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FALL STORMS/ FLASH FLOODS

Did you have issues during the last storm? Did the power go out? Did the sump pump fail? Here are some suggestions regarding how to safely weather the storm from the USDA Food Safety and Inspection Service. Follow these tips for:

FOOD SAFETY AND POWER OUTAGES

→Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Each time the door is opened, a significant amount of cold air is lost.

The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full and the door remains closed.)

→Food may be safely refrozen if it still contains ice crystals or is at 40° F or below.

→Never taste a food to determine its safety!

→Obtain dry or block ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for 2 days.

→If the power has been out for several days, then check the temperature of the freezer with an appliance thermometer or food thermometer. If the temperature is at 40° F or below, the food is safe.

→If a thermometer has not been kept in the freezer, then check each package of food to determine its safety. If the food still contains ice crystals, or is at 40° F or below then the food is safe.

→Discard refrigerated perishable foods such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items after 4 hours without power.

WHEN FLOODING OCCURS

»Do not eat any food that may have come into contact with flood water.

»Discard any food that is not in a waterproof container if there is any chance that it has come into contact with flood water. Food containers **that are not waterproof** include those with screw-caps, snap lids, pull tops, and crimped caps. Also, discard cardboard juice/milk/baby formula boxes and home canned foods if they have come in contact with flood water, because they cannot be effectively cleaned and sanitized.

»Inspect canned foods and discard any food in damaged cans. Can damage is shown by swelling; leakage; punctures; holes; fractures; extensive deep rusting; or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener.

»Undamaged, commercially prepared foods in all-metal cans and retort pouches (for example, flexible, shelf-stable juice or seafood pouches) can be saved if you do the following:

- Remove the labels, if they are the removable kind, since they can harbor dirt and bacteria.
- Thoroughly wash the cans or retort pouches with soap and water, using hot water if it is available.
- Brush or wipe away any dirt or silt.
- Rinse the cans or retort pouches with water that is safe for drinking, if available, since dirt or residual soap will reduce the effectiveness of chlorine sanitation.

Then, sanitize them by immersion in one of the two following ways:

- Place in water and allow the water to come to a boil and continue boiling for 2 minutes, or
- Place in a freshly-made solution consisting of 1 tablespoon of unscented liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available) for 15 minutes.

»Thoroughly wash countertops with soap and water, using hot water if available. Rinse, and then sanitize by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of drinking water (or the cleanest, clearest water available). Allow to air dry.

If the power is out then meal preparation is certainly a challenge. You don't want to open the refrigerator because it will result in cold air lost! You can't cook. So it's time to either go to the pantry and to the garden, or make it an evening out. The recipe for Black Bean and Tomato Salad will provide a quick, easy and refrigerator free meal. Add a green salad with a sprinkle of wine vinegar and olive oil and a crusty roll, and enjoy your meal by candlelight!

HERBED TOMATO AND BLACK BEAN SALAD

1 (15 ounce) can garbanzo beans, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
3 medium tomatoes, seeded and chopped (1½ cups)
¼ cup snipped fresh basil
¼ cup snipped fresh oregano
2 green onions, sliced (¼ cup)
1 clove garlic, minced
½ teaspoon salt
¼ teaspoon pepper
Fresh oregano sprigs, optional

Combine garbanzo beans, black beans, tomatoes, basil, oregano, green onion, garlic, salt and pepper in a medium bowl. Let stand at room temperature for 30 minutes to 2 hours to allow the flavors to blend. Garnish with fresh oregano, if desired. Makes 4 servings.

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