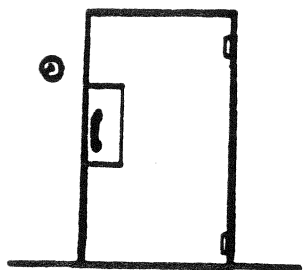


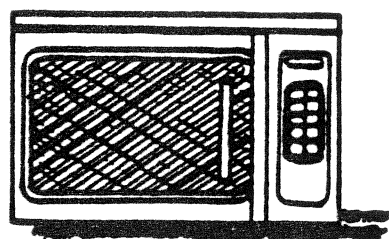
Thawing Frozen Food Properly

Potentially hazardous food* must be properly thawed if it is to be safe for preparation. When food is thawed at room temperature, a large bacterial growth may result. In that case, cooking will not necessarily prevent a food borne illness. It is important to use an approved thawing method to keep food at a safe temperature and prevent bacterial growth.

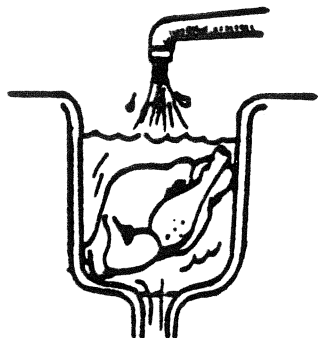
The only approved methods for thawing frozen foods are:



- A. In a refrigerated unit with a temperature of 45° or below. Cover food and place on bottom shelf while thawing.



- B. In a microwave oven, provided the food is cooked immediately afterward.



- C. Under potable, running water with a temperature of 70°F or below. The water flow must remove food particles.



- D. During cooking. Increase the cooking time by adding the time that would have been spent thawing the food.

* Potentially hazardous food is any food that can support the rapid growth of disease-causing bacteria. Some examples are: poultry, meat, dairy products, eggs, and fish.