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

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