The power's out, but you've planned ahead – and your food safety plan is on! You've stocked up on shelf-stable foods, and a can opener, in case you're in the dark for a while.

You don't open the fridge – foods there will be safe for up to four hours if the door stays closed. You keep the freezer shut, too; and you've kept it full. A full freezer will keep food frozen for about two days; a half full freezer – about one day. For longer outages, you move cold foods to an insulated cooler with plenty of ice or freezer gels. And you use a thermometer to ensure the foods remain no higher than forty degrees fahrenheit.

If the power returns quickly, you make sure freezer foods have ice crystals, And check foods in the refrigerator with a food thermometer to make sure they're at forty degrees or below. If not, or if there's any doubt, throw it out! To learn more, log on to askkaren.gov or call the U.S. Department of Agriculture's meat and poultry hotline at 1-888-MPHotline. A message from USDA's Food Safety and Inspection Service.
Clean, Separate, Cook, Chill!
Clean!
Keep hands and utensils clean.

Separate!
Keep raw meat, poultry and seafood away from other foods.
Cook!
You can’t tell it's done by how it looks. Use a food thermometer.

Chill!
A forty degree fridge keeps bacteria from spreading.
Clean, separate, cook and chill!
For more information visit befoodsafegov.
Be foodsafe from USDA