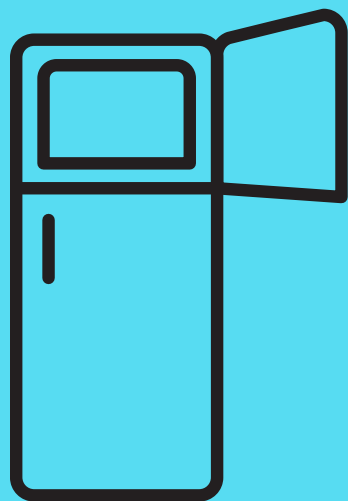


Safe Thawing



Fuel Your Family

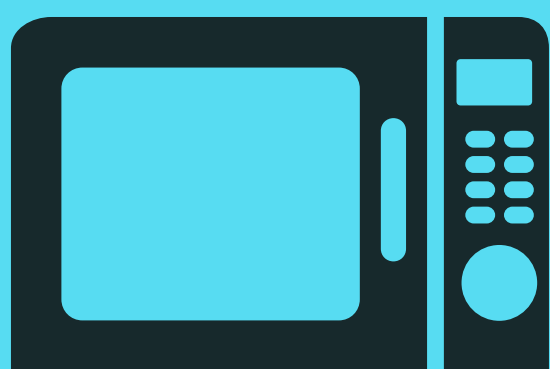


REFRIGERATOR THAWING

- Plan ahead - put items in the fridge at least 24 hours before you plan to cook it
- Eat ground meat, stew meat, poultry, & seafood within 1 to 2 days
- Eat red meat cuts (beef, pork, lamb roasts) within 3 to 5 days
- Foods can be refrozen after thawing with this method only, but the quality may suffer due to loss of moisture

COLD WATER THAWING

- Thaw food in a leak-proof plastic bag immersed in cold water, and change water every 30 minutes or thaw in cold running water less than 70 degrees F
- Cook immediately after thawing
- Cook to proper temperature before refreezing

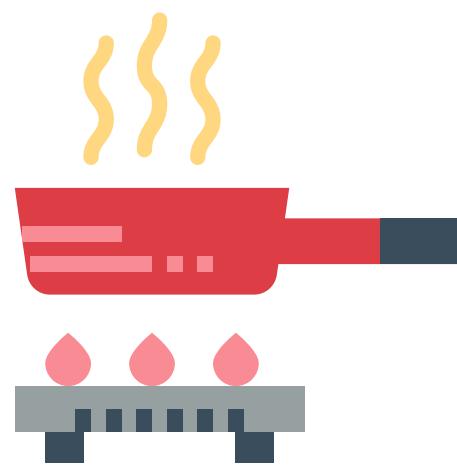


MICROWAVE THAWING

- Cook immediately after thawing
- Cook to recommended temperature and cool properly before refreezing

COOKING

- Thaw during the cooking process, such as cooking frozen hamburger patties on a grill
- Cooking frozen food takes about 50% longer than thawed or fresh food items



SAFETY TIPS!

- Don't leave food in the temperature danger zone (40 F to 140 F) for more than 2 hours
- Never thaw foods outside or in a garage, basement, on the kitchen counter, or in the sink. These methods can leave your foods unsafe to eat.

SOURCES: SERVS SAFE MANAGER BOOK 7TH ED, ENGLISH

[HTTPS://WWW.FSIS.USDA.GOV/WPS/PORTAL/FSIS/TOPICS/FOOD-SAFETY-EDUCATION/GET-ANSWERS/FOOD-SAFETY-FACT-SHEETS/SAFE-FOOD-HANDLING/THE-BIG-THAW-SAFE-DEFROSTING-METHODS-FOR-CONSUMERS/CT_INDEX](https://www.fsis.usda.gov/wps/portal/FSIS/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/the-big-thaw-safe-defrosting-methods-for-consumers/ct_index)

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