Winter storms can cause power outages that lead to food safety concerns. As storms approach, protect your food and family by being prepared.

### Three Ways to Prepare for a Power Outage

1. **Purchase or locate thermometers**
   - Place a thermometer in your refrigerator and freezer
   - Have a tip-sensitive digital thermometer ready to check food temperatures

2. **Check stock of refrigerator**
   - Purchase or prepare food items that don’t require refrigeration and can be eaten cold or heated on an outdoor grill

3. **Prepare coolers and purchase ice and/or dry ice**
   - Use dry ice to extend the amount of time food will stay below 41°F
   - Purchase or freeze containers of water for ice

### Foods to Stock in Preparation

#### Dry Foods
- Bread
- Crackers
- Granola bars
- Breakfast bars and pastries
- Cold cereal
- Nut butters
- Nuts and Seeds
- Jerky and dried meat sticks
- Powdered milk
- Canned evaporated milk
- Shelf-stable boxes of milk
- Snack puddings
- Hard cheeses
- Snack packs of cheese and crackers

#### Shelf stable canned, pouched or boxed food
- Soups, stews and chilis
- Pastas
- Fruits and vegetables
- Fruit and vegetable juices
- Tuna
- Salmon
- Chicken
- Pork and beans

#### Uncut Produce
- Carrots
- Peppers
- Cucumbers
- Apples
- Bananas
- Oranges
- Other firm, fresh fruit

### Foods that can support the growth of pathogens are riskier to consume after being held above 41°F for more than 4 hrs.

- Examples: cooked vegetables and grains, cooked and raw meats, cut melons and tomatoes.

It is not recommended to store food outside during a winter power outage as environmental factors such as sunlight can affect food temperature. In addition, wild or neighborhood animals can come feast on your food.

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