



BEFORE PLAN AHEAD (IF YOU CAN) ...

Freeze **containers of water and gel packs** to help keep food cold if the power goes out.

Put **appliance thermometers** in your refrigerator and freezer.

Keep **freezer 0°F** or below

Refrigerator **40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

Group foods together in the freezer to help food stay colder longer.

If you think power will be out for more than 4 hours, consider moving food to a cooler with ice. If available, buy dry or block ice to keep the refrigerator or freezer cold.

Store non-perishable foods on higher shelves to avoid flood water.

DURING WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed **to maintain cold temperature.**

IF DOORS STAY CLOSED ...

... a full freezer will hold its temperature for

48 HOURS

24 HOURS if half-full

... a fridge will keep food safe for

4 HOURS

Place perishable foods in a cooler with ice before food starts to go bad

AFTER ONCE THE POWER IS BACK ON ...

Check the temperature inside your refrigerator and freezer. If they're still at safe temperatures, your food should be fine. Discard perishable foods that have been at an unsafe temperature.

Never taste food to **determine its safety!**

WHAT CAN I KEEP?

- Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)
- Grated Parmesan, Romano, or combination (in can or jar)
- Butter or margarine
- Opened fruit juices
- Opened canned fruits
- Jelly, relish, taco sauce, mustard, ketchup, olives, pickles
- Worcestershire, soy, barbecue, and Hoisin sauces
- Peanut butter
- Opened vinegar-based dressings
- Bread, rolls, cakes, muffins, quick breads, tortillas
- Breakfast foods (waffles, pancakes, bagels)
- Fruit pies
- Fresh mushrooms, herbs, and spices
- Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?

- Raw meat, poultry or seafood products
- Soft cheeses and shredded cheeses
- Milk, cream, yogurt, and other dairy products
- Opened baby formula
- Eggs and egg products
- Dough, cooked pasta
- Leftovers
- Cooked or cut produce

WHEN IN DOUBT, THROW IT OUT!

AFTER A FLOOD

FOLLOW THESE STEPS AFTER A FLOOD:

- DO NOT EAT** any food that may have touched flood water.
- DISCARD FOOD** not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD** cardboard juice/milk/baby formula boxes and home canned foods.
- DISCARD** any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.



SANITIZE
1 tbsp. bleach +
1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels