



KEEP IT OR TOSS IT?

If your power goes out, your fridge will keep food safe for up to **4 hours**.
Keep the door closed as much as possible to keep cold air in.

After 4 hours, you should discard perishable food.

Never taste food to see if it's still good. **When in doubt, throw it out!**

KEEP IT!



Fresh Vegetables
(Uncut)



Hard
Cheese



Fresh Fruit
(Uncut)



Butter and
Margarine



Fruit Juice
(Opened)



Canned Fruit
(Opened)



Jelly and
Peanut Butter



Condiments
Pickles



Soy Sauce
Hot Sauce



Vinegar
Salad Dressing

TOSS IT!



Meat



Seafood



Milk
and Yogurt



Fresh Fruit
(Cut)



Bacon and
Cold Cuts



Eggs
(Raw or Cooked)



Soft or
Shredded Cheese



Cooked
Leftovers



Creamy Salad
Dressing

For a full list go to: www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage