Lights Out POWER OUTAGE PLAN

Most outages are short, but a little planning keeps a few dark hours from turning into a ruined freezer. Run through these lists each fall before storm season.

BEFORE

- [ ] Flashlights & headlamps for everyone
- [ ] Fresh batteries in labeled bag
- [ ] Power banks charged
- [ ] Battery or crank radio
- [ ] Appliance thermometers in fridge & freezer
- [ ] Freeze water bottles to fill gaps
- [ ] Cooler + ice packs ready
- [ ] Plan for medical devices that need power
- [ ] Know how to open the garage by hand
- [ ] Fuel stored safely, away from the house

DURING

- [ ] Keep fridge & freezer doors **closed**
- [ ] Unplug electronics to avoid surges
- [ ] Leave one lamp on to know when power's back
- [ ] Report the outage to the utility
- [ ] Use flashlights, not candles, when you can
- [ ] Check on neighbors and elderly friends
- [ ] Dress in layers or go somewhere cool
- [ ] Never run a generator or grill indoors

AFTER

- [ ] Check fridge & freezer temps
- [ ] Throw out unsafe food (see below)
- [ ] Plug electronics back in slowly
- [ ] Restock batteries & fuel
- [ ] Refill water containers
- [ ] Write what you wished you had
- [ ] Log it on the next page
- [ ] Thank God & your helpers

FRIDGE & FREEZER FOOD SAFETY

4 hours	48 hours	24 hours
REFRIGERATOR	**FULL FREEZER**	**HALF-FULL FREEZER**
keeps food safe if unopened	holds temperature if unopened	holds temperature if unopened

- [ ] Power out more than 4 hours? Toss refrigerated meat, poultry, seafood, milk, eggs, soft cheese and leftovers.
- [ ] Frozen food that still has ice crystals or is 40°F or below can be refrozen.
- [ ] Never taste food to check it. **When in doubt, throw it out.**

Source: FoodSafety.gov / USDA. Keep an appliance thermometer in both so you know for sure.

OUR OUTAGE NUMBERS

Report an outage: _____

Outage map website: _____

Medical equipment supplier: _____

Neighbor with a generator: _____

STAYING COMFORTABLE

- [ ] Cold: close off rooms and gather the family in one
- [ ] Layers, hats and sleeping bags
- [ ] Never heat the house with a gas oven or stove
- [ ] Hot: drink water, rest, and go to a cooling center

MAMA TIP Freeze-dried food doesn't care about the power. That full freezer of food you've freeze dried? It's just sitting pretty on the shelf.

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GENERATOR SAFETY

- [ ] Run it **outside only**, at least **20 feet** from doors, windows and vents.
- [ ] **Never** in the house, garage, basement, carport or crawlspace, even with the door open.
- [ ] Carbon monoxide alarms with battery backup on every level of the home.
- [ ] Plug appliances into the generator with outdoor-rated cords. Never plug it into a wall outlet; use a transfer switch installed by an electrician.
- [ ] Turn it off and let it cool before refueling.

CO has no smell. Headache, dizziness, weakness, upset stomach or confusion? Get everyone into fresh air and call 911.

OFF-GRID COOKING IDEAS

- [ ] Dutch oven with charcoal briquets (outdoors)
- [ ] Camp stove (outdoors only)
- [ ] Gas or charcoal grill (outdoors only)
- [ ] Rocket stove or fire pit
- [ ] Sun oven on a sunny day
- [ ] Freeze-dried meals: just add hot water
- [ ] No-cook meals: PB&J, tuna, canned fruit

CARBON MONOXIDE Camp stoves, grills, charcoal and generators all make carbon monoxide. They belong outside, every time, no exceptions.

OUR POWER PLAN

Generator stored in: _____

Fuel stored in: _____

Medical devices & backup: _____

Where we go if it's too hot or cold: _____

NO-POWER MEAL IDEAS

OUTAGE LOG

Date	Out	Back on	Food tossed	What we wished we had

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