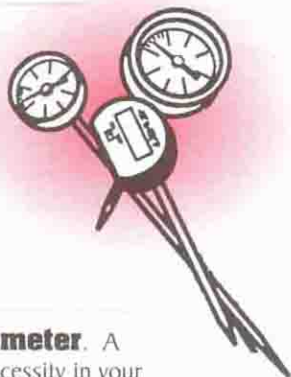


# Help! The Power Is Out...

Sudden power outages can be **frustrating** and **troublesome**, especially when they are prolonged. Perishable foods should not be held above 40 degrees for more than 2 hours. **If a power outage is 2 hours or less, you need not be concerned**, but how do you save your food when the refrigerator is out for longer times? Being prepared can help. By planning ahead, you can save your perishables.

## What do I need?

- One or more **coolers**. Inexpensive styrofoam coolers can do an excellent job as well.
- **Ice**. Surrounding your food with ice in a cooler will ensure that it will stay cold.
- **Shelf-stable foods**, such as canned goods and powdered or boxed milk. These can be eaten cold or heated on the grill.
- A digital quick-response **thermometer**. A digital thermometer should be a necessity in your kitchen anyway. With these thermometers you can quickly check the internal temperatures of food for doneness and safety.



## What to do...

### Do not open the refrigerator or freezer.

Tell your little ones not to open the door. An unopened refrigerator will keep foods cold enough for a couple of hours at least. A freezer that is half full will hold for up to 24 hours and a full freezer for 48 hours. (See chart on back for more details.)

If it looks like the power outage will be for more than 2-4 hours, pack refrigerated milk, dairy products, meats, fish, poultry, eggs, gravy, stuffing and leftovers into your **cooler** surrounded by **ice**. (See chart on back for more details.)

If it looks like the power outage will be **prolonged**, prepare a cooler with ice for your freezer items.



## Q's and A's

**What if I go to bed and the power is still not on?** Before you go to bed, pack your perishables into your coolers if you haven't already done so and put in as much ice as you can. Also, when you go to bed, leave a bedroom light switched on. When the power goes back on, it will wake you, so you can check the condition of your foods in the freezer. If freezer foods still have ice crystals they can be refrozen.

**What if the power goes out while I'm at work or out of the house and it has been more than a few hours before I get home?** Try to determine how long the power has been out. Check the internal temperature of the food in your refrigerator with your quick-response thermometer. A liquid such as milk or juice is easy to check. Spot check other items like steaks or leftovers also. If the internal temperature is above 40 degrees, it is best to throw it out. (Check the chart on the back.) If the food in the freezer is not above 40 degrees and there are still ice crystals, you can refreeze.

**What if the power goes out and comes back on while I am out?** If your freezer is fairly full and you know it was not longer than 24 hours, the food should be okay. There will be loss of quality with refreezing, but the food will be safe. If the refrigerator was out for more than 2-4 hours, you are best to discard the perishables.



**American Red Cross**

*We'll be there.*

Prepared by Giant Food, Inc., Landover, Maryland, June 1999. Used with permission. Original content adapted from "Help, Power Outage!" Food News for Consumers, Summer 1989, U.S. Department of Agriculture, Food Safety and Inspection Service.



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# What Should Be Discarded After a Power Outage?



As soon as the power returns, **check temperatures.** If the food in the freezer has ice crystals and is not above 40 degrees, you can refreeze. Perishable foods in the refrigerator should not be above **40 degrees F.** for more than two hours. **Use this chart** to see what has to be discarded and what can be kept.

## Frozen Foods

### Meat and Mixed Dishes:

Beef, veal, lamb, pork, poultry, ground meat and poultry  
Casseroles with meat, pasta, rice, egg or cheese base, stews, soups, convenience foods, pizza  
Fish, shellfish, breaded seafood products

### Dairy:

Milk  
Eggs (out of shell), egg products  
Ice cream, frozen yogurt  
Cheese (soft and semi-soft), cream cheese, ricotta  
Hard cheese (cheddar, Swiss, parmesan)

### Fruits and Vegetables:

Fruit juices  
Home or commercially packaged fruit  
Vegetable juices  
Home or commercially packaged or blanched vegetables

### Baked Goods Baking Ingredients:

Flour, cornmeal, nuts  
Pie crusts, breads, rolls, muffins, cakes (no custard fillings)  
Cakes, pies, pastries with custard or cheese filling, cheesecake  
Commercial and homemade bread dough

## Refrigerator Foods

### Dairy/Eggs/Cheese:

Milk, cream, sour cream, buttermilk, evaporated milk, yogurt  
Butter, margarine  
Baby formula, opened  
Eggs, egg dishes, custards, puddings  
Hard and processed cheeses  
Soft cheeses, cottage cheese

### Fruits & Vegetables:

Fruit juices, opened; canned fruits, opened; fresh fruits  
Vegetables, cooked; vegetable juice opened  
Baked potatoes  
Fresh mushrooms, herbs, spices  
Garlic, chopped in oil or butter

### Meat, Poultry, Seafood:

Fresh or leftover meat, poultry, fish, or seafood  
Lunchmeats, hot dogs, bacon, sausage, dried beef  
Canned meats (NOT labeled "Keep Refrigerated" but refrigerated after opening)  
Canned hams labeled "Keep Refrigerated"

### Mixed Dishes, Side Dishes:

Casseroles, soups, stews, pizza with meat  
Meat, tuna, shrimp, chicken, egg salad  
Cooked pasta, pasta salads with mayonnaise or vinegar base  
Gravy, stuffing

### Pies, Breads:

Cream or cheese filled pastries and pies  
Fruit pies  
Breads, rolls, cakes, muffins, quick breads  
Refrigerator biscuits, rolls, cookie dough

### Sauces, Spreads, Jams:

Mayonnaise, tartar sauce, horseradish  
Opened salad dressing, jelly, relish, taco and barbeque sauce, mustard, catsup, olives

Still Contains Ice Crystals,  
Not Above 40° F

Thawed, Held Above 40° F  
For Over 2 Hours

REFREEZE

DISCARD

REFREEZE

DISCARD

REFREEZE. MAY BE SOME TEXTURE & FLAVOR LOSS

DISCARD

REFREEZE. MAY LOSE SOME QUALITY

DISCARD

REFREEZE

DISCARD

DISCARD

DISCARD

REFREEZE. MAY LOSE SOME TEXTURE

DISCARD

REFREEZE

REFREEZE

REFREEZE

REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.

REFREEZE. WILL CHANGE TEXTURE & FLAVOR

REFREEZE. DISCARD IF MOLD, YEASTY SMELL OR SLIMINESS DEVELOPS.

REFREEZE

DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

REFREEZE. WILL CHANGE TEXTURE & FLAVOR

DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

REFREEZE

REFREEZE

REFREEZE

REFREEZE

REFREEZE

DISCARD

REFREEZE. MAY LOSE SOME QUALITY

REFREEZE. CONSIDERABLE QUALITY LOSS

Food Still Cold, Held At 40° F Or  
Above Under 2 Hours

Held Above 40° F For Over 2 Hours

KEEP

DISCARD

KEEP

KEEP

KEEP

DISCARD

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DISCARD

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DISCARD

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DISCARD AFTER 6 HOURS

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DISCARD IF ABOVE 50° F FOR OVER 8 HOURS

KEEP

KEEP