

Power outage

Québec Ministry of Agriculture, Fisheries and Food (MAPAQ)

What should I do with my food after a power outage?

Following a power outage lasting more than 6 hours, it is important to sort and carefully select food that has stayed in the refrigerator or freezer in order to avoid food poisoning.

Refrigerated foods that can be kept are:

- ♦ Firm blocks of cheese (cheddar, Swiss, mozzarella, etc.), Parmesan, cheese slices, processed cheese, butter, margarine.
- ♦ Fresh whole fruits and vegetables, pasteurized fruit juice
- ♦ Baked fruit pies, cakes, muffins, cookies
- ♦ Jams, jellies, marmalade, sweet spreads, peanut butter
- ♦ Relish, mustard, ketchup, salad dressing, BBQ sauce, taco sauce, commercial vinaigrettes, olives, pickles.
- ♦ **ALL OTHER FOODS MUST BE THROWN OUT.**

Frozen foods that can be kept are:

Generally speaking, a freezer in good working order and filled to capacity can keep foods frozen for 48 hours. A freezer that is half full will keep foods frozen for approximately 24 hours.

Note that you should not risk using foods that show signs of deterioration or have a questionable appearance. If in doubt, discard.

For additional information, see the pamphlet *Pannes d'électricité et vos aliments: quoi garder et quoi jeter* available on the MAPAQ's website (www.mapaq.gouv.qc.ca/) or contact the *Direction générale de la santé animale et de l'inspection des aliments* (General Directorate of Animal Health and Food Inspection) at 1 800 463-5023.