R&R / READY & RESOURCEFUL

Power out. Doors closed. Know the difference.

A quick reference for household food planning - October 18, 2026

REFRIGERATOR

4 hours

Up to 4 hours with the door closed.

HALF-FULL FREEZER

24 hours

About 24 hours with the door closed.

FULL FREEZER

48 hours

About 48 hours with the door closed.

The clock is only part of the decision

Estimates assume proper starting temperatures. Keep doors closed.
For refrigerated perishables after 4 hours without power or another cold source, follow official discard guidance. A cold source must maintain safe temperature.
Assess frozen foods using the official item-specific chart, including its ice-crystal and temperature conditions. Never taste food to decide safety.
Floodwater exposure and refrigerated medicines need separate guidance.

Official keep-or-discard chart: FoodSafety.gov

https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage

Full R&R guide: readyresourceful.com/preparedness/food-safety-power-outage/

Independent planning reference. No product links, account requirement or food-safety inspection.
Original layout by Ready & Resourceful. Check current official instructions for individual foods.