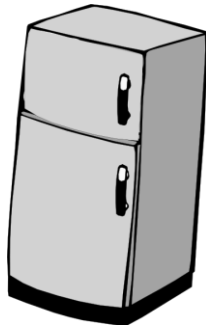


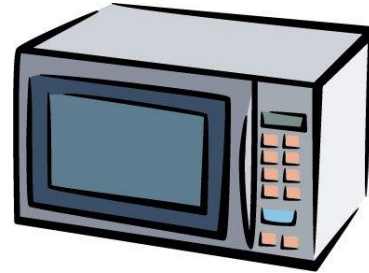
# Four Ways to Thaw Food Safely

## REFRIGERATOR



- In a Cooler or Refrigerator
- Allows slow, safe thawing
- Make sure thawing meat and poultry juices not drip onto other food

## MICROWAVE



- By Microwaving-as the First Step in a Continuous Cooking Process
- Cook meat and poultry immediately after microwave thawing

## COOL WATER RUNNING



- Put food in preparation sink under cool running tap water
- In cold (70 degree F) running water for 2 Hours or Less

## CONVENTIONAL COOKING



- Foods cooked directly from frozen state (soup, frozen precooked)
- During the Cooking Process, Continuous Cooking with NO Interruption

### NEVER THAW FOODS AT ROOM TEMPERATURE

Thawed portions on the outside will support bacterial growth and can result in an unsafe product!