

FACTS



POWER FAILURE & FOOD SAFETY IN YOUR HOME

In the event of electrical power failure affecting your home, one of the immediate concerns you should be made aware of is food safety.

Each home will essentially have two categories of foods:

Non-Hazardous Foods:

- Vegetables, fruits, breads, pastas, flour, canned foods, and hard cheeses.

These foods can be eaten as long as they were not contaminated with sewage, water or drippings from meats, fish, etc.

Hazardous Foods: (Cooked or Uncooked)

- Poultry, beef, pork, fish, cream, eggs, milk, soft cheeses, mayo

These foods are required to be kept at refrigerated temperatures (4 degrees Celsius or lower or kept frozen at -18 degrees Celsius or lower).

1. Frozen hazardous foods: If thawed and kept at temperatures higher than 4 degrees Celsius for longer than 4 hours must be thrown out.
2. Frozen foods that appear soft to the touch but still have ice or icicles in the food product can be eaten immediately or refrozen.
3. Refrigerated hazardous foods left at room temperatures above 4 degrees Celsius for longer than 4 hours must be discarded and not eaten regardless of how you may intend to heat or process it.

For your safety and the safety of your family - WHEN IN DOUBT, THROW IT OUT!

For more information on food safety, please contact the Health Unit office nearest you.