PRINTABLE CHECKLIST

Fridge and freezer log for a long power cut

Write the times down. It makes the keep-or-bin decision much easier afterwards.

- [ ] Time the power went off: _____
- [ ] Fridge and freezer doors kept shut
- [ ] Fridge opened at: _____ _____ _____
- [ ] Freezer opened at: _____ _____
- [ ] Fridge temperature when power returned: _____ °C
- [ ] Freezer contents still hard frozen? yes / no
- [ ] Chilled food moved to a cool box with ice packs at: _____
- [ ] Food thrown away (list for your insurer): _____
- [ ] Photos taken of spoiled food before binning
- [ ] Checked the Food Standards Agency advice before eating anything doubtful