



Food Safety for Power Outages

**Placer County
Cooperative Extension Office**
11477 E Avenue
DeWitt Center
Auburn, CA 95603
(530) 889-7350

**Nevada County
Cooperative Extension Office**
255 So. Auburn Street
Veteran's Memorial Hall
Grass Valley, CA 95945
(530) 273-4563

Website:
<http://ceplacernevada.ucanr.edu>

**For more information,
contact:**
Michele Fish,
Program Supervisor
CalFresh Healthy Living, UCCE
(530) 889-7350

Email:
mafisch@ucanr.edu

Source:
<https://www.cdc.gov/foodsafety/food-safety-during-a-power-outage.html>

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the [CalFresh Healthy Living](http://www.calfreshhealthy.com) website.

The University of California Division of Agriculture & Natural Resources (UCANR) is an equal opportunity provider. (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>)
Inquiries regarding ANR's nondiscrimination policies may be directed to UCANR, Affirmative Action Compliance Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1280.

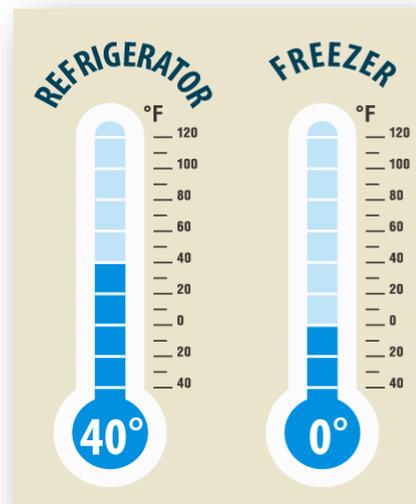
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

BEFORE

- Keep appliance thermometers in your refrigerator and freezer. The refrigerator should be at 40°F or below. The freezer should be at 0°F or below.

Prepare for emergencies or natural disasters:

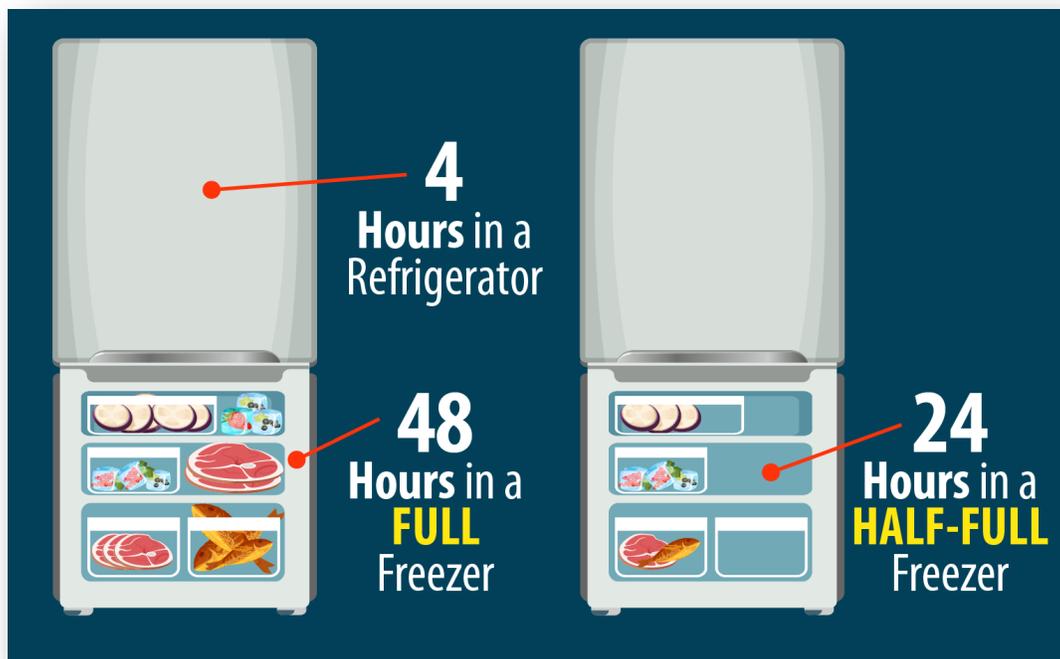
- Freeze containers of water and gel packs to help keep your food at 40°F or below.
- Have a cooler and frozen gel packs handy in case you have to remove your food from the refrigerator to keep it cold.
- Buy dry ice or block ice to keep your food cold in the refrigerator, if you think the power will be out for a long time.



Food Safety for Power Outages (continued)

DURING

- Keep refrigerator and freezer doors closed.
- If the doors stay closed, food will stay safe for up to:
 - 4 hours in a refrigerator.
 - 48 hours in a full freezer; 24 hours in a half-full freezer.
- If the power has been out for 4 hours, and a cooler and ice are available, put refrigerated perishable foods in the cooler. To keep them at 40°F or below, add ice or a cold source like frozen gel packs.



AFTER

- **Never** taste food to determine if it is safe to eat. **When in doubt, throw it out.**
- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source like dry ice. Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with an added cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
 - You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40°F or below.