



The Milford Health Department

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KEEPING FOODS SAFE DURING AN EXTENDED POWER OUTAGE

Keep these tips in mind to ensure the foods in your refrigerator and freezers are safe to consume.

An extended power outage is one that lasts for 4 hours or longer.

- Always keep the refrigerator and freezer doors closed.
- Always keep a thermometer inside the refrigerator and freezer compartments to monitor the internal temperatures.
- Once the power is restored, take the temperature of the food in the refrigerator and freezer.
- *If foods are above 45 degrees, they should be discarded.*
- Foods that have defrosted in the freezer, but have remained under 45 degrees may be refrozen, although they may deteriorate in quality.
- Be especially careful with any potentially hazardous foods (luncheon meats, dairy products, eggs and egg products, defrosted meats, fish, etc) These foods support the rapid growth of bacteria which may cause food-borne illness.
- **Remember.....NEVER** use charcoal grills indoors for heating and cooking, and never use a gas stove as a heat source. Both can lead to severe carbon monoxide poisoning!

If you have any doubt concerning the safety of any food items, discard them immediately.
Remember.....

WHEN IN DOUBT, THROW IT OUT!

Contact The Milford Health Department with any questions