

# Eat Safe Food after a Power Outage



**After** a power outage, throw out perishable food in your refrigerator after 4 hours.

- ⚡ Check temperature of food in your freezer and in coolers. Throw out food above 40°F.
- ⚡ You can safely refreeze or cook thawed frozen food that still contains ice crystals or is at 40 °F or below.

**When in doubt, throw it out.**



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

