



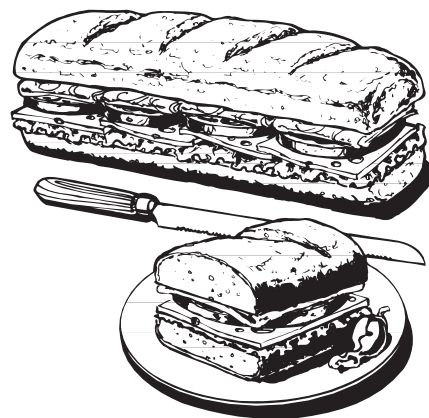
Disaster

readiness - response - recovery

Meal Preparation and Food Safety After a Power Failure

After a power failure, you might not have heat, refrigeration, or water. To prepare food when you have no power, follow these guidelines:

- If you have limited heat for cooking, choose foods that cook quickly. Prepare casseroles and one-dish meals, or serve no-cook foods.
- If you can't use your stove, you can use a:
 - Fireplace.
 - Candle warmer, such as a fondue pot. Do not use a candle warmer to cook raw meats, fish, poultry, and eggs.
 - Camp stove and charcoal burner. Never use a fuel-burning camp stove or charcoal burner inside your home, even in a fireplace. Fumes from these stoves can be deadly.
- Do not cook frozen foods because they require much more cooking time and heat than canned goods.
- Eat commercially canned foods straight from the can. Do not eat home canned meats and vegetables unless you can boil them for 10 minutes before eating.



- Substitute liquids from canned vegetables for water in unsweetened cooked dishes.
- Substitute juice from canned fruits for water in salads and beverages.
- All water from questionable sources that will be used in food preparation must be boiled for at least 10 minutes before use.
- If you are without refrigeration, open only enough cans or jars of food for one meal. Leftover food in jars and cans cannot be saved.
- If necessary, substitute canned and powdered milk for fresh milk.
- Prepare and eat foods in their original containers, if possible.

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With the door closed, food in most freezers will stay below 40° F for up to 3 days, even in summer. Thawing rate depends on:

- The amount of food in the freezer.

- The kind of food.
- The temperature of the food.
- The freezer.
- The size of freezer.

You may safely re-freeze foods that still contain ice crystals or that have been kept at 40° F or below.



Adapted by Dr. Angela Fraser, Extension Food Safety Specialist, Family and Consumer Services, North Carolina Cooperative Extension Service, NC State University, from University of Florida and Agricultural Sciences' *Disaster Handbook*