

Keeping Food Safe During a Power Outage

Emergencies will happen, especially with extreme weather. In the case of a power outage, it is important to take precautions to ensure safe food and water.

- Make sure you have a working refrigerator and freezer thermometer to get accurate temperature readings to ensure food is being held at safe temperatures. Freezer temperature is at or below 0° F, and the refrigerator is at or below 40° F.
- Have a supply of bottled water stored where it will be as safe as possible from flooding.
- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- The refrigerator will keep food cold for about 4 hours if it is unopened.
- A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
- If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is cooked to a safe temperature to ensure that any food borne bacteria that may be present are destroyed.
- If the food still contains ice crystals or is 40° F or below, it is safe to refreeze or cook.
- Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F).
- Perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.

Source: <https://www.fda.gov/Food/RecallsOutbreaksEmergencies/Emergencies/>

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Next Brown Bag

December 11

Arts at the Armory
 191 Highland Ave
 Somerville
 10:30-12:00 PM

CAMBRIDGE Community Cafè Locations

Cambridge Senior Center 806 Mass. Ave. / 617-349-6042 Kitchen Manager: Julie King	Breakfast: Mon-Sat 8:30am Lunch: Mon-Thu 11:30am Fri 11-11:30am Sat 11:30am-12:15pm Supper: Mon 5:00pm
Manning Apartments 237 Franklin St. / 617-576-8715 Center Coordinator: Donna	Lunch: Mon-Fri 11:30am Supper: Wed 5:00pm
N. Cambridge Senior Center 266-B Rindge Ave / 617-349-6324 Center Coordinator: Joan	Lunch: Mon, Wed, Fri, 11:30am
Miller's River (Nutrition) 15 Lambert St. / 617-628-2601	Supper: Thu 4:30pm
Norfolk Street 116 Norfolk St. / 617-547-3543, ext. 123 Center Coordinator: Edith	Lunch: Mon-Fri 11:30am Supper: Thu 5:00pm
Kate's Cafe @ S&S (LBGT) (Nutrition) 1334 Cambridge St. / 617-628-2601	Supper: 4th Wed of month 6:00pm
Cambridge Hospital Cafeteria (Nutrition) 1493 Cambridge St. / 617-628-2601	Supper: Mon-Fri 4:45-6:00pm A Senior Dine Card is needed, call SCES.
Mass. Alliance of Portuguese Speakers 1046 Cambridge St. / 617864-7600	Portuguese Lunch: Mon-Thurs Noon Reservation required by 10 AM

SOMERVILLE Community Cafè Locations

Cross Street Senior Center 165 Broadway / 617-625-6600, ext, 2335	Lunch: Mon, Tue & Thu 11:30am
Somerville Center 167 Holland St. / 617-625-6600 ext. 2325	Lunch: Thu and Fri 11:30am
Ralph & Jenny Center 9 New Washington St. / 617-666-5223	Lunch: Tue, Wed & Thu 11:30am
Properzi Manor 13-25 Warren Ave. / 617-666-5882 Center Coordinator: Lorraine	Lunch: Mon-Fri 11:30am

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Transportation to meal sites is available. Call us at 617-628-2601. Reservations are required by noon the business day before.

Order Nutrition Drink Supplements Through SCES

Regular Ensure - \$25.00/24 drinks

Diabetic Ensure (Glucerna) - \$36.00/24 drinks

Ensure Plus - \$27.00/24 drinks (*special order*)

Choose from three flavors:

Vanilla, Chocolate, or Strawberry

No delivery charge for Meals-on-Wheels clients.

There is a \$2.50 delivery charge for all others.

For more information, call agency at 617-628-2601.

Emergency Food Supplies

In the case of an emergency, it is important to store at least a three day supply of non-perishable foods on hand that do not require preparation, cooking water, or refrigeration. Be sure to include a manual can opener and utensils.

- * Store at least 1 gallon of water per person and pet for each day, enough for at least three days worth.
- * List of non perishable foods:
 - Ready-to-eat canned meats, tuna, fruits, vegetables and beans
 - Granola or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk
 - High energy foods
 - Food for infants
 - Applesauce
 - Shelf Stable Pudding
 - Packaged nuts

