

# Keep Your Food and Water Safe After a Disaster



*Some food may not be safe to eat after a disaster. Safe water is a must for drinking, cooking and personal hygiene. Use bottled, boiled or treated water.*

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## Quick Tips:

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1. Throw away food that has an unusual odor, color or texture. When in doubt, throw it out.
2. Throw away perishable foods such as meat, poultry, fish, eggs and leftovers in your refrigerator when power has been off 4 hours or more.
3. Thawed foods that contains ice crystals can be refrozen or cooked. Freezers, if left unopened and full, will keep food safe for 48 hours; 24 hours if 1/2 full
4. If you've lost all of your food, contact your local food bank or your local health department to see if help is available.
5. Remember, things will get better. Food is replaceable.