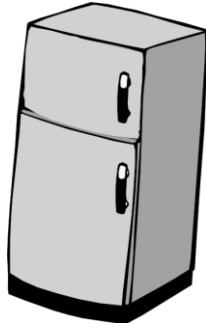


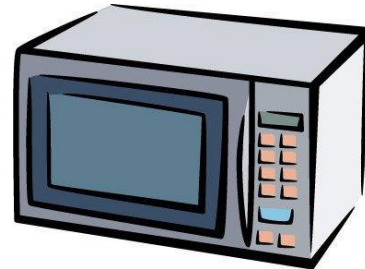
Four Ways to Thaw Food Safely

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!