

F · FOOD

FRIDGE & FREEZER IN A POWER CUT

How long food stays safe, and what to eat first.

**Up to 4 hours**

Fridge stays cold – if you keep the door shut

**Up to 24 hours**

Half-full freezer stays frozen

**Up to 48 hours**

Full freezer stays frozen

These are estimates. Every opening lets the cold out, so keep both doors shut as much as you can.

EAT IN THIS ORDER

- 1 Fridge food with a use-by date**
Meat, poultry, fish, and ready-to-eat food like sandwiches, salads and cooked meats.
- 2 Other fridge food**
Anything marked “keep refrigerated”, and leftovers.
- 3 Defrosted food that doesn't need cooking**
Eat it while it's still cold.
- 4 Frozen food that needs cooking**
Cook until steaming hot all the way through.
- 5 Cupboard food – last**
Tins, pouches and dry food keep. This is your bad-day food (P1).

Don't refreeze food that has defrosted, unless you cook it first.



Take a picture. Snap a photo inside the fridge and freezer as soon as the power goes. Check the photo, not the shelves, so you don't keep opening the door.

CHECK THE TEMPERATURE

Under 8°C

Food in the fridge is OK.

8°C or above

Eat fridge food within 4 hours, or throw it away.

A cheap fridge thermometer takes the guesswork out. Normally your fridge should be 5°C or below.

COOKING WITHOUT POWER

Electric and induction hobs won't work, but a gas hob may – light it with a match if the igniter needs power. Camping stoves and barbecues work too – **outdoors only**, because of carbon monoxide.

If in doubt, throw it out.



Fill the gaps. A full freezer stays cold longer. Fill spaces with bottles of water (leave room at the top) – extra drinking water once they thaw.

