

If the temperature in your refrigerator or freezer is outside of the recommended ranges bacteria can build up in foods which may cause illness. The most common symptoms of foodborne illness may include:

- stomach cramps
- nausea
- vomiting
- diarrhea and fever



For more information:

Niagara Region Public Health  
905-688-8248 ext. 7230  
or 1-888-505-6074

[www.niagararegion.ca](http://www.niagararegion.ca)

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Care

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## Food Safety: During A Power Failure



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During and after a power failure, the foods you keep in the refrigerator and freezer may become unsafe to eat.

### How to keep your food stored safely if the power goes out.

#### Food in your refrigerator:

- Keep the door closed so that the temperature will remain cold inside. Without power, the refrigerator will keep foods cool for 4-6 hours.
- Avoid opening and closing the refrigerator to check the food inside.
- If possible, add bags of ice to keep temperatures cooler for a longer period of time.
- **When in doubt, throw it out!** If you are not sure whether an item has gone bad, play it safe and throw it out. Eating unsafe foods may cause food borne illness.



#### Food in your freezer:

- Keep the door closed so that the temperature will remain cold inside. Without power, an upright or chest freezer that is completely full will keep food frozen for about 48 hours. A half full freezer will keep food frozen for 24 hours.
- Avoid opening and closing the freezer to check the food inside.
- If possible, add bags of ice to help keep the temperatures cooler for a longer period of time.
- If the power is going to be off for an extended period of time, consider taking food to a working freezer belonging to a friend or neighbour.



#### Tips to ensure your food is safe to eat:

- Put an accurate thermometer in both your refrigerator and freezer.
- The temperature should be between 0°C to 4°C for the refrigerator and -18°C or colder for the freezer.
- Throw out any items in either the refrigerator or freezer that have come into contact with raw meat juices. Remember to clean and sanitize the appliance after throwing out the food.

