KEEP YOUR FOOD SAFE DURING POWER OUTAGES

- Keep the refrigerator and freezer doors closed as much as possible.
  - A refrigerator will keep food cold for about **4 hours** if the door is kept closed.
  - A full freezer will hold its temperature for about **48 hours** (24 hours if half-full).

- If the power has been out more than **4 hours**, throw out refrigerated foods—including meat, poultry, fish, eggs and milk.

- Once power is restored, use appliance thermometers to keep the freezer at **0 °F or below**, and the refrigerator at **40 °F or below**.

- Use dry ice or freeze containers of water and gel packs to help keep food cold if the power goes out.

**WHEN IN DOUBT, THROW IT OUT.**