



**HEADQUARTERS
JOINT SERVICES
HEALTH UNIT
(CYPRUS)
RAF AKROTIRI
BRITISH FORCES
POST OFFICE 57**



FOOD SAFETY ADVICE TO HOUSEHOLDERS

With the current power losses, stored food will be at risk of bacterial growth resulting in either food borne illnesses such as salmonella or campylobacter and food spoilage



International and UK food safety guidelines state that upon loss of power you should **keep refrigerator and freezer doors closed as much as possible**. In the temperate climate of Cyprus, a half full freezer can maintain frozen food for up to 24 hours. A normal refrigerator may hold food for 8 hours at the required temperature.

When the power is restored, you should check the contents of your fridges and freezers

Under 2 hours loss of power. If you have carried out the above actions, the food will be fine to keep.

Over 2 hours loss of power:

Frozen Food. Ensure food has remained frozen and discard any thawed stock. If you are considering cooking the thawed foodstuffs, ensure you allow enough time for the food to be thoroughly cooked through.



Refrigerated Food. A refrigerator may hold food at the required temperature (below 8°C) for up to 8 hours, but householders should check the food is still cold. You should consider discarding high risk food such as meats, fish, dairy produce and eggs that have been left in the refrigerator.

Replacement and Management of stock during this period of power outages. Remember that these power outages could last for some time. When you do your shopping, it is advised that you limit the amount of food produce that needs refrigeration or freezing.

Switch to UHT milk if possible as it does not need refrigerating until opened

Buy tinned vegetables instead of fresh, or consider buying fresh vegetables every other day

Avoid cooking food and then chilling it with the intention of reheating.

Do not chill and reheat rice. With the temperature fluctuations in the fridges and freezers due to the power outages there is an increased risk of bacillus cereus, which is one of the worst food poisoning organisms

Wash all fruit and vegetables before consumption.

It is extremely important to cook all meat thoroughly. Meat should not be cooked rare or medium rare.

Cook eggs thoroughly no runny yolks.

Limit the amount of food stored at home and buy only what you need.

Ensure that all waste food is disposed of carefully (double bagged), so it does not become an attractant for rodent and insect pest.

IF IN DOUBT,BAG IT AND BIN IT

For further information, please contact the JSHU(C) Detachment for your area:

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