

Thaw Foods Safely

Improper thawing methods can cause pathogens to grow to unsafe levels in food and can greatly increase the risk of a foodborne illness.

Approved methods of thawing:

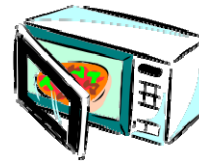
- Under refrigeration temperatures (41°F or below) in a cooler or refrigerator



- Submerged under cold (70°F or below) running water in the food prep sink



- In a microwave - as long as the *entire* product will be cooked immediately



- As part of the cooking process



Never thaw foods:

- On the counter
- In a sink without cold running water
- In standing warm or hot water
- Using any other unapproved method

