How To Properly Thaw Food

Improper thawing can put your food in risk of the temperature danger zone. Follow these approved methods.

**IN A REFRIGERATOR**
Thaw food in a refrigerator at 41°F or lower to keep dangerous microorganisms from growing.

**UNDER RUNNING WATER**
Thaw food submerged under running water at a temperature of 70°F or lower. The water flow must be strong enough to wash food particles into the overflow drain.

**IN A MICROWAVE** oven followed by immediate cooking

**AS PART OF THE COOKING PROCESS**