Eat Safe Food

After a flood, food may not be safe to eat. Some food you must throw out. This is true even if the food was in your refrigerator or freezer. Some food you can clean.

Throw out these foods
- cans that are open, bulging, or dented
- any food that may have touched flood water
- any food that rats, mice, or other animals may have touched
- food that you don’t know where it came from
- food that was canned at home

Throw out these things
- bottles, jars, or cans with screw caps, snap lids, crimped caps (soda pop bottles), twist caps, and flip tops
- wooden cutting boards
- baby bottle nipples and pacifiers

Clean things that touch food
- Wear rubber boots, rubber gloves, and goggles.
- Scrub food cans with soap and water. Rinse. Dip in mix of 1 cup of household liquid bleach in 5 gallons of water. Use bleach that does not have an added scent (like lemon).
- Scrub surfaces like counter tops and tables with soap and clean water. Rinse. Wipe with a mix of 1 teaspoon of household liquid bleach in 1 gallon of water. Use bleach that does not have an added scent (like lemon). Don’t rinse. Air dry.
- Never mix bleach with ammonia or other cleaners.
- Open windows and doors to get fresh air when you use bleach.

Recommendations from the Centers for Disease Control and Prevention