

THAWING



Freezing prevents microbial growth in foods, but usually does not destroy all micro-organisms. Improper thawing provides an opportunity for surviving bacteria to grow to harmful numbers and/or produce toxins. Here are some methods of proper thawing!

IN THE REFRIGERATOR



Place food in the refrigerator day(s) prior to preparation.

SUBMERGED UNDER RUNNING WATER



Use cold water. Less than 4 hours. Food items can not exceed 41°F.

AS PART OF THE COOKING PROCESS



Food thawed in microwave must be cooked immediately.

FISH IN REDUCED OXYGEN PACKAGING



cut or poke a hole on the package



Remove from original package



Only if the package indicates "Keep frozen"

Don't leave it at room temperature



Don't leave it sitting in stagnant water

Working with our community
to ensure a safe and healthy environment