



## PROPER THAWING METHODS FOR FROZEN FOODS

Keep frozen foods in a frozen state or under refrigeration until needed for preparation processes. Thaw foods using one of the following approved methods:

- Under refrigeration, at or below 41°F.
- Under potable running water at a temperature of 70°F or lower. Thaw only in a clean sanitized food prep sink in a clean container. The water stream must be adequate in strength to agitate loose food particles and bacteria into the drain.
- Thaw foods in the microwave oven only if it is to be cooked immediately in conventional cooking equipment.
- Thaw food as part of the cooking process until the product reaches final required cooking temperature.

Never, thaw foods at room temperature or allow the food temperature to exceed 41°F for four hours. This includes the time to thaw the food and prep time.

**Foods time/temperature abused for an undetermined amount of time and/or with surface temperatures of greater than 45°F shall be immediately discarded.**