PRINTABLE CHECKLIST

# Saving your freezer in a long power cut

Leave the freezer shut. A full freezer typically stays frozen for about 48 hours and a half-full one for about 24, according to the Food Standards Agency. If the cut will last longer, your options are backup power, moving food to a home that has electricity, or cooking and eating what thaws. If in doubt, throw it out.

- [ ] Fill empty freezer space with bottles of water
- [ ] Fit a freezer thermometer
- [ ] Note the time the power went off
- [ ] Keep the door shut for the first 24 hours
- [ ] Decide by day two: move it, power it or eat it
- [ ] Check food before it refreezes
- [ ] Photograph and list anything you throw away