

# Power Outages

## Light

- Make sure everyone knows where flashlights and lanterns are.** There should be a minimum of one flashlight per room. You may want to let each child choose a place in his or her room for a flashlight, to make it more fun for them.
- Show everyone where the extra batteries are,** in case they go to use a flashlight and the batteries are dead.



## Food Safety

- Discuss the importance of keeping the fridge and freezer closed during power outages. Most refrigerated items will only stay cold for about 4 hours if the fridge remains unopened. A full freezer will keep its temperature for about 48 hours with the door shut continuously. If the temperature inside your fridge has been 40 degrees or above for over 2 hours, you should throw out your food. It's important to have a thermometer in each separate fridge and freezer, so you know what temperature your food is when power is restored.
- Every time you open the door, the length of time you have before your food spoils decreases drastically. **Decide what you will do as soon as a power outage occurs, in order to preserve your perishable food.** In our family, we immediately implement the rule that adults are the only ones allowed to open the fridge or freezer, and we put a piece of tape over the handles to remind everyone.
- A full fridge or freezer stays cold longer than an empty one. An easy way to fill up an empty shelf in a fridge is with bottled water. It's easy to add/take away bottles as the amount of food in your fridge increases/decreases. Filling a space in your freezer can be as simple as filling an empty 2-liter bottle or a gallon ice cream bucket with water and sticking it in the empty spot in your freezer. **Have your kids help find and fill up any large pockets of space in your fridge/freezer.** Rather than doing this just one time, try to make this a habit!



## Disconnect Appliances/Electronics

- Make sure everyone understands that this is an important step to prevent any damage to your personal belongings if there were to be a power surge when the power comes back on.

## Extras

- Make today a no-power day and night! Turn off all the lights, unplug all electronics and appliances (except your fridge and freezer), and see what you wish you had. This is a great activity to figure out what you may be missing, and how losing power for an entire day/night may affect your family. You could even put tape across your fridge and freezer handles and practice not opening them all day.
- For a comprehensive list of things to consider, see this 4-part series: <https://planforawesome.com/category/off-season/emergency-preparedness/expected-power-outages/>