How To Thaw Food Safely



Advantages

 Best way to prevent food poisoning

In the Refrigerator at 4°C (40°F) or lower

- Meat thaws evenly throughout
- Meat stays fresh with no colour or texture change

Disadvantages

- Requires a planned menu
- May take several days for large cuts of meat or whole poultry

Under Cold Running Water ••••

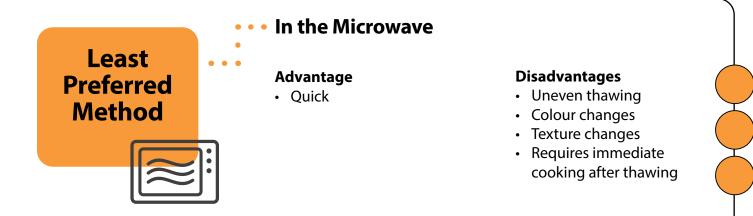
Advantages

- Safe way to prevent food poisoning
- Meat thaws evenly throughout
- Fairly fast

Disadvantages

- Requires an available food preparation sink
- Uses a lot of water
- Time required to clean and sanitize sinks before and after thawing





Remember, never thaw meat at room temperature!



Durham Health Connection Line 905-668-2020 or 1-800-841-2729 durham.ca/foodsafety





If you require this information in an accessible format, contact 905-668-2020 or 1-800-841-2729