

# Eat Safe Food after a Power Outage



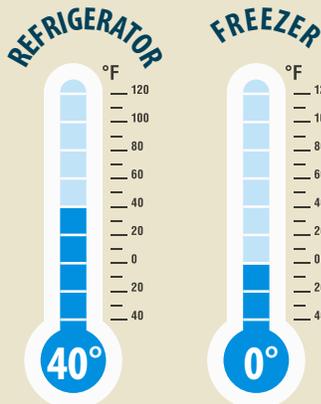
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

## Before

**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.

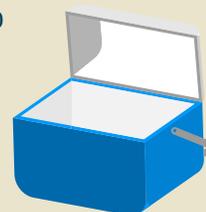


## Prepare for emergencies or natural disasters



**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**



**4 Hours**  
in a  
Refrigerator



**48 Hours**  
in a  
**FULL**  
Freezer



**24 Hours**  
in a  
**HALF-FULL**  
Freezer

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](http://www.cdc.gov/foodsafety)