

# When the wind blows

When a winter blizzard (or any natural disaster) leaves you without power, are you prepared to weather the storm?

Know these facts from the University of Nebraska Extension service:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. Once the power goes off, the refrigerator will keep food safely cold for about 4 hours if it's unopened. A full freezer will hold the temperature for about 48 hours (24 hours if it's half full) if the door remains closed.
- Keep an insulated cooler on hand and gel packs or water-filled and frozen milk cartons in the freezer to cool perishable items. Outside sub-freezing temps will also preserve frozen food if the power stays out for days.

Stock one gallon of drinking water per person per day. Also stock up on staples that don't need to be refrigerated such as canned foods (and a hand-held can opener), soups, dried or smoked meats, dried fruits and vegetables, powdered or evaporated milk, peanut butter, trail mix, granola bars, pet food, and ready-to-eat cereals.

