From the time we get up in the morning to the time when we flip off the lights at night, we rely on electricity. But when the power goes out, it's not only a nuisance; it can also be a life-threatening emergency. Power outages occur mainly in the summer months when residents depend on air conditioners and power usage is at its peak.

Power Out? What Do I Do?
- Check to make sure a fuse has not blown or a circuit breaker has not been tripped. If not, call your power provider to report the outage.
- Unplug all appliances that may turn back on when the power is restored.
- Keep your refrigerator closed as much as possible. If the power is expected to be out two hours or less, don't be concerned about losing your perishable foods. If the power is expected to be out more than two hours, move perishable foods into the freezer section.
- Stay indoors. If you need to go outside, stay away from downed power lines.

Emergency Eats
- Designate a section of your cupboard for foods that don’t require cooking. Rotate your supply every six months.
- If you're trying to use up food during an extended power outage, keep food in the driest and coolest place in your house. Close containers tightly or wrap items in plastic bags.
- Keep disposable plates, silverware, cups, and napkins on hand as well, along with a manual can opener.

Let's all get ready and stay safe if the power goes out this summer!