

THAW FROZEN FOOD PROPERLY!

GERMS can grow in food thawed at room temperature!

There are only 4 safe ways to thaw food:

1 In a refrigerator



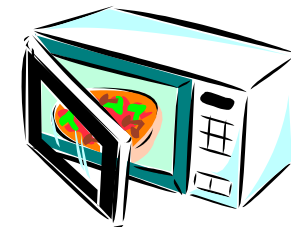
2 Under cold, running water



3 During the cooking process



4 In a microwave
(If cooked immediately after thawing)



Food Safety Program

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