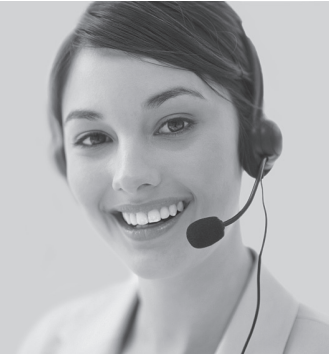


“It was great to talk with you.

Thank you for your interest in how to keep food safe when the power goes out. I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Eating spoiled food can cause serious illness. In rare cases, it can be fatal. But throwing food away is expensive. Be smart. Know how to keep food safe when the power goes out.

### **Before the Power Goes Out**

1. Buy two appliance thermometers. Put one in your fridge and one in your freezer. They cost only a few dollars. Your fridge should be kept at or below 40°F. Your freezer should be kept at or below 0°F.
2. Freeze any leftovers, milk, or fresh meat, fish, and poultry that you won’t be eating right away. They will stay safe longer if frozen.
3. Move all the items in your freezer close together. They will stay cold longer in a group.
4. Fill the rest of your freezer with ice. For example, freeze clean containers of water. Make ice cubes. Buy ice. Freeze gel packs.
5. Have coolers with lids on hand in case the power goes out for more than four hours.
6. Do you expect the power to be out for a long time? Find a local source of dry ice or block ice. Fifty pounds of dry ice will keep a full 18-cubic-foot freezer cold for two days.

### **When the Power Goes Out**

1. Keep the fridge and freezer doors closed as much as you can.
  - If you don’t open it, a fridge should keep food safe for about four hours.
  - If you don’t open it, a full freezer should keep food safe for about 48 hours (24 hours for a half-full freezer).
2. If the power goes out for more than four hours, move food from the fridge to coolers and add ice. Keep the lids closed as much as you can.



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# UPMC HEALTH PLAN

**When the Power Comes Back On**

1. Do NOT rely on how food looks or smells. NEVER taste a food to see if it is safe!
2. Check the fridge and freezer thermometers.
3. Have they stayed at or below 40°F the entire time? If so, the foods in the fridge are safe to eat. The foods in the freezer can be safely refrozen, with a loss of texture or flavor for some of them. The exception is ice cream and frozen yogurt — throw them out. Note: Raw meats, poultry, fish, seafood, and eggs must be cooked to a safe temperature.
4. Has the fridge or freezer been warmer than 40°F for more than two hours? Throw out most of the foods. See the attached charts for specifics.
5. Don't have a fridge or freezer thermometer?
  - Food in the fridge should be safe if the power was out for less than four hours and the fridge door was kept shut.
  - Check each package of food in the freezer. Most foods are safe to refreeze if they have ice crystals in them. If not, throw them out.
6. **Note:** ALWAYS throw out any foods in the freezer that have come into contact with raw meat juices.

**Important:**

Raw meat, poultry, fish, seafood, and eggs spoil quickly. To prevent food poisoning, these foods must be kept at safe temperatures in the fridge or freezer. They must also be cooked to a safe temperature before eating.

Ask your health coach for facts about safe cooking temperatures. For more about safe food and water, including what to do in case of a flood, go to [emergency.cdc.gov/disasters/foodwater/facts.asp](http://emergency.cdc.gov/disasters/foodwater/facts.asp) and [www.fda.gov/Food/ResourcesForYou/Consumers/](http://www.fda.gov/Food/ResourcesForYou/Consumers/).



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UPMC HEALTH PLAN

Take Action

Check when completed	
<p><b>My SMART Goal for This Week</b></p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p><b>Staying on the Path to Wellness</b></p> <p>Keep the attached charts (about what foods to save and what foods to throw out in case of a power outage) where you can refer to them easily. Examples: Post them on your fridge and freezer, or keep them in a kitchen drawer.</p> <p>From time to time, review the strategies on this tip sheet for what to do before the power goes out, when it goes out, and when it comes back on. Choose two that you would like to put into action, and set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> <li>• SMART goal 1: _____ _____</li> <li>• SMART goal 2: _____ _____</li> </ul> <p>When you reach your goals, share your success with a supportive friend or family member. Celebrate together each step you take to move in the direction of healthier eating!</p>	<input type="checkbox"/>  <input type="checkbox"/>

\*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday, I will buy two coolers with lids. I will also make some calls to find out where I can buy dry ice or block ice when I need it. I will write the store name and phone number on the front of this tip sheet.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

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The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

**Sources:**

- U.S. Department of Health and Human Services. Available at [www.foodsafety.gov/keep/emergency/](http://www.foodsafety.gov/keep/emergency/). Accessed January 25, 2018.
- U.S. Food and Drug Administration. Available at [www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm). Accessed January 25, 2018.



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UPMC HEALTH PLAN

## Foods in Your Fridge: What to Save, What to Throw Out

Food group	Food in your fridge	Held above 40°F for more than 2 hours
<b>Meat, poultry, seafood</b>	Raw or leftover cooked meat, poultry, fish, or seafood; soy products	Throw out
	Thawing meat or poultry	Throw out
	Meat, tuna, shrimp, chicken, or egg salad	Throw out
	Gravy, stuffing, broth	Throw out
	Lunch meats, hot dogs, bacon, sausage, dried beef	Throw out
	Pizza – with any topping	Throw out
	Canned hams labeled "keep refrigerated"	Throw out
	Canned meats and fish, opened	Throw out
<b>Cheese</b>	Soft cheeses: blue/bleu, Roquefort, brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchâtel, queso blanco, queso fresco	Throw out
	Hard cheeses: cheddar, colby, swiss, parmesan, provolone, romano	Safe
	Processed cheeses	Safe
	Shredded cheeses	Throw out
	Low-fat cheeses	Throw out
	Grated parmesan, romano, or combination (in can or jar)	Safe
<b>Dairy</b>	Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk	Throw out
	Butter or margarine	Safe
	Baby formula, opened	Throw out
<b>Eggs</b>	Fresh eggs, hard-cooked in shell, egg dishes, egg products	Throw out
	Custards and puddings	Throw out
<b>Casseroles, soups, stews</b>	All types	Throw out
<b>Fruits</b>	Fresh fruits, cut	Throw out
	Fruit juices, opened	Safe
	Canned fruits, opened	Safe
	Fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	Safe

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UPMC HEALTH PLAN

## How to Keep Food Safe When the Power Goes Out

Food group	Food in your fridge	Held above 40°F for more than 2 hours
<b>Sauces, spreads, jams</b>	Opened mayonnaise, tartar sauce, horseradish	Throw out if above 50°F for more than 8 hours
	Peanut butter	Safe
	Jelly, relish, taco sauce, mustard, ketchup, olives, pickles	Safe
	Worcestershire, soy, barbecue, hoisin sauces	Safe
	Fish sauces (oyster sauce)	Throw out
	Opened vinegar-based dressings	Safe
	Opened creamy-based dressings	Throw out
	Spaghetti sauce, opened jar	Throw out
<b>Bread, cakes, cookies, pasta, grains</b>	Bread, rolls, cakes, muffins, quick breads, tortillas	Safe
	Cooked pasta, rice, potatoes	Throw out
	Pasta salads with mayonnaise or vinegar-based dressing	Throw out
	Fresh pasta	Throw out
	Cheesecake	Throw out
	Waffles, pancakes, bagels	Safe
	Refrigerator biscuits, rolls, cookie dough	Throw out
<b>Pies, pastry</b>	Pastries, cream filled	Throw out
	Custard, cheese-filled, or chiffon pies; quiche	Throw out
	Fruit pies	Safe
<b>Vegetables</b>	Fresh mushrooms, herbs, spices	Safe
	Greens, precut, prewashed, packaged	Throw out
	Vegetables, raw	Safe
	Vegetables, cooked; tofu	Throw out
	Vegetable juice, opened	Throw out
	Baked potatoes	Throw out
	Commercial garlic in oil	Throw out
	Potato salad	Throw out
	Casseroles, soups, stews	Throw out

Adapted from the U.S. Department of Health and Human Services.  
Go to [www.foodsafety.gov/keep/charts/refridg\\_food.html](http://www.foodsafety.gov/keep/charts/refridg_food.html). Accessed January 25, 2018.



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**UPMC HEALTH PLAN**

## Foods in Your Freezer: What to Save, What to Throw Out

Food group	Food in your freezer	Still contains ice crystals and feels as cold as if refrigerated	Thawed and held above 40°F for more than 2 hours
<b>Meat, poultry, seafood</b>	Beef, veal, lamb, pork, and ground meats	Refreeze	Throw out
	Poultry and ground poultry	Refreeze	Throw out
	Variety meats (liver, kidney, heart, chitterlings)	Refreeze	Throw out
	Casseroles, stews, soups	Refreeze	Throw out
	Fish, shellfish, breaded seafood products	Refreeze. May lose some texture, flavor.	Throw out
<b>Dairy</b>	Milk	Refreeze. May lose some flavor.	Throw out
	Eggs (out of shell), egg products	Refreeze	Throw out
	Ice cream, frozen yogurt	Throw out	Throw out
	Cheese (soft and semi-soft)	Refreeze. May lose some texture.	Throw out
	Hard cheeses	Refreeze	Refreeze
	Shredded cheeses	Refreeze	Throw out
	Casseroles containing milk, cream, eggs, soft cheeses	Refreeze	Throw out
	Cheesecake	Refreeze	Throw out
<b>Fruits</b>	Fruit juices	Refreeze	Refreeze. Throw out if moldy, yeasty smelling, or slimy.
	Home or commercially packaged fruit	Refreeze. Will change texture and flavor.	Refreeze. Throw out if moldy, yeasty smelling, or slimy.
<b>Vegetables</b>	Vegetable juices	Refreeze	Throw out after held above 40°F for 6 hours.
	Home or commercially packaged or blanched vegetables	Refreeze. May lose texture and flavor.	Throw out after held above 40°F for 6 hours.



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UPMC HEALTH PLAN

## How to Keep Food Safe When the Power Goes Out

Food group	Food in your freezer	Still contains ice crystals and feels as cold as if refrigerated	Thawed and held above 40°F for more than 2 hours
<b>Breads, pastries</b>	Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
	Cakes, pies, pastries with custard or cheese filling	Refreeze	Throw out
	Pie crusts, commercial and homemade bread dough	Refreeze. May lose texture and flavor.	Refreeze. Large loss of texture and flavor.
<b>Other</b>	Casseroles – pasta, rice-based	Refreeze	Throw out
	Flour, cornmeal, nuts	Refreeze	Refreeze
	Waffles, pancakes, bagels	Refreeze	Refreeze
	Frozen meals, main dishes, pasta or rice-based dishes	Refreeze	Throw out

Adapted from The U.S. Department of Health and Human Services. Available at [www.foodsafety.gov/keep/charts/frozen\\_food.html](http://www.foodsafety.gov/keep/charts/frozen_food.html). Accessed January 25, 2018.



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