

Keep Food Safe

Before, During and After a Power Outage

Unfortunately, power outages do occur from time to time. It's important to know how to keep your food safe during an outage. Use these tips from USDA to help minimize food loss and reduce your risk of illness.

Before power outage



Keep refrigerator at **40° or below**. Freeze items like fresh meat and poultry that you won't use immediately. Keep freezer set to **0° or below**. Group frozen foods to help items stay colder longer.



If you anticipate an extended power outage, buy dry or block ice to keep the fridge and/or freezer cold.

During power outage

Keep the refrigerator and freezer doors closed!

If the doors stay closed during the length of the outage:



A full freezer will hold its temperature for **48 hours**.



A refrigerator will keep food safe for **four hours**.

After power outage



Check the temperature inside your refrigerator and/or freezer.



If the temperatures are safe, the food should be safe to eat.

Foods that should be thrown out after an extended power outage:

Meat, poultry or seafood products

Milk, yogurt and other dairy products

Cooked or sliced produce

Eggs and egg products

Soft and shredded cheese

Opened baby formula

Dough and cooked pasta