

# Thawing Perishable Foods

**Frozen foods should always be thawed carefully to prevent the growth of disease-causing bacteria.**

**Do not thaw foods at room temperature. This allows the bacteria to multiply quickly. The following techniques are safer for thawing food:**

- Thaw frozen foods in the refrigerator (33°F - 40°F).
- Thaw as part of the cooking process. Foods can be put in the oven or on the stove while still frozen and cooked safely (example - frozen hamburger patty on grill.)
- Thaw frozen foods in a microwave oven on the “defrost” setting, then cook the food immediately.
- Thaw foods in a container in the sink under cold **running** tap water (below 70°F). The water should be running hard enough to agitate and carry away loose particles. When defrosting raw meat, do not allow the meat to reach 40°F or higher. This method is better for smaller portions and may not be practical for larger food items.

**For more information about thawing perishable foods,  
contact us at the information listed above.**