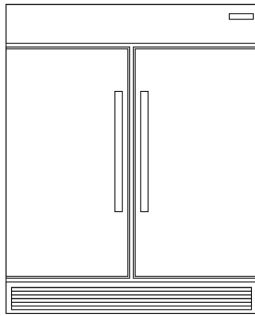


How To Properly Thaw Food

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.

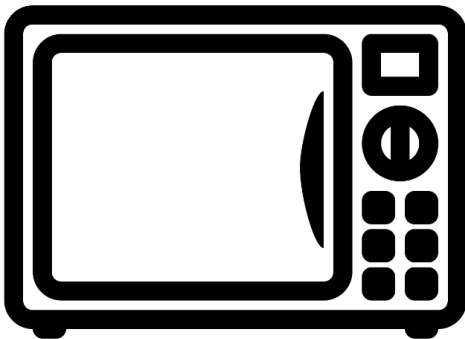


UNDER RUNNING WATER

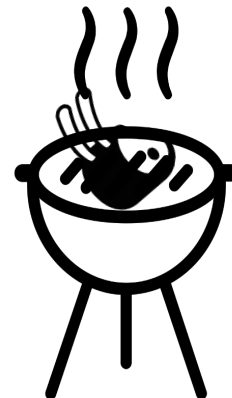
Thaw food submerged under running water at a temperature of **70°F or lower**. The water flow must be strong enough to wash food particles into the overflow drain.



IN A MICROWAVE oven followed by *immediate* cooking



AS PART OF THE COOKING PROCESS



United States Virgin Islands
Department of Health
Division of Environmental Health

<https://doh.vi.gov/programs/environmental-health>