

# HOW TO KEEP FOOD SAFE IN A POWER CUT



## EAT FROM THE FRIDGE FIRST, THE FREEZER SECOND, AND THE PANTRY LAST.



Eat foods that will expire soon first – such as bread, meat, salads, and dairy products. These spoil more quickly than non-perishable food.



Open your fridge and freezer as little as possible to help keep it cooler for longer. Unopened fridges should hold refrigeration temperature for 4 hours.



Leave already frozen food in the freezer if possible. Freezers will remain colder for longer if they are full (2–4 days) than if they are half full (1–2 days).



Eat canned and non-perishable pantry foods last.

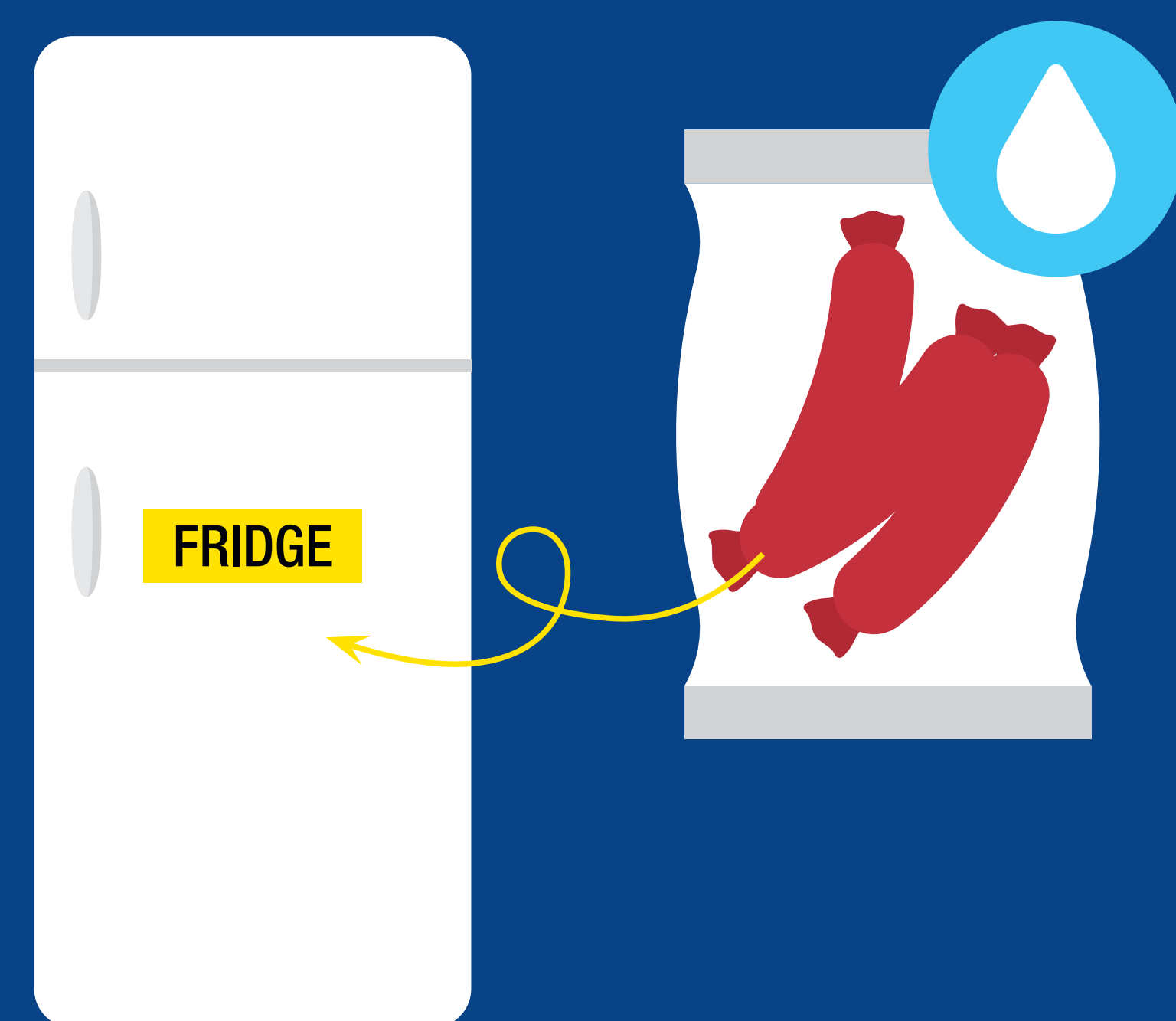
## ONCE THE POWER IS BACK ON, CHECK THE FOOD IN YOUR FREEZER.



If the food is still visibly frozen (for example, if it still has ice crystals on it) and the packaging isn't damaged or open, you can safely refreeze it.



If the food has thawed, you should not refreeze it.



You can still keep or use thawed food if it has not started to look or smell bad. Keep it cold (like in the fridge) until you eat or cook it.

## IF IN DOUBT, THROW IT OUT!