

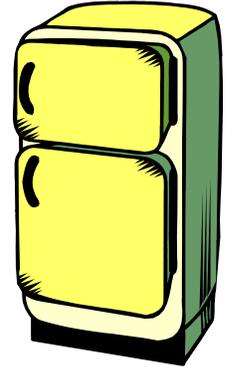


THAW FROZEN FOODS SAFELY

When thawing frozen foods it is important to remember that the danger zone is between 40°F and 140°F. When food is left on the counter to defrost or is defrosted under hot water, it is in the danger zone where bacteria love to grow. Listed below are 3 ways for you to defrost your frozen foods safely.

1. Thaw in the refrigerator

- The safest way to thaw frozen foods is in the refrigerator. This allows for a slow and safe thawing.
- It usually takes 1 day to defrost small amounts of frozen food.
- Larger frozen items such as a frozen turkey will need more time to defrost completely.
- Thaw raw meats, poultry, and seafood on the bottom shelf of the refrigerator. Have a plate or a pan under them to catch any juices that may drip.



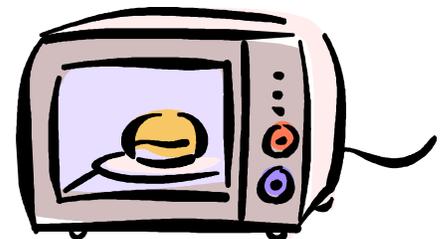
2. Thaw under cold water

- Using cold water is a fast way to thaw out frozen foods but some precautions are needed.
 - Place the frozen food in a leak proof bag and submerge in cold tap water.
 - Change the tap water every 30 minutes until the frozen food is thawed.
 - As soon as the food is thawed either cook it immediately or put it in the refrigerator until ready to cook.



3. Thaw using the microwave

- A microwave oven is another fast way to thaw out frozen foods.
- When the microwave is used to defrost, it will start cooking the frozen item. When using this method, the food needs to be cooked right after it is thawed to prevent bacterial growth on the food.
- Do not put foods thawed this way in the refrigerator unless they have been cooked.



TEST YOUR KNOWLEDGE

1. What is the safest way to thaw frozen foods?
 - A. In the refrigerator
 - B. In the microwave
 - C. Leave frozen item out on the counter
 - D. Under cold water
2. When thawing frozen meats in the refrigerator, they should be placed on the top shelf with nothing under the package.
 - A. True
 - B. False
3. When thawing frozen foods under cold water, you should change the tap water every _____ until the frozen food is thawed.
 - A. 30 minutes
 - B. 40 minutes
 - C. 50 minutes
 - D. You do not need to change the water.
4. When using a microwave to defrost frozen foods, you need to cook the food right after it is thawed.
 - A. True
 - B. False



**Are you ready to thaw
your frozen foods?**

4. A
3. A
2. B
1. A
ANSWERS

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