

WINTER 2022

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 (CDC, 2020).

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, 2020).

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 food 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 bottle 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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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

INVIERNO 2022

ACTUALIZACIÓN DE SEGURIDAD ALIMENTARIA

Calfresh Healthy Living, UCCE Placer/Nevada Counties

CORTES DE ENERGÍA Y SEGURIDAD ALIMENTARIA

Los alimentos congelados o refrigerados pueden ser 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 (CDC, 2020).

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 se mantenga a 0 °F o menos.
- Prepare recipientes congelados de agua o paquetes de gel para mantener los alimentos fríos en caso de un corte de energía. Almacene en el congelador para uso futuro. Derretir hielo de los contenedores congelados también puede proporcionar agua potable si su suministro de agua normal se contamina o no está disponible.
- Tenga a mano una hielera y paquetes de gel congelados 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 permanezcan fríos en su refrigerador si cree que no habrá electricidad durante mucho tiempo (FDA, 2020).

DURANTE

- Para mantener la temperatura fría, mantenga la puerta del refrigerador y del congelador cerrados tanto como sea posible. Si las puertas permanecen cerradas, los alimentos se mantendrán seguros hasta por:
 - 4 horas en el frigorífico
 - 48 horas en congelador lleno
 - 24 horas en congelador medio lleno
- Si se cortó la energía durante más de 4 horas y tiene una hielera y hielo, coloque los artículos refrigerados en la hielera. Use una fuente fría como hielo o un paquete de gel congelado para mantenerlo a 40 °F o menos.
- Si en algún momento la comida estuvo por encima de 40 °F durante 2 horas o más, o 1 hora a temperaturas superiores a 90 °F, deséchela.

DESPUÉS

- En caso de duda, tírelo. NO pruebe la comida para comprobar si es segura para comer.
 - Los alimentos perecederos como la carne, el pescado, las frutas y verduras picadas, los huevos, la leche y las sobras deben desecharse después de 4 horas sin energía o usando una fuente fría.
 - Los alimentos con olor, textura o color inusuales deben desecharse.
- Verifique la temperatura de los alimentos que se guardan en hieleras o refrigeradores usando una fuente fría. Los alimentos por encima 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 aún contengan cristales de alimentos o que estén a 40 °F o menos se pueden volver a congelar o cocinar de manera segura.

BOTELLAS DE AGUA REUTILIZABLES Y SEGURIDAD ALIMENTARIA

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 su botella de agua reutilizable se convierta en un peligro potencial para la seguridad alimentaria (Universidad de Wisconsin-Madison, 2020).

- Lave la botella a diario con jabón y agua tibia. Déjelo en remojo durante unos minutos y enjuague bien. Deje que la botella de agua se seque al aire completamente durante la noche.
- Al menos una vez a la semana, lave y enjuague su botella de agua reutilizable con un paso de desinfección:
 - Desinfecte en una solución de 1 cucharada de blanqueador de cloro doméstico en 1 galón de agua limpia (CDC, 2021). Enjuague bien con agua limpia y deje secar al aire.
- Evite que la botella de agua se asiente con agua por períodos prolongados entre usos.
- Guarde su botella de agua en el refrigerador al final del día para evitar que los gérmenes crezcan durante la noche.

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