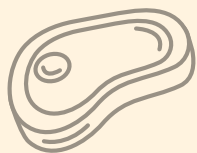


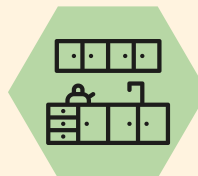
HOW DO I SAFELY THAW FOOD?

CAN I...



Thaw food on the counter?

No. Food should not be left on the counter/in room temperature to thaw as the outer layer of the food can be in the "Danger Zone," (40 to 140°F) where pathogens can multiply



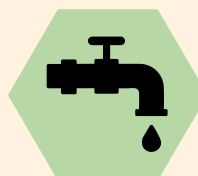
Thaw food by cooking it?

Yes. This works best for ground or chopped meat, but you can thaw whole meat by cooking it. Use a meat probe thermometer to check for the proper temperature



Thaw food with running water?

Yes. Running cold water (70°F or lower) into a bowl with meat and letting it overflow helps evenly defrost the meat. You should leave it in water for 20-30 minutes per pound of meat



Thaw food in the fridge?

Yes. Letting meat thaw in the fridge (40°F or lower) is the safest way as you don't have to keep watch over it. Five pounds of meat require about a day to thaw while large whole meats like turkeys will require multiple days to thaw.



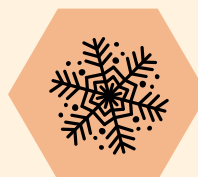
Thaw food in the microwave?

Yes. It takes about 7-8 minutes per pound of meat to properly thaw via microwave. This may lead to uneven thawing, so cook food immediately after using this thawing method.



Refreeze food after cooking it?

Yes. While freezing foods to 0°F can prevent microorganisms from multiplying, it is important that you cook foods to the proper temperatures to ensure that microorganisms are killed



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