

Food Safety Fact Sheet

Thawing Foods Safely

Never thaw foods at room temperature. The thawed portion on the outside will support bacterial growth and can result in an unsafe product. There are four ways to thaw foods safely.

In a cooler or refrigerator at 41°F or less



In cold (70°F) running water for two hours or less



During the cooking process with no interruption



In the microwave as the first step in a continuous cooking process

