

FOOD SAFETY UPDATE

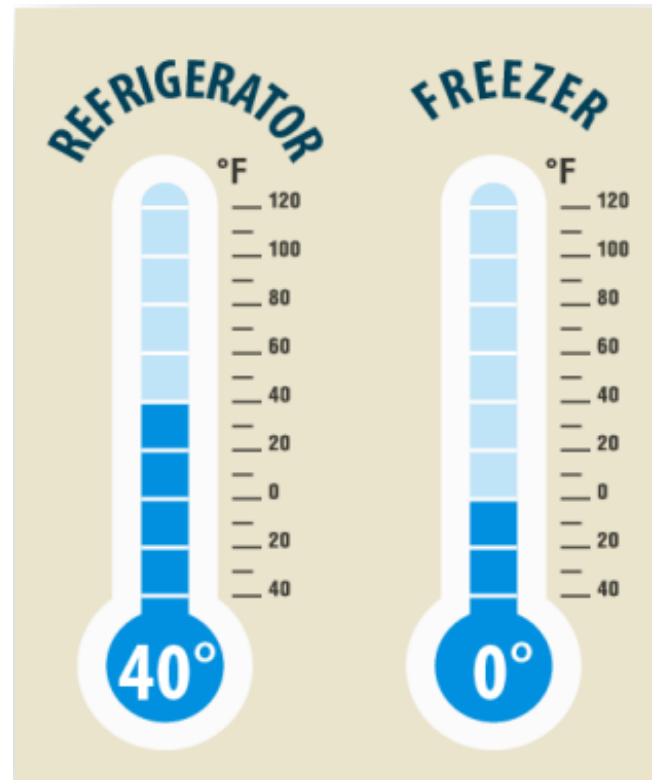
CalFresh Healthy Living, UCCE Placer/Nevada Counties

POWER OUTAGES AND FOOD SAFETY

Frozen or refrigerated foods can be unsafe to eat after losing power. Here are some precautions that you can take before, during, and after a power outage to keep food safe (FDA, 2023).

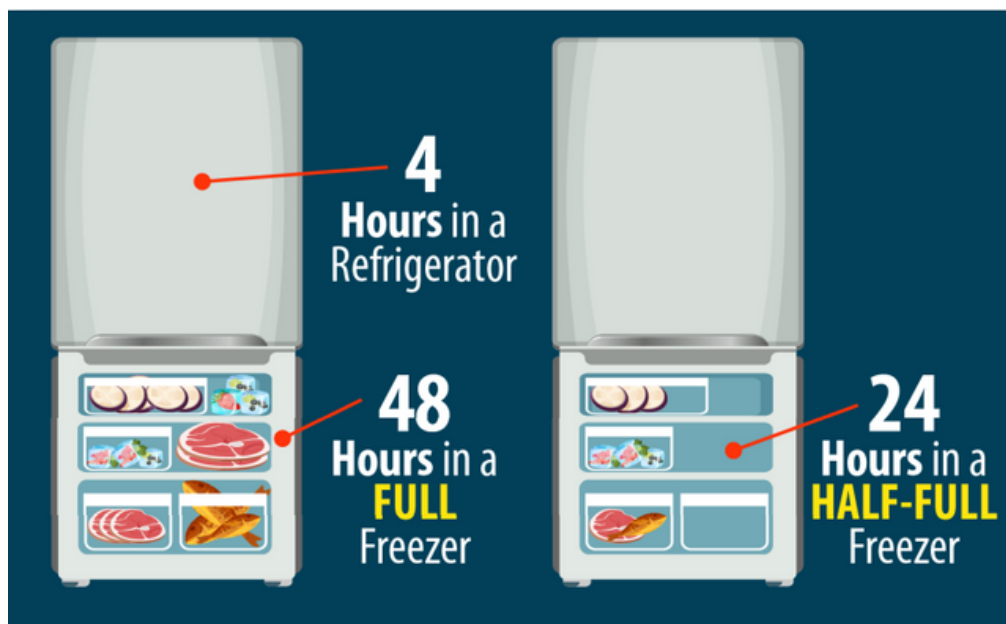
Before

- Keep appliance thermometers in both your refrigerator and freezer. Make sure that the **refrigerator** is kept at **40°F** or below and the **freezer** is kept at **0°F** or below.
- Prepare frozen containers of water or gel packs **to keep food cold** in the case of a power outage. Store in the freezer for future use. Melting ice from the frozen containers **can also supply drinking water** if your normal water supply becomes contaminated or unavailable.
- **Keep a cooler and frozen gel packs on hand** in case you need to take food out of your refrigerator and keep it cold.
- Buy **dry ice or block ice** to make sure food stays cold in your refrigerator if you think the power will be out for a long time (FDA, 2023).



During

- To maintain the cold temperature, keep the refrigerator and freezer door closed as much as possible. If the doors stay closed, food will stay safe for up to:
 - **4 hours in the refrigerator**
 - **48 hours in a full freezer**
 - **24 hours in a half-full freezer**
- If the power has been out for more than 4 hours and you have a cooler and ice, put refrigerated items in the cooler. Use a cold source such as ice or a frozen gel pack to keep at **40°F** or below. If at any point food was **above 40°F** for 2 hours or more, or 1 hour at temperatures **above 90°F**, throw it away.



After

- **When in doubt, throw it out.** Do **NOT** taste food to check whether it is safe to eat.
 - **Perishable foods** such as meat, fish, chopped fruits and vegetables, eggs, milk, and leftovers should be thrown out **after 4 hours of no power** or use of a cold source.
 - Foods with an **unusual odor, texture, or color** should be thrown out.
- **Check temperatures of foods** kept in coolers or refrigerators using a cold source. Foods **above 40°F** need to be thrown out.
- If you have an appliance thermometer for your freezer, check to see if it is still at **40°F or below**. Frozen food still containing ice crystals or at **40°F or below** can be safely refrozen or cooked.

FOOD SAFETY AND REUSABLE WATER BOTTLES



Reusable water bottles are beneficial for the environment but can be a perfect home for bacteria to grow. Here are some easy tips you can follow to prevent your reusable water from becoming a potential food safety hazard (University of Wisconsin-Madison, 2020).

- Wash the bottle daily with **soap and warm water**. Allow it to **soak for a few minutes**, and rinse thoroughly. Allow the water bottle to air dry completely overnight.
- At least **once a week**, wash and rinse your reusable water bottle with a **sanitizing step**:
 - **Sanitize** in a solution of 1 tablespoon of **household chlorine bleach** in 1 gallon of clean water (CDC, 2021). Rinse thoroughly in clean water and let air dry.
- **Avoid** letting your water bottle sit with water in it for long periods between uses.
- Store your **water bottle in the refrigerator at the end of the day** to prevent germs from growing overnight.

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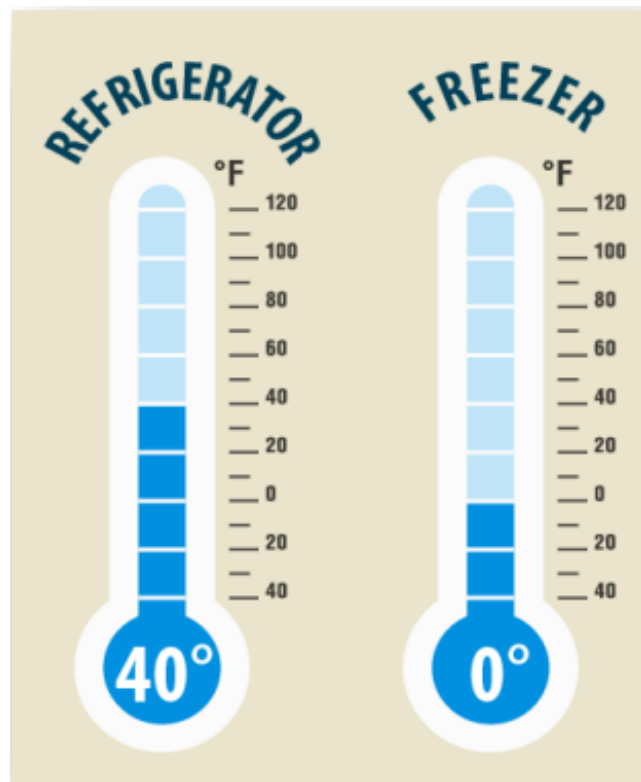
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CORTES DE ENERGÍA Y SEGURIDAD ALIMENTARIA

Los alimentos congelados o refrigerados pueden resultar peligrosos para comer después de perder energía. Aquí hay algunas precauciones que puede tomar antes, durante y después de un corte de energía para mantener los alimentos seguros. (FDA, 2023).

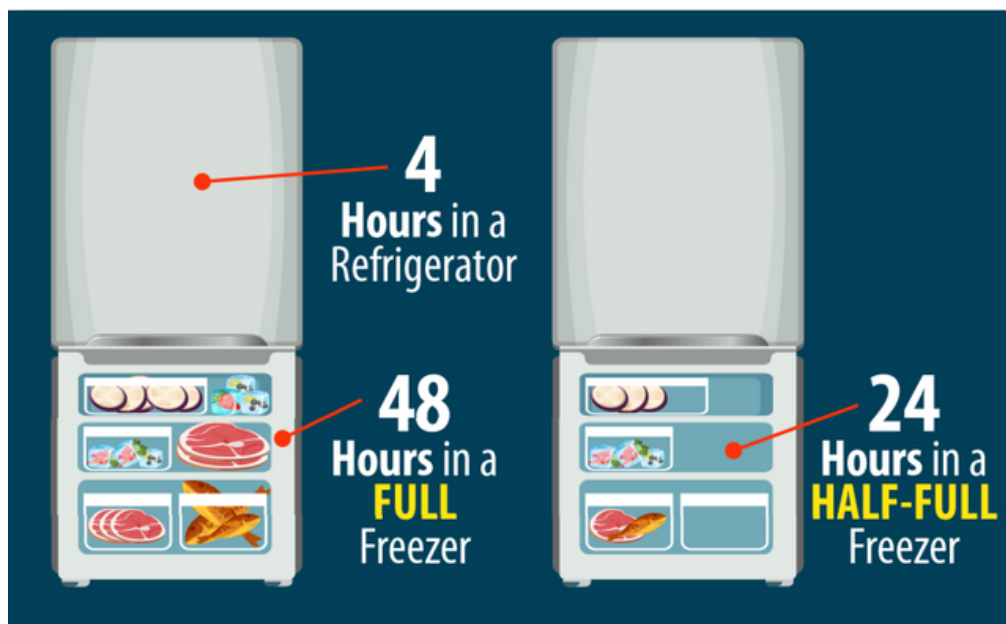
Antes

- Mantenga los termómetros para electrodomésticos tanto en su refrigerador como en su congelador. Asegúrese de que el **refrigerador** se mantenga a **40 °F** o menos y el **congelador** a **0 °F** o menos.
- Prepare recipientes congelados con agua o paquetes de gel **para mantener los alimentos fríos** en caso de un corte de energía. Guárdelo en el congelador para uso futuro. El hielo derretido de los contenedores congelados **también puede suministrar agua potable** si su suministro normal de agua se contamina o no está disponible.
- **Tenga a mano una hielera y paquetes de gel congelado** en caso de que necesite sacar alimentos del refrigerador y mantenerlos fríos.
- Compre **hielo seco o hielo en bloques** para asegurarse de que los alimentos se mantengan fríos en su refrigerador si cree que se cortará la electricidad durante mucho tiempo (FDA, 2023).



Durante

- Para mantener la temperatura fría, mantenga cerradas la puerta del refrigerador y del congelador tanto como sea posible. Si las puertas permanecen cerradas, los alimentos permanecerán seguros hasta por:
 - **4 horas en el refrigerador**
 - **48 horas en un congelador lleno**
 - **24 horas en el congelador medio lleno**
- Si se ha cortado la electricidad durante más de 4 horas y tiene una hielera y hielo, coloque los artículos refrigerados en la hielera. Utilice una fuente fría como hielo o una bolsa de gel congelado para mantenerla a **40°F** o menos. Si en algún momento el alimento estuvo a **más de 40°F** durante 2 horas o más, o 1 hora a temperaturas **más de 90°F**, deséchelo.



Después

- **En caso de duda**, deséchelo. **NO** pruebe los alimentos para comprobar si son seguros para comer.
 - **Los alimentos** perecederos como carne, pescado, frutas y verduras picadas, huevos, leche y sobras deben desecharse **después de 4 horas sin electricidad o sin** utilizar una fuente fría.
 - Los alimentos **con olor, textura o color inusuales** deben desecharse.
- Verifique las temperaturas de los alimentos **guardados en hieleras o refrigeradores utilizando una fuente fría**. Los alimentos que tengan una temperatura **más de 40°F** deben desecharse.
- Si tiene un termómetro para electrodomésticos para su congelador, verifique si todavía está a **40 °F o menos**. Los alimentos congelados que todavía contienen cristales de hielo o a **40°F o menos** se pueden volver a congelar o cocinar de manera segura.

SEGURIDAD ALIMENTARIA Y BOTELLAS DE AGUA REUTILIZABLES



Las botellas de agua reutilizables son beneficiosas para el medio ambiente, pero pueden ser un hogar perfecto para el crecimiento de bacterias. Aquí hay algunos consejos sencillos que puede seguir para evitar que el agua reutilizable se convierta en un peligro potencial para la seguridad alimentaria (University of Wisconsin-Madison, 2020).

- Lave el biberón diariamente con **jabón y agua tibia**. Déjelo **en remojo durante unos minutos** y enjuáguelo bien. Allow the water bottle to air dry completely overnight.
- Al menos **una vez a la semana**, lava y enjuaga tu botella de agua reutilizable con un **paso de desinfección**:
 - **Desinfecte** en una solución de 1 cucharada de blanqueador **con cloro de uso doméstico** en 1 galón de agua limpia (CDC, 2021). Enjuague bien con agua limpia y deje secar al aire.
- **Evite** dejar la botella de agua con agua dentro durante períodos prolongados entre usos.
- Guarde **su botella de agua en el refrigerador al final del día** para evitar que crezcan gérmenes durante la noche.

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