

# THAWING

Freezing prevents microbial growth in foods, but usually does not destroy all microorganisms. Improper thawing provides an opportunity for surviving bacteria to grow to harmful numbers and/or produce toxins. Here are some methods of proper thawing!

## IN THE REFRIGERATOR



Place food in the refrigerator day(s) prior to preparation.



Use cold water. Less than 4 hours. Food items can not exceed 41°F

## AS PART OF THE COOKING PROCESS



Food thawed in microwave must be cooked immediately.



Only if the package indicates "KEEP FROZEN"



**DON'T LEAVE IT AT ROOM TEMPERATURE**



**DON'T LEAVE IT SITTING IN STAGNANT WATER**