



POWER OUTAGE FOOD SAFETY TIPS

PLAN AHEAD FOR EMERGENCIES

- Check the temperature of your fridge and freezer. Are they cold enough?
- Set refrigerators at or below 4°C (40°F). Use a refrigerator thermometer to check the temperature.
- Keep freezers at or below -18°C (0°F). Use a freezer thermometer to check the temperature.
- If there is a power outage, refrigerator and freezer thermometers will indicate the internal temperature of the appliances to help you determine if the stored food is safe.
- Have a cooler with ice ready ahead of time to keep refrigerated food cold if you know that the power will be out for more than 4 hours.
- Have items on hand that do not require refrigeration, such as shelf-stable foods, including canned goods and water. Remember to replace these emergency storage food items periodically.
- Make sure to have ready-to-use baby formula and pet food, if needed.
- Ensure that you have a hand-held can opener to use during an emergency.

DURING A POWER FAILURE

- Freezing stops the growth of bacteria. Do not open the refrigerator or freezer door unless absolutely necessary in order to maintain the cold temperature.
- A full freezer will keep food frozen for about 48 hours. A freezer that is half full will keep food frozen for about 24 hours.
- An unopened refrigerator will keep food cold for about 4 hours.
- Do not place frozen food outside, even in winter. The sun's rays could thaw frozen food even when the outdoor temperature is very cold, and animals could contaminate your food.
- If you know that a power failure will last for a long period of time, see if you can take the food to a friend nearby who has power.

AFTER A POWER FAILURE

- Discard any thawed food that has been at room temperature for two or more hours, and any food that has an obvious unusual colour or odour. Keep in mind that food contaminated with bacteria does not necessarily smell bad or appear spoiled.
- If raw food has leaked during thawing, clean and disinfect the areas the food has touched. Do not reuse the cloths you have used for clean-up until they have been disinfected by washing in hot water.

SAFE HANDLING OF WATER

- Listen to local authorities to determine if tap water is safe to use. If the water is not safe to use, follow instructions to use bottled water, or to boil water for cooking.
- Do not use contaminated water to: brush your teeth, make baby formula, make ice, wash and prepare food, wash dishes, wash your hands.

WHEN IN DOUBT, THROW IT OUT!



Prepared by the Municipality of Kings Region Emergency Management Organization with information from the Canadian Food Inspection Agency