



REFRIGERATION

- **Check the temperature of your fridge and freezer. Are they cold enough?**

- Set refrigerators at or below 4°C (40°F). Use a refrigerator thermometer to check the temperature. The closer to 0°C (32°F) the fridge temperature is without freezing food items, the better.
- Keep freezers at or below -18°C (0°F). Use a freezer thermometer to check the temperature.
- Turn the refrigerator or freezer control to its coldest setting.

- **Make sure raw meat, poultry or fish are wrapped very well and placed in the coldest section of your refrigerator.**

- **If there is space in your freezer, fill containers such as empty milk cartons with water and freeze. The blocks of ice will help maintain temperatures during a power outage.**

- **Have a cooler with ice ready ahead of time to keep refrigerated food cold if you know or expect the power to be out for more than 4 hours.**

- **Do not open the refrigerator or freezer door unless absolutely necessary in order to maintain the cold temperature.**

- A full freezer will keep food frozen for about 48 hours. A freezer that is half full will keep food frozen for about 24 hours.
- An unopened refrigerator will keep food cold for about 4 hours.

- **If possible, add ice to the refrigerator to keep the food at a safe temperature if the power will be out for long periods of time.**

- **Discard any thawed food that has been above 4°C (40°F) for more than 2 hours, and any food that has an obvious unusual colour or odour. Keep in mind that food contaminated with bacteria does not necessarily smell bad or appear spoiled.**

- **If your power has been out for 24 hours, refrigerated food must be discarded, after 48 hours, freezer food must be discarded.**

- **Remember to clean and sanitize appliances or any areas the spoiled food has touched after discarding.**

- **Food that still contains ice crystals or feels refrigerator-cold can be re-frozen.**

The following food items are often associated with food borne illness and should be discarded if stored above 4°C (40°F) for more than 2 hours:

- raw or cooked meat, poultry, seafood and luncheon meats
- casseroles, stews or soups
- milk and soft cheeses
- homemade mayonnaise or dressings
- cooked pasta, potatoes or rice
- salads made with any of these foods

Examples of food items which can be stored above 4°C (40°F) for several days include:

- butter and margarine
- hard or processed cheese
- fresh fruits and vegetables
- mustard, ketchup, olives
- salad dressings, peanut butter, barbeque sauce
- jams and jellies

HAND SANITIZER AND DISINFECTANT

- **Have hand sanitizer and disinfectant wipes ready to use in case of a power outage.**

- **When using disinfectant wipes, it is important to read the label and follow all manufacturer's instructions.**

- Use the pre-mixed food safe sanitizer on counters where food is handled/prepared during a power outage. Try to limit food handling as much as possible.
- Use hand sanitizer after using the washroom.

- Pre-mix a food safe sanitizer to use on counters using household bleach. Mix approximately 2 ml of bleach (5.7%) with 1 litre of water. Store under the kitchen sink.

When in doubt, throw it out!



Stay Informed. Stay Safe.

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