



Preparing for a Winter Storm

Foods to Stock in Preparation

Dairy

- Hard cheeses (cheddar, parmesan, romano)
- Individually packaged cultured dairy products, like yogurt and sour cream
- Individual cheese sticks
- Shelf-stable milk boxes and alternative milk in boxes

Proteins

- Hard-boiled, air-cooled eggs
- Shelf-stable, dry fermented meats such as pepperoni
- Individually packaged nut or seed butters

Shelf Stable Food

- Soups, stews and chilis, pastas
- Fruits and vegetables, fruit and vegetable juices
- Tuna, salmon, chicken, pork and beans

Grains and Snacks

- Breads, rolls and buns
- Muffins, baked goods
- Crackers, pretzels, popcorn
- Granola bars

Produce

- Whole fruits and vegetables
- Baby carrots, grapes, apples, bananas, berries, cherry tomatoes
- Individually wrapped applesauce or fruit cups
- Canned applesauce or fruits

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 Winter Storm

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. Store or purchase water

- Be prepared in case water systems are impacted resulting in boil water advisories
- Use bottled/clean water for brushing teeth, cooking, cleaning, water for pets, etc.

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

- In emergencies, you can safely store food in snow banks by monitoring the internal temperature of the food (41°F or lower)
- When storing food outside:
 - Avoid placing food in direct sunlight
 - Place food in containers that will protect the food from contamination as well as from wild animals