



Which foods are safe after power outage?

I saw the river of creamy liquid on our garage floor at the base of the freezer. I was on the way to retrieve something to thaw for dinner a few years ago.

My heart sank as I walked closer. I saw that the freezer door was slightly ajar.

The liquid came from a large box of melting ice cream bars that were irresistible to my children, especially on warm summer days.

After squeezing the food packages, I closed the door and began coming up with a game plan to deal with thawed food. Let's just say that this mom was not happy.

I found an ice cream wrapper in the trash. I could have smelled my kids' breath for chocolate. They would have left DNA on the wrapper for scientific testing. Instead, I got to work because my kids were not home.

I thought about the type of food, the current temperature and the approximate amount of time that had elapsed. I grabbed a food thermometer and checked the temperature of the thawed food.

I determined that most of the food could be used, even though it was fully or partially thawed. The food temperature was still about 42 degrees. The freezer door was closed now so the temperature was decreasing.

Meat that is partially thawed and has ice crystals can be refrozen; however, I did not want to refreeze the meat for quality reasons. I made enough meals for a couple of weeks, including casseroles, soup, roast and pulled pork. I used every appliance in my possession.

When my kids arrived home, they thought I had prepared a feast for them. I interrogated them and found my culprit. Since it was an accident, no punishment was in order, just a stern warning to be sure the freezer door is closed.

I regularly handle calls and emails from disgruntled people who find food that is partially or fully thawed. No one likes to throw food away. Unfortunately, freezers and refrigerators can stop working for lots of reasons, such as power failure from a storm, floods or equipment failure.

Sometimes, saving perishable food is not possible but you can try some steps. During power outages, keep the door on the freezer closed. A full freezer will maintain the food cold for up to two days. A half-full freezer will keep food safe for about a day, as long as you keep the door closed.

The U.S. Department of Agriculture uses a two-hour rule for determining safety. If the frozen meat, dairy, soup or casseroles have thawed and been above 40 degrees for more than two hours, the food is best discarded.

If you discover a refrigerator or freezer that is filled with food above the desired temperature of 40 degrees F for refrigerators and 0 de-

grees for freezers, think about the type of food it is.

Meat, poultry, fish, milk and other high-protein foods are excellent media for growing bacteria. They spoil quickly. If your refrigerator contains condiments such as ketchup, mustard, steak and Worcestershire sauce, your food is fine to use.

Ketchup and many other condiments are "acidified" foods. They are at an acidity level that does not grow bacteria. That's why many restaurants often leave these condiments on the table. However, these tasty sauces will maintain their flavor better if they are kept in the refrigerator.

If you find warm milk in the malfunctioning fridge, and you do not know how long it was at room temperature, the safest thing to do is to toss it. Whole fruit and vegetables are safe to use.

Melted ice cream does not refreeze. Soft and semi-soft cheese and shredded cheese should be discarded if held above 40 degrees Fahrenheit for more than two hours, while hard cheese such as parmesan can be refrozen. Breads, including muffins, can be refrozen.

Check out your refrigerator or freezer for the ingredients found in this easy and colorful recipe. See www.ag.ndsu.edu/food for more information.

Hawaiian Chicken Sheet Pan Meal

1.5 pounds chicken breast or boneless skinless chicken thighs, cubed

Salt and pepper (to taste)

1 tablespoon canola oil (or your favorite oil)

1 large red bell pepper, diced

1 large orange or yellow bell pepper, diced

½ red onion, cut into chunks

½ cup barbecue sauce (plus more for drizzling)

1 cup pineapple chunks, canned (drained) or fresh Juice of 1 lime

Cilantro and white sesame seeds for garnish (optional)

6 cups cooked brown or white rice (as an accompaniment)

Preheat oven to 350 F and prepare a baking sheet by lining with parchment paper and spraying with oil. In a large mixing bowl, season chicken breast with salt, pepper and a drizzle of oil. Next, add bell peppers, red onion and barbecue sauce to chicken and coat thoroughly. Bake in the oven for 20 minutes, then remove sheet pan and add pineapple chunks. Return to the oven for 15 to 20 more minutes or until chicken reaches an internal temperature of 165 F. Remove sheet pan from oven and squeeze lime juice over all. Add cilantro and sesame seeds to garnish. Serve with a side of rice.

Makes six servings. Each serving (with rice) has 470 calories, 7 grams (g) fat, 32 g protein, 68 g carbohydrate, 5 g fiber and 340 milligrams sodium.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-02-02.1 ELIGIBILITY FOR MEDICAID

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **11:30 a.m. on Wednesday, September 4, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Monday, September 16, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-02-09 RATESETTING FOR PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **1:00 p.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTER 75-03-23 PROVISION OF HOME AND COMMUNITY-BASED SERVICES UNDER THE SERVICE PAYMENTS FOR ELDERLY AND DISABLED PROGRAM AND THE MEDICAID WAIVER FOR THE AGED AND DISABLED PROGRAM

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **9:30 a.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

Public Notice

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO N.D. ADMIN. CODE CHAPTERS 75-04-01 AND 75-04-06 LICENSING OF PROGRAMS AND SERVICES FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES - DEVELOPMENTAL DISABILITIES AND ELIGIBILITY FOR INTELLECTUAL DISABILITIES - DEVELOPMENTAL DISABILITIES PROGRAM MANAGEMENT SERVICES

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code chapters 75-04-01 and 75-04-06 at **10:00 a.m. on Wednesday, September 4, 2024, in Bismarck, N.D. in Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules, may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments on the proposed rules must be received no later than 5:00 p.m. on Monday, September 16, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

N.D. ADMIN. CODE CHAPTER 33-06-16 NEWBORN SCREENING PROGRAM

TAKE NOTICE that the **North Dakota Department of Health and Human Services** will hold a public hearing to address proposed changes to the N.D. Admin. Code at **2:30 p.m. on Tuesday, September 3, 2024, in Bismarck, N.D. in AV Room 210, located on the second floor of the Judicial Wing of the State Capitol.**

Copies of the proposed rules are available for review at human service zones offices and at human service centers. Copies of the proposed rules and the regulatory analysis relating to these rules may be requested by telephoning (701) 328-2311. Written or oral data, views, or arguments may be entered at the hearing or sent to: Rules Administrator, North Dakota Department of Health and Human Services, State Capitol - Judicial Wing, 600 E. Boulevard Ave., Dept. 325, Bismarck, ND 58505-0250. Written data, views, or arguments must be received no later than 5:00 p.m. on Friday, September 13, 2024. ATTENTION PERSONS WITH DISABILITIES: If you plan to attend the hearing and will need special facilities or assistance relating to a disability, please contact the Department of Health and Human Services at the above telephone number or address at least two weeks prior to the hearing. Dated this 24th day of July, 2024.

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