

## ALTERNATE COOKING METHODS

During a power failure, cooking and eating habits must change to fit the situation. Below are some alternate cooking methods:

- **Propane or Charcoal Grills:** (for outside cooking only) Grills are a common method of cooking. Use foil to wrap a variety of food for easy cooking and clean up.
- **Fireplaces or Wood Stoves:** Many foods can be skewered or wrapped in foil and cooked, but this method is best for warming items such as soup or beans and franks.

## THROW OUT ANY FOODS THAT FLOOD WATER HAS COVERED, DRIPPED ON OR SEEPED INTO THE PACKAGES

This includes fresh foods, foods in cardboard boxes, foods with cardboard seals, all opened containers and damaged cans.

## STEPS FOR DISINFECTING FOOD CANS:

1. Remove paper labels (paper can harbor bacteria) and relabel cans with a permanent marker.
2. Wash and scrub the containers using a strong detergent solution.
3. Immerse the clean, rinsed containers in warm water with bleach\* for two minutes. \*Use two tablespoons of bleach per gallon.
4. Allow cans to air dry before opening.

## DISINFECTING DISHES AND UTENSILS

Wash all dishes and utensils in hot, soapy water with a brush to remove dirt. Then sanitize with bleach for two minutes. Metal pans and utensils can be disinfected in boiling water for 10 minutes.

## TAKE HEALTH PRECAUTIONS

**Here are some additional tips for ensuring the health of your family.**

- When feeding babies and toddlers, open fresh food for each meal. There may be waste, but safety is important.
- If you are using canned formula to feed your baby, use ready-to-use or mix only enough for one feeding.
- Use only boiled or disinfected water to mix with powdered milk.
- If safe water or water disinfecting materials are not available, use canned or bottled fruit juice instead of water.
- Boil all water in food preparation for at least 10 minutes.
- When in doubt, throw it out!

## CONSERVE WATER

You should keep a supply of water for use in emergencies, but you can also disinfect water for drinking if necessary. If you have access to heat or power, water can be made safe by boiling. If not, you will have to treat it with chemicals.

- **Boiling water** (preferred method) – Boil water at a rolling boil for 10 minutes to kill disease-causing bacteria.
- **Chemical treatment** – Household bleach is a good disinfectant for water. Since the amount of chlorine in bleach varies, use the table below to determine the amount of bleach to add to water. Mix the bleach and water and let stand for 30 minutes. (The water should have a slight chlorine odor.)

Percent chlorine in bleach	Add to each gallon of water
1%	40 drops
2-6%	8 drops
7-10%	4 drops

## SOURCES:

"Safety of Frozen Food During a Power Failure or Flood," and "Using Dry Ice During a Power Failure," fact sheet HE8170, University of Florida Institute of Food and Agricultural Sciences, 1997. "Be Prepared with a Three-Day Emergency Food Supply," by E. Schafer, C. Hans, E. Jones Beavers and D. Nelson, Iowa State University Cooperative Extension, November 1997. "USDA, Food Safety Inspection Service," Consumer Publications, Winter 1995.

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# FOOD WATCH

## DURING DISASTERS

Food Safety During Disasters.

As a resident  
of South Carolina,  
you and your family  
may have to face a disaster  
such as a flood  
or hurricane  
that could cause  
your food supply  
to become unsafe.

To protect you and your family  
if any of these situations  
should occur,  
follow the  
following tips and  
recommendations.

## BE PREPARED WITH A THREE DAY EMERGENCY FOOD SUPPLY

Having an emergency food supply means you won't go hungry when transportation, weather, health or other problems prevent you from getting your usual supply of groceries or meals.

### SUGGESTED GROCERY LIST

(For one person, increase as needed for household)

- **Dry cereal** – one box (7 oz.)
- **Crackers** – one box (8 oz. or more)
- **Peanut butter** – one jar (12 oz.)
- **Canned juice** – one can (16 oz. or 6-6 oz. cans)
- **Applesauce** – one pack of four or more individual cups
- **Peaches** – one can (8 oz.)
- **Fruit cocktail** – one can (8 oz.)
- **Pork and beans** – one can (8 oz.)
- **Corn** – one can (8 oz.)
- **Tuna** – one can
- **Processed cheese spread** – one jar (4.5 oz.)
- **Beef stew** – one small can
- **Chili** – one small can
- **Soup** – one can
- **Cocoa** – one box
- **Pudding** – one pack of individual cups
- **Raisins** – one box (12 oz.)
- **Nuts** – one container
- **Nonfat dried milk** – one box
- **Bottled water** – one gallon
- **Milk** – one quart
- **Bread** – half a loaf (per person)

**Note:** To be prepared, store some bread in the freezer.

## REFRIGERATED FOOD

	Kept above 40° F for more than two hours
Milk, cream, yogurt, sour cream	Discard
Baby formula, opened	Discard
Eggs, egg dishes, egg products	Discard
Soft cheese, shredded cheese	Discard
Hard cheese (chedder, Swiss), processed cheese (American), cheese in a can/jar	Safe
Fruit juice or canned fruit (opened)	Safe
Fresh fruit, raisins, dried fruit	Safe
Raw vegetables	Safe
Cooked vegetables	Discard
Vegetable juice, opened	Discard
Fresh, leftover or thawing meat	Discard
Leftover casseroles, soups, stews	Discard
Lunchmeats and any opened canned meats	Discard
Bread, rolls, cakes, muffins, quick breads	Safe
Cooked pasta, noodles, salads	Discard
Peanut butter	Safe
Condiments (relish, mustard, ketchup, jelly, BBQ sauce, taco sauce)	Safe (for eight hours)

### SUGGESTED MENUS FOR THREE DAYS

- 1**

**Breakfast** – Cold cereal, milk, juice  
**Lunch** – Peanut butter, bread, applesauce, cocoa (with reconstituted milk)  
**Dinner** – Canned chili, crackers, corn, milk
- 2**

**Breakfast** – Toasted bread, peanut butter, juice  
**Lunch** – Tuna, bread, peaches, juice or cocoa  
**Dinner** – Canned beef stew, crackers, pudding, milk
- 3**

**Breakfast** – Cold cereal, milk, juice  
**Lunch** – Cheese, crackers, pork and beans, fruit cocktail, cocoa  
**Dinner** – Soup, peanut butter, bread, applesauce, milk

### SAFE HANDLING OF FOOD AND UTENSILS

**Use a thermometer.** Keep a thermometer in the refrigerator and freezer at all times to see if food is being stored at safe temperatures (**40° F for the refrigerator; 0° F for the freezer**).

### LEAVE THE REFRIGERATOR AND FREEZER DOOR CLOSED

A full freezer should keep food safe for about two days; and a half-full freezer, about one day without power. Refrigerated foods should be safe for about four to six hours. To help prevent cold air from escaping, cover the refrigerator/freezer with blankets or crumpled newspaper and only open the door to take food out, move food to a cooler or add dry ice.

### NEVER TASTE FOOD TO DETERMINE ITS SAFETY

Some foods will look and smell fine, but can be unsafe and will make you sick. When in doubt, throw it out.