

## NEWS RELEASE

**For Immediate Release**  
October 20, 2017

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### Keep Your Food Safe During a Power Outage

During this devastating fire season, many people are experiencing power outages. With a loss of power, refrigerators and freezers are not able to keep our food chilled at safe temperatures. This increases the risk of foodborne illnesses. Perishable foods such as meat, eggs, and dairy should always be kept **at or below 40°F and frozen foods at or below 0°F**. The following tips will keep your food safe during a power outage:

- **Keep the doors of the refrigerator and freezer closed as much as possible.** A refrigerator can keep food at safe temperatures up to 4 hours and a full freezer approximately 48 hours (24 hours if half full), if the doors remain closed.
- Keep thermometers in the refrigerator and freezer to help you determine, if foods have been exposed to unsafe temperatures during a power outage.
- Have a plan in place to obtain dry or blocked ice for prolonged power outages. 50 pounds of dry ice will keep food safe in an 18-cubic foot freezer for 2 days.
- **Never taste food to determine its safety!** The appearance and odor of food will not determine if it's safe to eat.
- **Be temperature wise!** If you are unsure if your perishable foods have been exposed to unsafe temperatures, use a food thermometer and check each item separately.
- **Throw away any perishable foods such as meat, eggs, and dairy that have been kept at 41°F or warmer for 2 hours or more!**

Keeping your food safe during a power outage will keep you and your family safe from foodborne illnesses and prevent food from going to waste. For more information and tips on food safety during a power outage, visit USDA, Food Safety Education at:

[https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT\\_Index](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index)

Children and adults participating in the Let's Eat Healthy! Program are learning about food safety and healthy eating habits. For more nutrition or program information, please call (530) 889-7350, or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.