

FOOD

Cooked Foods Last Longer

- . If your food begins to defrost, immediately cook what you can to preserve it longer.
- . Dehydrate food if you have the tools.

Food Safety is Critical

- . Eat perishable foods first
- . See below for information on specific food groups
- . Dairy products are highly perishable.
- . Eggs will last 1-2 weeks.

Share Storage Resources

- . Work with neighbors to share cooling equipment and generators to keep food safe.
- . Pool perishable food with neighbors and share to eat first.

Do not use gas or charcoal grills to cook inside—it can cause Carbon Monoxide poisoning. Keep food prep areas clean with a bleach solution. Wash hands or use hand sanitizer often.

DURING

WHILE THE POWER IS OUT...



Keep the refrigerator and freezer doors **CLOSED** to **HOLD** IN THE COLD.

- . If it is hot outside, food will spoil faster.
- . Use your nose and eyes—if food smells bad or looks like it is getting moldy, **THROW IT OUT!**
- . **DO NOT TASTE** food to see if it is ok!

IF DOORS STAY CLOSED...

... a fridge may keep food safe for **4** up to **HOURS**

... a full freezer will hold its temperature for **48** **HOURS**

... if half full a freezer will hold its temperature for **24** **HOURS**

Once perishable food is at 40° or above:

Toss after 4 hours:

Meat and fish

Cut produce

Throw out all cooked foods after 4 hours!

Milk, cream, & yogurt

Soft/shredded cheese

Open baby formula

Cooked Eggs & Egg Products

Keep until nose/eyes detect decay:

Hard cheese

Butter

Vegetables

Fruit and fruit juices

Breads

Some food can have spoiled parts cut out. Find a cookbook to help with food decisions.