

FREE PRINTABLE RESOURCE

OUTAGE COOKING FIELD CARD

Where to cook, how to set up a stove, and which food is still safe.

WHERE TO COOK

☐ Outside only

Never use a charcoal grill, hibachi, lantern or camping stove inside a home, tent or camper (CDC)

☐ Not in the garage or on an enclosed porch

Our advice: keep it in the open, away from doors, windows and vents

☐ Know the CO warning signs

Headache, dizziness, weakness, nausea, vomiting, chest pain, confusion. Call 911 (CDC)

SET UP THE STOVE

☐ 3 feet from siding, deck rails, eaves

Grilling rule from the U.S. Fire Administration

☐ 3-foot safe zone for kids and pets

U.S. Fire Administration

☐ Do not walk away while it is lit

U.S. Fire Administration

☐ Flat, stable ground and water within reach

Our advice, plus follow your stove's instructions

IS THE FOOD SAFE?

☐ Refrigerator: up to 4 hours

Door closed. CDC says safe, FoodSafety.gov says cold

☐ Full freezer: about 48 hours

24 if half full, door closed

☐ Above 40°F for 2 hours or more

Discard it. 1 hour when it is above 90°F around you (FoodSafety.gov)

☐ Power off 4 hours or more

Discard perishables in the fridge: meat, poultry, fish, eggs, leftovers (CDC)

☐ Cook what you keep thoroughly

Safe minimum internal temperature for meat, poultry, fish and eggs (FoodSafety.gov)

BEFORE YOU LIGHT IT

☐ Stove outdoors and clear zone set☐ Food thermometer and water ready☐ Hands washed

When in doubt, throw it out. Fire or suspected CO poisoning: call 911.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.

tacticalbox.com/blogs/tacticalbox-blog

Sources: CDC, What to Do to Protect Yourself During a Power Outage; U.S. Fire Administration, Grilling Fire Safety; FoodSafety.gov, Food Safety in a Disaster or Emergency. Informational only.