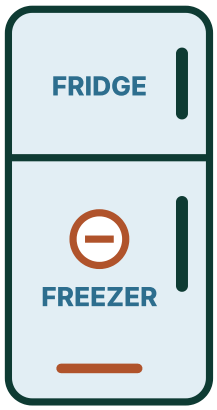
72h

Power cut fridge sign

Stick it on the fridge or inside a kitchen cupboard door.

Power cut?
Keep me closed.

Every time the door opens, cold air escapes and food warms up faster.



0 to 4h
Food is fine
A cut under 4 hours is unlikely to affect chilled or frozen food.

4h
Fridge warming
Fridge stays cold for up to about 4 hours. Eat chilled food first.

24h
Half-full freezer
Keeps food frozen for about 24 hours.

48h
Full freezer
Keeps food frozen for up to about 48 hours.

Timings are Food Standards Agency estimates. Check food carefully when the power returns. If in doubt, throw it out.

Call 105
Free from any phone. Report the power cut and get an estimated fix time. Use a torch, not candles.

Never use a barbecue, camping stove, patio heater or generator indoors
They give off carbon monoxide, which can kill. Smell gas? Call 0800 111 999.

Our power cut kit

- [ ] Torch or lantern
- [ ] Spare batteries
- [ ] Charged power bank
- [ ] Wind-up or battery radio
- [ ] Blankets and warm layers
- [ ] Food that needs no cooking
- [ ] Bottled water
- [ ] Cash
- [ ] Numbers written down

It is kept: _____

Stay warm
One room, curtains closed, layers and blankets.

Save battery
Low power mode. Keep the power bank for when phones are low.

Check on others
Older or vulnerable neighbours may need help.