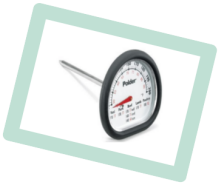
# Food Safety During Storms

## BEFORE A STORM, BE PREPARED

Have these things on hand:

- Thermometers in the freezer & refrigerator
- Ice to keep food cold or melt for clean water
- Coolers, frozen gel packs, dry ice to keep refrigerated food at or below 40° F and frozen food at or below 0° F if power is out for more than 4 hours
- Bottled water
- Non-perishable food placed high on shelves, in case of flooding
- Manual can opener
- Bleach for disinfecting



## DURING A STORM

- Do not eat or drink anything that has touched flood water, including food packed in non-metal containers.
- Before using food in un-damaged metal cans, remove labels, which can harbor dirt, and sanitize the cans.
- Rinse, wash, and sanitize any utensil, dish, or countertop that may come in contact with food or drink.
- Sanitize: 1 tablespoon bleach with 1 gallon of water. Soak item for 15 minutes and allow to dry.

## AFTER THE STORM

If water supply is unsafe, boil water for one minute or drink bottle water.

When the power is back on, check the temperature inside your refrigerator and freezer. You can safely eat or refreeze food that is still below 40° F.

Throw away any perishable food (meat, poultry, fish, eggs, or milk) that has been in the refrigerator or freezer at or above 40° F for 2 hours or more.

Adapted from materials created by U.S. Food and Drug Administration (FDA)

Acute Disease Service
Oklahoma State Department of Health
Creating a State of Health

For more information on food safety, call us or visit us on the web:

(405) 271-4060 http://ads.health.ok.gov