

Protect food during a power outage

According to the U.S. Department of Agriculture, you can protect refrigerated and frozen foods during a power outage.

- Don't open the door to the refrigerator or freezer any more than necessary.
- In general, nonperishable refrigerated items should be safe for up to four hours. Discard perishable foods – meat, poultry, fish, eggs and leftovers – that have been above 40 degrees for two hours or more. Also toss any food that feels warm to the touch or has an unusual odor, color or texture.
- A full freezer will stay at freezing temperatures for about two days; a half-full one will last about a day. If the freezer is not full, clump foods together to help them keep cold.
- If you think the power may be out for several days, put dry or block ice in the freezer and refrigerator. If only a small amount of the food is worth saving, use a cooler filled with ice.