



Preparing for Power Outage

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

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 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.