PRINTABLE CHECKLIST

Food safety in a power cut: fridge and freezer rules

Keep the fridge and freezer doors shut. The Food Standards Agency says an unopened fridge should stay cold for around 4 hours, a full freezer typically stays frozen for about 48 hours and a half-full one for about 24 hours. After that, check each food rather than guessing, and if in doubt, throw it out.

- [ ] Note the time the power went off
- [ ] Keep fridge and freezer doors closed
- [ ] Take out what you need in one visit
- [ ] Read the fridge thermometer if you have one
- [ ] After about 4 hours, treat high-risk chilled food with caution
- [ ] Check freezer food is still solid before trusting it
- [ ] Throw out anything you are unsure about