or potatoes
- Pasta salads
- Fresh, uncooked pasta
- Cheesecake or any baked goods with cream or custard fillings and toppings
- Pre-cut, pre-washed, packaged lettuce
- Cooked vegetables
- Tofu
- Vegetable juices that have been opened or are unpasteurized

### FOODS FROM FREEZER TO THROW AWAY

if thawed **and** held above 45°F/ 7°C for more than two hours:

- Raw meat, poultry, fish, and seafood
- Leftover cooked meat, poultry, fish, seafood, and soy meat substitutes or any dishes containing them
- Casseroles, soups, stews
- Fish, shellfish, breaded seafood products
- Milk
- Liquid egg products
- Soft and semi-soft cheeses (hard cheeses like cheddar, Swiss, parmesan, Romano, provolone can be refrozen)
- Shredded cheese
- Ice cream and frozen yogurt
- Unpasteurized fruit juices
- Vegetable juices
- Frozen vegetables (both home and commercially packaged)
- Cakes, pies, and pastries with custard or cheese filling
- Frozen meal entrees (commercially packaged)
- Frozen pizza
- Breakfast meats (bacon, sausage)
- Convenience foods (frozen meals, sandwiches and snacks)

### ***These lists do NOT include all foods.***

If you are not sure about the safety of a specific food not listed here, **throw it away** or contact the Department of Public Health Food Protection Program to find out if it is safe to keep!

**Call (860) 509-7297, dial 2-1-1 or go to [www.ct.gov/dph/foodprotection](http://www.ct.gov/dph/foodprotection).**

**See more helpful information on the other side** 