Eat Safe Food after a Power Outage

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 Prepare for emergencies or natural disasters

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 handy.

Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP Refrigerator & Freezer Doors CLOSED

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

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.
- Throw out any food with an unusual odor, color, or texture.
- Check temperatures of food kept in coolers or your refrigerator with a 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.

www.cdc.gov/foodsafety

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