

# Eat Safe Food after a Power Outage



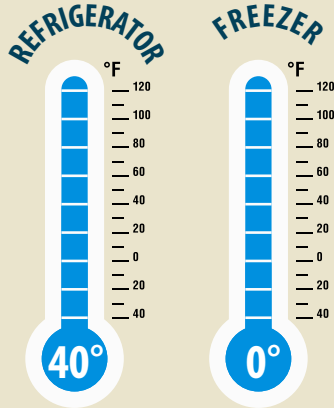
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

## Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

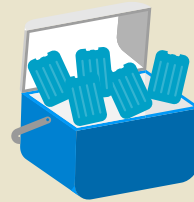
The freezer should be at 0°F or below.



## Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food cold.



Buy dry ice or block ice to keep your food cold, if you think the power will be out for an extended period of time.

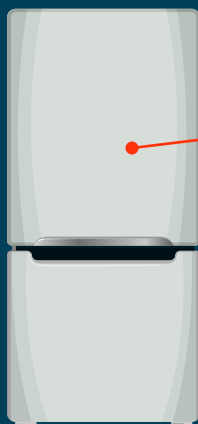


Have a cooler and frozen gel packs handy in case you have to remove your food from the refrigerator to keep it cold.

## During

**KEEP**  
Refrigerator  
& Freezer Doors  
**CLOSED**

If the doors stay closed, food will stay safe for up to:



**4**  
Hours  
in a  
Refrigerator



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



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

## After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**



- ⚡ **Throw out all refrigerated perishable food** (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power.**
- ⚡ Throw out any food with an **unusual odor, color, or texture.**
- ⚡ 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)