



# County of San Diego

Department of Environmental Health and Quality

5500 Overland Ave. San Diego, CA 92123 ♦ (858) 505-6900 ♦ [www.sdcdehq.org](http://www.sdcdehq.org)



## FOOD SAFETY RELATED TO POWER OUTAGES

A power outage increases the risk of food borne illness and food preparation should cease until power is fully restored. The Department of Environmental Health and Quality offers the following food safety tips to prevent food-borne illness in the event of power outages:

- **Keep refrigerator and freezer doors closed.** Keep potentially hazardous foods, such as meat or poultry, chilled to 41°F or less.
- **Do not place hot or unrefrigerated foods in the refrigerator once the power has gone out,** it will raise the temperature inside the unit. Chill food with ice baths as needed. Any foods that were prepared prior to the power outage that were not rapidly cooled should be discarded.
- If the freezer is not full, group packages together so they will retain the cold more effectively. Without power, a full freezer will keep items frozen for about 2 days. A half-full freezer will keep food frozen for about 1 day.
- If you have advance warning of a power outage and if the outage is anticipated to last more than 4 hours, move foods that must be refrigerated to the freezer as space allows.
- If necessary, use block ice or bagged ice for supplemental cooling.
- Keep meat and poultry items separated from other foods so if they begin to thaw, their juices will not drip on to other foods.
- Discard any thawed food that has risen to room temperature (above 41°F ) and remained there for two (2) hours or more.
- Some facilities may need to arrange for temporary refrigerated storage units during a prolonged power outage. (e.g. mobile units/trailers).
- **Kitchen ventilation units will shut off during power outages. Be advised that there have been reports of smoke, heat and grease emissions setting off alarm and fire suppression systems.**

### When in doubt, throw it out!

When the power comes back on, all potentially hazardous foods must be evaluated for proper temperatures. Bacteria can multiply rapidly on potentially hazardous foods that have been at room temperature (above 41°F) for more than 2 hours. Thawed foods that have remained at or below 41°F should be used as soon as possible. Do not refreeze thawed foods. Cook foods to proper temperatures to ensure food safety.

### Cooking Temperatures

FOOD	MINIMUM INTERNAL COOKING TEMPERATURE
Ground Meats	155°F for 15 seconds
Pork	145°F for 15 seconds
Poultry and stuffed meats	165°F for 15 seconds
Eggs	145°F for 15 seconds

Facilities should contact the Department of Environmental Health and Quality, Food and Housing Division for more information at (858) 505-6900.