



SAFE

Strengthening Awareness
for Food Safety Emergencies

Emergency Pocket Guide



UNIVERSITY OF GEORGIA

EXTENSION

Handwashing

1. Wet your hands with clean water.
2. Add enough soap to work up a good lather.
3. Scrub hands together vigorously for at least **15 seconds**.
4. Rinse hands with clean water.
5. Dry hands with a clean paper towel.

When water is limited, when should I prioritize handwashing?



After using the restroom

After changing diapers



Before preparing and serving food

After handling animals





Hand sanitizers should be at least **60%** alcohol.

Hand Sanitizers

To use hand sanitizer:

- Use a full pump of hand sanitizer – enough to coat all surfaces of your hands
- Rub hands and fingers together until they are dry. This should take at least **20 seconds** (if it doesn't take that long, you didn't use enough sanitizer!)

Purifying Drinking Water

Boiling Method (preferred method)



- If the water looks cloudy, filter it first:
 - Let the water sit undisturbed so that any suspended particles settle to the bottom.
 - Filter the water through layers of clean paper or cotton towels, cheese cloth, or coffee filters.
- Place the water in a clean cooking container. Bring to a rolling boil and continue boiling for **1 minute**.
- Let the water cool before drinking, and keep it covered.

Purifying Drinking Water

Bleach Method



- If the water looks cloudy, filter before purifying (see boiling method).
- Use liquid household chlorine bleach that contains **5% - 9%** sodium hypochlorite as the **only** active ingredient. Do not use scented, thickened, or color safe bleaches.
- **Add 8 drops (or 1/8 teaspoon) of bleach per gallon of water and stir.**
- **Let stand for 30 minutes.**

Water Purification Tablets

Aquatabs are included in the kit:

1. If the water is cloudy or has visible particles within it, pre-filter it through a clean cloth first (filter included).
2. Add the tablet(s) to the (pre-filtered, if necessary) water. If you use the included 1L bag, you will use one tablet.
3. Stir well with a clean utensil until the tablet(s) are fully dissolved.
4. Cover the container and wait 30 minutes.
5. After 30 minutes, your water will be disinfected and safe to drink.



Food to **DISCARD** After a Power Outage

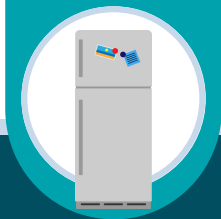
These foods should be consumed or discarded within **2 hours** of the temperature of the food rising **above 40°F**



- Meat, poultry, and seafood
- Soft, low-fat, and shredded cheeses
- Milk products and milk alternatives
- Eggs and egg products
- Open creamy condiments and open tomato sauce
- Cooked and raw cut fruits and vegetables
- Packaged leafy greens
- Leftovers
- Fish sauce and oyster sauce
- Human milk and open infant formula should be discarded within **2 hours** of reaching 40°F

Food to **KEEP** After a Power Outage

These foods will be safe to eat if kept after a power outage, but feel free to discard them if you find the odor, texture, or taste unpalatable.



- Hard cheeses and processed cheeses
- Grated Parmesan and Romano cheeses
- Butter and margarine
- Uncut fruits and vegetables, fresh mushrooms and herbs
- Fruit juice and canned fruit
- Vinegar-based dressings, soy sauce, taco sauce, hoisin sauce
- Jelly, ketchup, mustard, relish, olives, and pickles
- Breads, cakes (without cream filling) tortillas, waffles, fruit pies

When in doubt, THROW IT OUT!

Safe Backup Cooking

- Use outdoor grills, camp stoves, and burners outdoors only. They can give off deadly fumes while in use.
- Never use lighter fluid in an indoor fireplace.



- Prioritize cooking your refrigerated foods over frozen foods.
- Eat commercially processed fully cooked foods straight from the package, and don't keep the leftovers.

Generators should always be used outdoors, at least 20 feet from buildings!



Cleaning the Kitchen after a Flood



- Protect yourself with gloves, goggles, face mask, and long sleeves. Open windows and doors if possible.
- Don't enter an area that is unsafe!
- Take lots of pictures for insurance purposes, including the inside of your fridge and freezer.
- Discard items made of wood or other porous materials that have come into contact with flood water. Also discard contaminated items that are cracked or chipped. Plastic baby bottles, nipples, and pacifiers that touched flood water should also be discarded.



Cleaning the Kitchen after a Flood



- Wash items and hard surfaces with soap and drinking water, then rinse.
- Create a sanitizing rinse of **1 tablespoon** of unscented chlorine bleach in **1 gallon** of room temperature water.
- Soak clean items for **10-15 minutes**. Surfaces should be sprayed or wiped with a generous amount of the solution – enough so that the surface stays wet for 10-15 minutes.
- Air dry items on a clean, sanitized dish rack. Surfaces like countertops should be allowed to air dry.

Important Temperature Reminders



Product	Minimum Internal Cooking Temperature
All Poultry, including whole and ground	165°F
Leftovers and Casseroles	165°F
Ground Meat	160°F
Eggs	160°F
Beef, Pork, Veal, and Lamb Steaks, chops, and roasts	145°F
Fish and Shellfish	145°F

- Check temperatures in the thickest part of the food
- Check thermometer calibration regularly
- Fridge temp: 40°F or lower
- Freezer temp: 0°F or lower