

Being food safe in a disaster



If you lose power, keep the fridge door closed as much as possible while the power is off. A closed fridge should keep food cold for four hours.

If you've lost power or your house has been flooded, some food in your house may no longer be safe to eat.

It's safest to throw out food that could be contaminated. This includes:

- ✓ any food that has been in contact with contaminated water, including floodwater
- ✓ food that has an unusual smell, colour or texture
- ✓ refrigerated food that has been left unrefrigerated or above 5°C for more than four hours
- ✓ frozen food after 48 hours if the freezer is full, or after 24 hours if the freezer is half-full. If frozen food has partially thawed, do not re-freeze. The food should be eaten as soon as possible or disposed of.
- ✓ canned food if the can is open, swollen, damaged or has a missing or damaged label.



If in doubt, throw it out.