

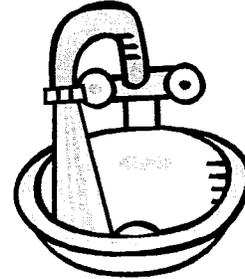
THAWING FOODS PROPERLY

4 METHODS OF THAWING FROZEN FOOD



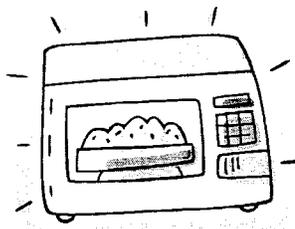
REFRIGERATOR

Thaw in refrigerator at a temperature of 41°F or lower.



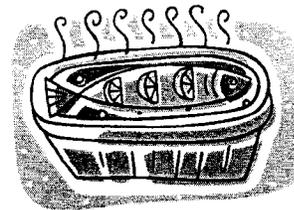
RUNNING WATER

Thaw under running water at a temperature of 70°F or lower. Allow water to drain over sides of pan containing food or through a strainer.



MICROWAVE OVEN

Thaw in microwave immediately before the food will be cooked.



WHILE COOKING

Thaw as a part of the regular cooking process.

ALWAYS THAW POTENTIALLY HAZARDOUS FOOD PROPERLY TO PREVENT FOODBORNE ILLNESS!