

**TOWN OF KILLINGWORTH  
HEALTH DEPARTMENT**

323 RT 81, Killingworth, CT 06419  
PHONE: (860)663-1765 x223 FAX: (860)663-3305

---

**Press Release**

**Guidelines for Food Safety During Power Outages**

November 4, 2015

The following guidance is provided for residents to ensure food safety in the event of a power outage and to assist with handling food once power is restored. Food items that are of concern are those that are considered potentially hazardous foods (PHF) such as meat, fish, poultry and several others. Generally, potentially hazardous foods are moist, perishable foods in and on which bacteria can grow most easily during the time when the food is held in the temperature danger zone of 46°F to 139°F.

When there is a power outage, note the time the power went out and keep refrigerator and freezer doors closed.

When the power is restored, identify all PHF that may have been in the temperature danger zone (46 F to 139 F). If available, use a food thermometer to check the internal food temperature.

In general, PHF will be safe in a refrigerator for approximately 4 hours. Frozen PHF in a full freezer will be safe for approximately 48 hours.

It is recommended that PHF found to be at 45 F or above for more than 2 hours be discarded. This would also apply to frozen PHF food that has thawed and is found to be at 45 F or above for more than two hours.

When the power is restored and PHF is found to be less than 45 F, separate the food packages in refrigeration units and freezers to allow for faster re-cooling.

Additional information can be found on the CT Department of Public Health web site at, [http://www.ct.gov/dph/lib/dph/communications/cerc/fs\\_handout.pdf](http://www.ct.gov/dph/lib/dph/communications/cerc/fs_handout.pdf).

Please contact the Killingworth Health Department at (860) 663-1765 x223 or [phutcheon@townofkillingworth.com](mailto:phutcheon@townofkillingworth.com), should you have any questions or need any additional information.

Prepared by Paul Hutcheon, Director of Health, Town of Killingworth, [phutcheon@townofkillingworth.com](mailto:phutcheon@townofkillingworth.com), (860) 663-1765, x223.