

Spice of Life

Nutrition Education Newsletter

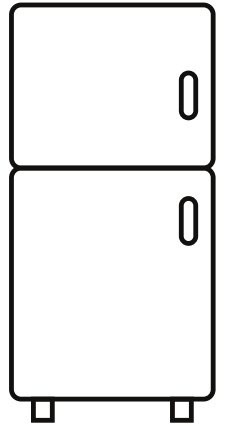


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Food Safety During a Power Outage

Did you know

- **A full freezer will hold its temperature for 48 hours & a half-full freezer for 24 hours if the door stays closed**
- **A refrigerator will keep food safe for 4 hours if the door stays closed**
- **Grouping food together in the refrigerator or freezer, will maintain a cold temperature for longer**



What you should do before and after a Power Outage:

Before:

- Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry .
- Freeze containers of water and gel packs to keep your food cold.
- Buy dry or block ice to keep your refrigerator and freezer cold.



After:

- When in doubt, throw it out! Do not taste food to determine its safety.
- Refreeze food that still contains ice crystals or is at 40°F or below.
- Check the temperature inside your freezer.



Freezer temperature should be 0 or below.
Refrigerator temperature should be 40 or below

Source: foodsafety.gov