

PREPARING FOR A POWER OUTAGE

Storms can cause power outages that lead to food safety concerns. As storms approach, protect your food and family by being prepared.

Foods to Stock in Preparation

- Dry Foods
 - Bread
 - Crackers
 - Granola bars
 - Breakfast bars and pastries
 - Cold cereal
 - Nut butters
 - Nuts and Seeds
 - Jerky and dried meat sticks
 - Powdered milk
 - Canned evaporated milk
 - Shelf-stable boxes of milk
 - Snack puddings
 - Hard cheeses
 - Snack packs of cheese and crackers
- Shelf stable canned, pouched or boxed food
 - Soups, stews and chilis
 - Pastas
 - Fruits and vegetables
 - Fruit and vegetable juices
 - Tuna
 - Salmon
 - Chicken
 - Pork and beans
- Uncut Produce
 - Carrots
 - Peppers
 - Cucumbers
 - Apples
 - Bananas
 - Oranges
 - Other firm, fresh fruit

Three Ways to Prepare for a Power Outage

1. PURCHASE OR LOCATE THERMOMETERS

- Place a thermometer in your refrigerator and freezer
- Have a tip-sensitive digital thermometer ready to check food temperatures

2. CHECK STOCK OF REFRIGERATOR

- Purchase or prepare food items that don't require refrigeration and can be eaten cold or heated on an outdoor grill

3. PREPARE COOLERS AND PURCHASE ICE AND/OR DRY ICE

- Use dry ice to extend the amount of time food will stay below 41°F
- Purchase or freeze containers of water for ice

Foods that can support the growth of pathogens are riskier to consume after being held above 41°F for more than 4 hrs.

Examples: cooked vegetables and grains, cooked and raw meats, cut melons and tomatoes.

It is not recommended to store food outside during a winter power outage as environmental factors such as sunlight can affect food temperature. In addition, wild or neighborhood animals can come feast on your food.