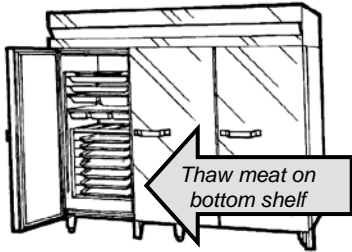


Thawing Food Properly

*When frozen food is left at room temperature,
the outside layer can get warm enough for bacteria to grow.*

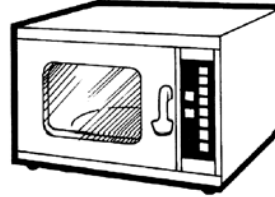
Always use a safe method to thaw frozen foods:



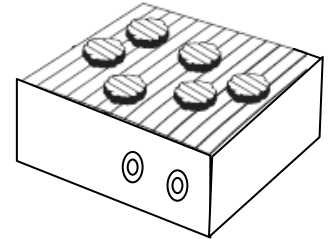
**In the refrigerator (<41°F)
Plan ahead – thawing may
take over 24 hours**



**Place frozen food under
cool (<70°F) running
water for less than 2
hours**



**Thaw in a microwave
immediately before
cooking**



**Thaw by cooking
(make sure inside meets
required cooking
temperatures)**



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