

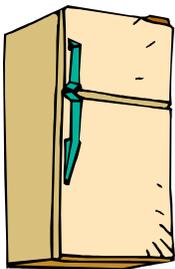
# Thawing Foods Safely

Wisconsin Food Code Fact Sheet #17

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To keep food SAFE during thawing make sure you thaw food in one of the following ways:

## IN THE REFRIGERATOR:



Thaw food in a refrigerator that maintains a temperature of 41°F or below. This method requires advance planning because larger foods may take several days to thaw.

## UNDER RUNNING WATER:



Thaw food completely submerged under running water at a temperature of 70°F or below.

Use sufficient water velocity to agitate and float off loose particles in an overflow for a period of time that does not allow thawed portions of food to rise above 41°F.

**When thawing portions of raw animal foods under running water that will require cooking**, the temperature may not go above 41°F for more than four hours. This includes the time needed for preparation of cooking the food or the time it takes to lower the food temperature back to 41°F under refrigeration.

## IN THE MICROWAVE:

Thaw in a microwave if the food is to be cooked immediately afterward.



## WHEN COOKING:

Thaw as part of the cooking process.

