

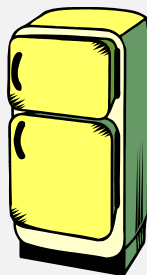


## Thawing Matters!

*When it comes time to take a frozen food out of the freezer, it's always best to let it thaw before using it in a recipe. However, some thawing methods are safer and more effective than others. Below is a review of four common “defrosting” techniques.*

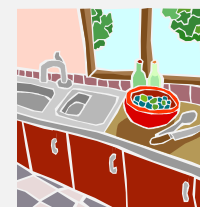
### In the refrigerator

Food will be held at a safe temperature even after it has been defrosted, which will keep it from spoiling. This method may require hours or even days for the food to be thawed completely so be sure to plan your meals in advance!



### On the countertop

Food should **never** be defrosted this way; it will thaw unevenly and kitchen surfaces are easily contaminated by juices and drippings off of frozen meats. This method also requires more time than the cold water method.



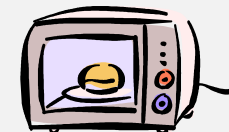
### Submerged in cold water

Most foods will thaw quickly and evenly under water. Make sure the food is sealed tightly to avoid leaking and remember that the food must to be cooked immediately to avoid spoilage!



### In the microwave

This is quickest method of thawing but if the food is left in the microwave too long, it may begin to cook. Be sure to cook the food completely soon after it has thawed so that it does not spoil.



### *More “chill” tips for food safety...*

- Check the temperature inside the refrigerator and freezer to make sure the food being properly chilled. The refrigerator should always be below 40°F and the freezer should be no higher than 0°F.
- It's always a good idea to save extra food for another meal. Just make sure the leftovers get transferred to an air tight container and put in the fridge no more than two hours after they have been cooked!

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