Freezing prevents microbial growth in foods, but usually does not destroy all microorganisms. 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.
- Food thawed in microwave must be cooked immediately.

**SUBMERGED UNDER RUNNING WATER**
- Use cold water. Less than 4 hours. Food items can not exceed 41°F.

**AS PART OF THE COOKING PROCESS**
- Cut or poke a hole on the package.

**FISH IN REDUCED OXYGEN PACKAGING**
- Only if the package indicates "Keep frozen"
- Remove from original package

**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.