HEADLINE FREEBIE

Lights Out! POWER OUTAGE SURVIVAL KIT

When the lights go out, you don't want to be digging through three closets for a flashlight. Pack one bin, keep it by the door, and the next storm is just a candlelit (okay, flashlight-lit) picnic.

QUICK-GRAB OUTAGE BIN

one tote, everything in it

- [ ] Flashlight + headlamp per person
- [ ] Batteries, in a labeled bag
- [ ] Charged power banks
- [ ] Car phone charger
- [ ] Hand-crank or battery radio
- [ ] Battery lantern (not candles)
- [ ] Battery fan or hand warmers
- [ ] Water: 1 gal/person/day, 3 days
- [ ] Manual can opener
- [ ] 3 days of no-cook food
- [ ] Freeze-dried meals + snacks
- [ ] Camp stove + fuel (outdoor use)
- [ ] Lighter + matches
- [ ] Paper plates, cups, utensils
- [ ] Fridge + freezer thermometers
- [ ] Cooler + frozen water jugs
- [ ] First aid kit + 7 days of meds
- [ ] Plan for medical devices
- [ ] Cash in small bills
- [ ] Printed phone list
- [ ] Wet wipes, sanitizer, trash bags

Our bin lives: _____ Packed on: _____ Refresh by: _____

Before

- [ ] Charge every phone & power bank
- [ ] Fill water jugs & the bathtub (for flushing)
- [ ] Freeze jugs to fill freezer gaps
- [ ] Fill the car's gas tank
- [ ] Test CO alarms' batteries
- [ ] Find the manual garage release

During

- [ ] Fridge & freezer doors **shut**
- [ ] Unplug electronics (surges)
- [ ] Leave one lamp on as a signal
- [ ] Report it to your utility
- [ ] Eat fridge food first
- [ ] Check on neighbors & elderly

After

- [ ] Check fridge & freezer temps
- [ ] Toss anything unsafe (below)
- [ ] Plug things back in slowly
- [ ] Recharge, restock, refill
- [ ] Refreeze your water jugs
- [ ] Note what you wished you had

IS MY FOOD STILL SAFE?

4	48	24	40°
hours	hours	hours	F or below
FRIDGE	**FULL FREEZER**	**HALF-FULL FREEZER**	**THE MAGIC LINE**
safe if the door stays shut	holds temperature if unopened	holds temperature if unopened	above 40°F for 2+ hours? Toss perishables

Out over 4 hours? Toss fridge meat, poultry, seafood, milk, eggs, soft cheese and leftovers. Freezer food with ice crystals or at 40°F or below can be refrozen. Never taste to test. ***When in doubt, throw it out.*** *Source: FoodSafety.gov / USDA.*

THE COOLER TRICK

Outage running past 4 hours? Move milk, meat and leftovers into a cooler packed with ice or frozen jugs, with a thermometer inside so you know it's staying at 40°F or below.

FREEZER GAP-FILLERS

A full freezer holds cold twice as long as a half-full one. Fill empty spots with jugs of water now, and they double as drinking water later.

MAMA TIP My kids have literally asked for a power outage so they could eat freeze-dried Costco pizza "crackers." A shelf of freeze-dried food doesn't care if the power's out. Your freezer does.

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PREPPER BINDER SHELF

3-DAY NO-POWER MENU fridge first, then freezer, then the pantry shelf

	Breakfast	Lunch	Dinner	Snacks
Day 1 Fridge first 4 hours	Yogurt, fruit & granola; milk while it's cold	Sandwiches from the deli meat & cheese	Grill the fridge meat outdoors + bagged salad	Cheese sticks, cut veggies, leftovers
Day 2 Freezer cook what's thawed	Oatmeal on the camp stove + freeze-dried strawberries	Tuna & crackers, applesauce cups	Freeze-dried chili + crackers (just add hot water)	Freeze-dried pizza "crackers," trail mix
Day 3 Pantry shelf-stable only	Peanut butter tortillas + freeze-dried bananas	Canned soup heated on the camp stove	Pasta + jarred sauce, canned green beans	Freeze-dried ice cream bites, Skittles

GENERATOR & CO SAFETY

- Run it **outdoors only**, at least **20 feet** from windows, doors and vents.
- **Never** in the house, garage, basement or carport, even with the door open.
- Grills, camp stoves and charcoal stay outside, too.
- Battery-backup CO alarms on every level.
- Outdoor-rated cords only. Never plug a generator into a wall outlet.
- Shut it off and let it cool before refueling.

CO has no smell. Headache, dizzy, weak or sick to the stomach? Everyone out to fresh air, then call 911. (CDC)

KEEP WARM

- Everyone in one room; close off the rest.
- Layers, hats, wool socks, sleeping bags.
- Cover windows with blankets at night.
- Never heat with a gas oven or stove.

KEEP COOL

- Drink water before you're thirsty.
- Close blinds; rest in the lowest, shadiest room.
- Cool, wet cloths on neck and wrists.
- Too hot? Head to a cooling center.

STAY IN TOUCH

- **Text, don't call.** Texts get through when lines are jammed.
- Phone on low-power mode; charge in the car.
- Crank radio for local news and weather alerts.

Utility outage line: _____

Out-of-area contact: _____

Neighbor to check on: _____

OUR FAMILY'S NO-POWER FAVORITES

MAMA TIP We lose power to snowstorms and summer thunderstorms, so this bin lives right by our back door. Twice a year, swap the batteries, rotate the snacks, and let the kids "test" the freeze-dried ice cream. Purely for quality control, of course.

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