

How long food lasts when the power goes out

- 1 Keep it closed.** Unopened fridge: about 4 hours. Full freezer: about 48 hours. Half-full freezer: about 24 hours.
- 2 Thermometers.** Keep appliance thermometers in fridge and freezer. Fridge 40°F (4°C) or below; freezer 0°F (-18°C) or below.
- 3 The 2-hour rule.** Perishables above 40°F for more than 2 hours: throw them out. Meat, poultry, seafood, milk, eggs, leftovers.
- 4 Cooler backup.** After 4 hours, move perishables to a cooler with ice or frozen gel packs.
- 5 Freeze water now.** Frozen jugs keep food cold longer and become drinking water later.
- 6 Never taste-test.** You can't see, smell or taste most food-poisoning bacteria. When in doubt, throw it out.

Go deeper: The Human Backup Plan

View on Amazon: <https://www.amazon.com/dp/B0HD545NVD>

Sources:

FoodSafety.gov: Power outages - <https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>