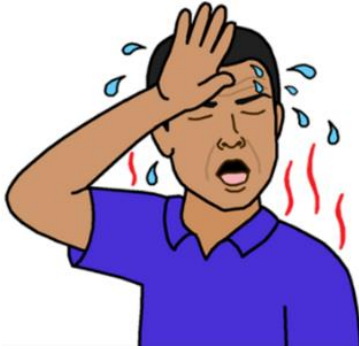
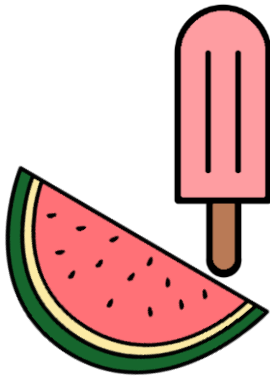


**It is hot.**

**Look after your food.**



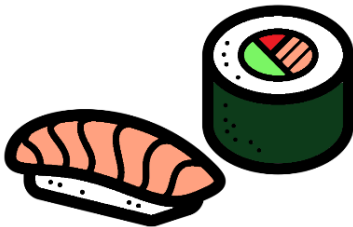
It is hot.



Some food can help you stay cool.

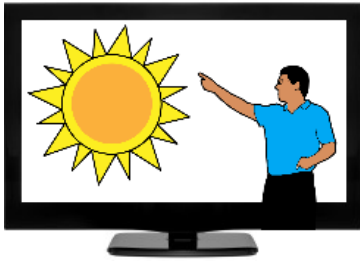
Eat food that is

- cold. Like an icy pole.
- fresh from your fridge. Like fruit.



Eat food you do **not** have to cook. Like

- sushi
- salad
- rice paper roll
- sandwich.



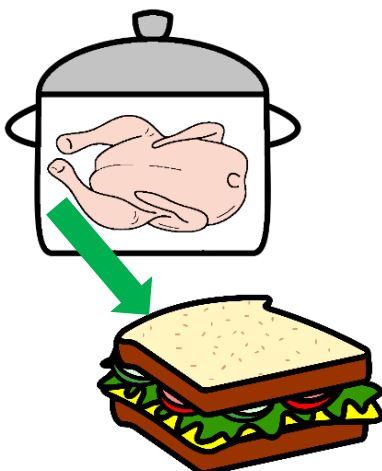
You can check when it will get hot. You check

- the TV news
- the radio
- the news paper
- your phone. It is an app.

Month						
Sun	Mon	Tue	Wed	Thur	Fri	Sat

It is **not** hot yet. You know it will get hot

- the next day
- in 2 days.



You can cook food now. You can eat it cold later.

Like today you cook a chicken.

The next day you have a sandwich.

You put the cold chicken in it.



## Water to drink

We need **more** water when it is hot.



Most days you drink about 2.5 litres of water.

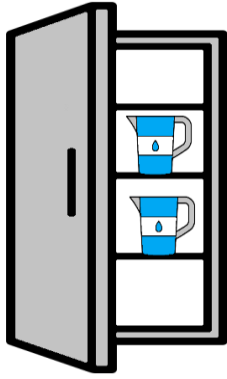
It is

- 2 **big** bottles
- and
- half a **big** bottle.



On hot days you need to drink more.

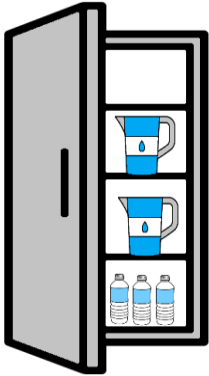
Like 3 litres of water.



Keep 2 jugs of water in the fridge.

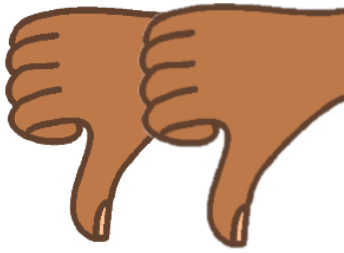
You have cool water ready.

You have a drink. Fill them up.



Keep bottles of water in the fridge.

Take them when you go out.



Some drinks are **not** good in hot weather.

They do **not** help you stay well.

They make your body dry.



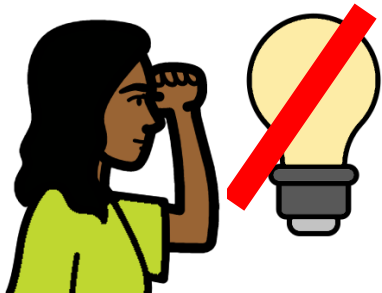
It is drinks like

- coffee
- soft drink
- cola



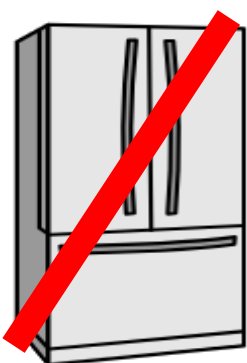
Other drinks **not** good in hot weather are

- beer
- wine
- mixed drinks.



## The power may go off

How to get ready. You can plan now.



You can **not** use your fridge.

You can **not** use your freezer.

You can **not** use your stove.

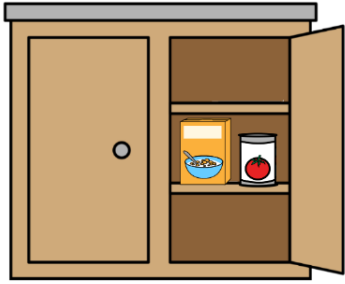
You can **not** use your microwave.



You may have a

- BBQ
- gas stove. It is in your house.
- out door gas stove. It is for camping.

You can cook with them.



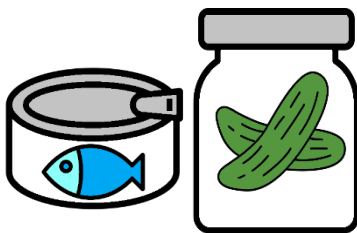
You need food you keep in the cupboard.

It does **not** need to stay cold.



You need food

- you do **not** need to cook
- you can eat cold.



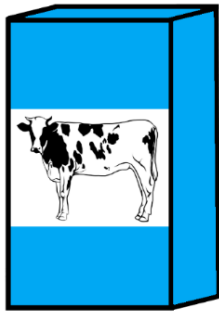
It may be food like

- fish in a tin
- pickles in a jar



- dried fruit
- muesli bars.





You can get long life milk. It lasts a long time.

It may be

- cows milk
- soy milk.

It is **not** open. You keep it in the cupboard.

You open the milk. Now it goes in the fridge.



This may be a lot of food for you.

You do **not** need to get it all now.

Get a few things each time you shop.

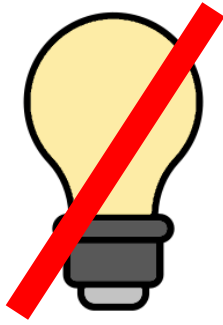


### Read

My grocery list. Knox City Council recipes.

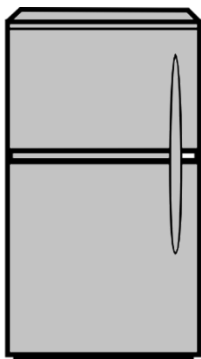
They help you plan

- what food to buy
- what to make with it.



## The power is off

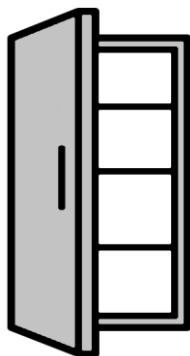
How to look after your cold food.



Keep the doors shut on your

- fridge
- freezer.

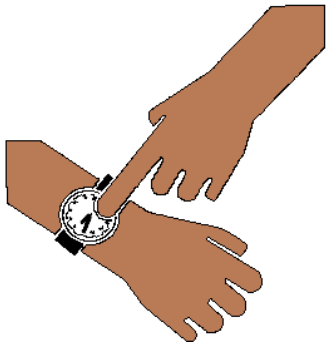
This keeps it cold in side.



You may need to open the fridge. You need

- your pills
- food for your baby.

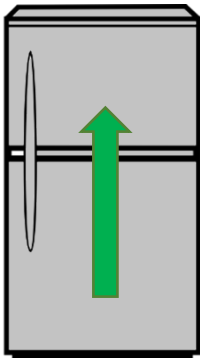
That is OK. You can open the door.



You know how long the power will be off.

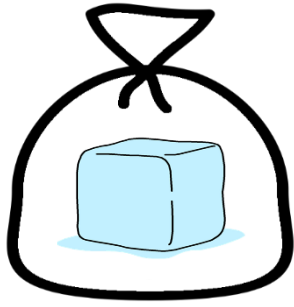
It is more than 1 hour. Like

- 2 hours
  - all day
  - all day
- and**
- all night.

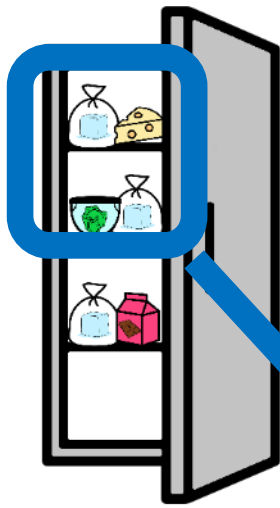


Take cold food from the fridge.

Put it in the freezer. It stays cold for more time.



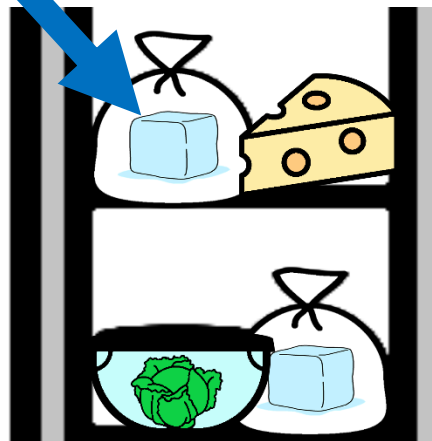
Get bags of ice.



Put it around food in the

- fridge
- freezer.

It keeps the food cold.



Blank page

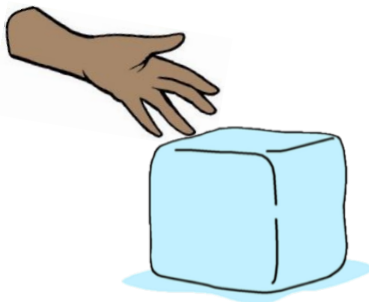


## Is your food still good?

The power is off. Your food may still be OK to eat.



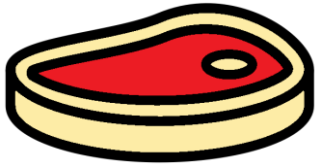
Touch the food.



It feels cold. It is less than 5 degrees.

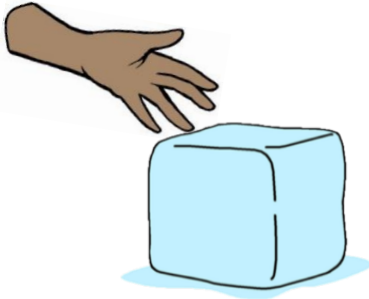


It is safe to eat.

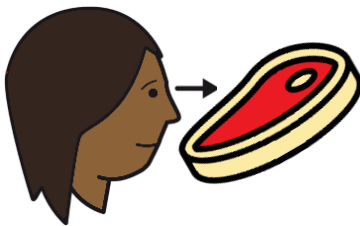


It is raw. It is **not** cooked. Like

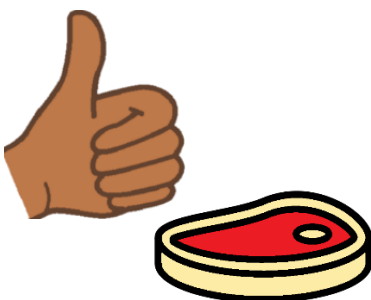
- meat
- chicken.



It feels cold. It is less than 5 degrees.



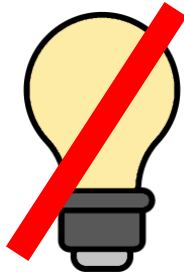
It looks OK. It smells OK. It does **not** smell bad.



It is safe to cook.



You have hot food.



The power goes off. Your food is still hot.



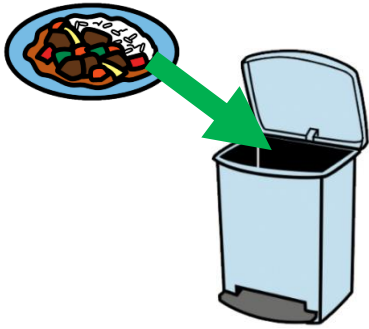
Your food cools. It is safe to eat.

It is safe for 4 hours. Like

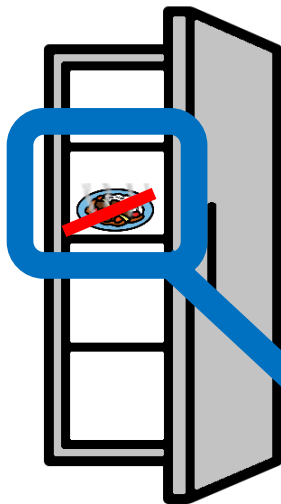
The power went off at 4 in the afternoon.

It is 8 at night now.



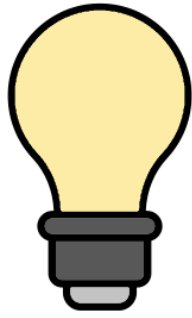


You did **not** eat this food.  
It is **more** than 4 hours.  
You must throw it away.



Do **not** put hot food in the fridge.  
It makes the fridge hot in side.  
All your food will go bad.





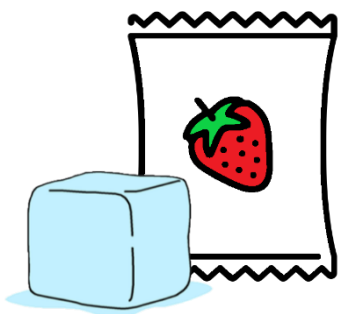
## The power is back on



Check your fridge food. It is

- cold to touch
- less than 5 degrees?

It is still good. You do **not** throw it away.



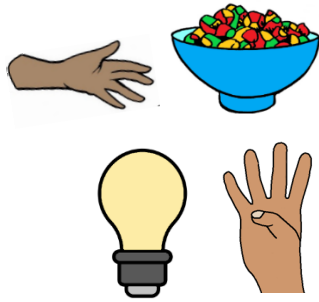
Check your freezer food. Is it

- frozen
- feels hard
- very cold to touch?

It is still good. You do **not** throw it away.

## Images

We can use these images. They are from



- Change People
- PictoSelector
- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on information in the Knox City Council **Prepare for Extreme Weather** and **Eating in Extreme Weather**.