

JUST THAW IT!

Thawing temperature/time control for safety foods

Use one of these safe thawing methods



- Refrigerate at a constant temperature of 41°F (5°C) or less.



- Completely submerge under potable running water at 70°F (21°C) or below, with sufficient water velocity to agitate and float off loose particles in an overflow drain.



- Microwave when food will be cooked immediately and without interruption.



- Thaw as part of the cooking process.

Remember

- Never thaw food on a counter top, at room temperature or in hot water.



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