



Emergency Food Practices



- Use a food thermometer to check the temperature of your food right before you cook or eat it.
- Discard all potentially hazardous hot foods that have been below 135 °F for more than 4 hours. If power returns within 4 hours reheat food to 165 °F.
- Discard all potentially hazardous cold foods that have been above 41 °F for more than 4 hours.

Cold Food Temperature Guide			
Time in hours	42-45 °F	46-50 °F	50 °F or above
0-2	Acceptable	Return to 41°F in 2 hours or Discard	Discard
2-3	Return to 41°F in 2 hours or Discard	Return to 41°F in 1 hour or Discard	Discard
4	Return to 41°F in 1 hour or Discard	Discard	Discard
5+	Discard	Discard	Discard

- Refrigerated foods will generally be safe as long as the power is not out for more than a few hours and the doors have remained closed. Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice.
- Freezers will stay at freezing temperatures for about 48 hours; a half-full freezer for about 24 hours. Group packages together so they stay colder longer. Keep ready to eat foods separate from raw meats. Twenty-five pounds of dry ice should maintain freezing temperatures in a 10-cubic foot freezer for about four days.
- Drink or cook with only approved or chlorinated water if your water supply has been interrupted. Follow any 'boil water' alerts issued by regulatory agencies. Allow water to run for 5 minutes after the regulatory agency approves use before using.
- Discard any items that may contain particles of glass or slivers of debris and dented cans or cans with broken seams.
- Hand washing alternatives before preparing food: Bottled water with soap and water is the best choice or chemically treated towelettes of hand sanitizer can be used.
- Prepare a 3 day emergency food supply that includes drinking water.



When in Doubt Throw it Out