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

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.

Stay Informed: [www.uidaho.edu/extension/disaster](http://www.uidaho.edu/extension/disaster)

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