

# Thawing

Keep frozen foods in a frozen state until ready for preparation. There are 4 safe ways to thaw food:

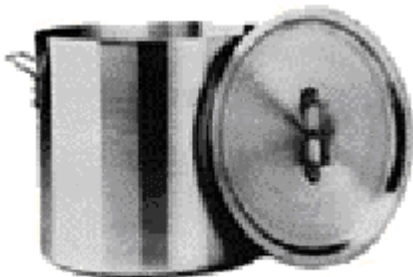
1. In a refrigerator, at 41°F or below.



2. Under clean running water at a temperature of 70°F or lower, while being monitored.



3. As part of a cooking procedure, until food reaches its final temperature.



4. In a microwave oven, if the food will be cooked immediately after thawing.

