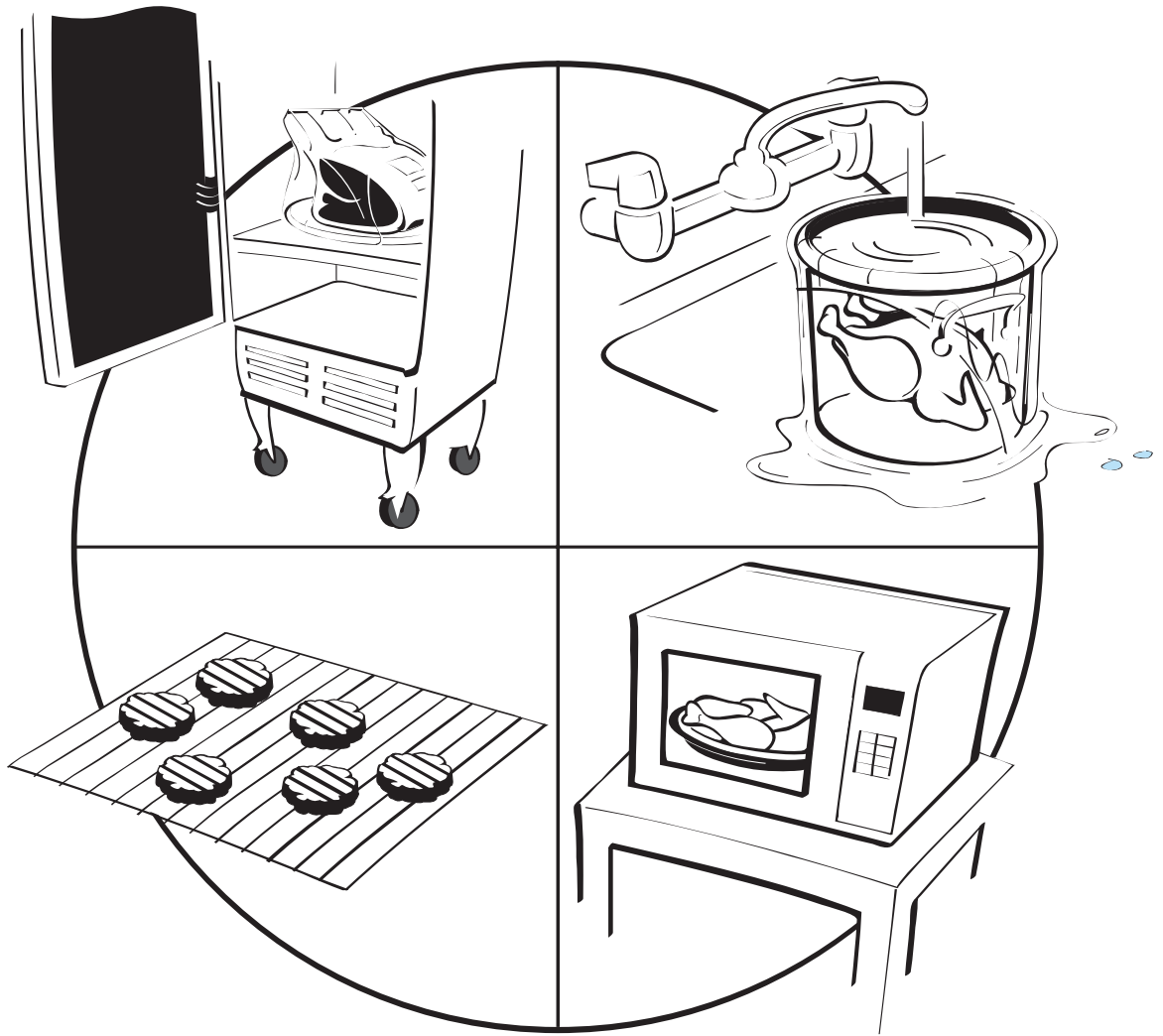


Be aware when you prepare

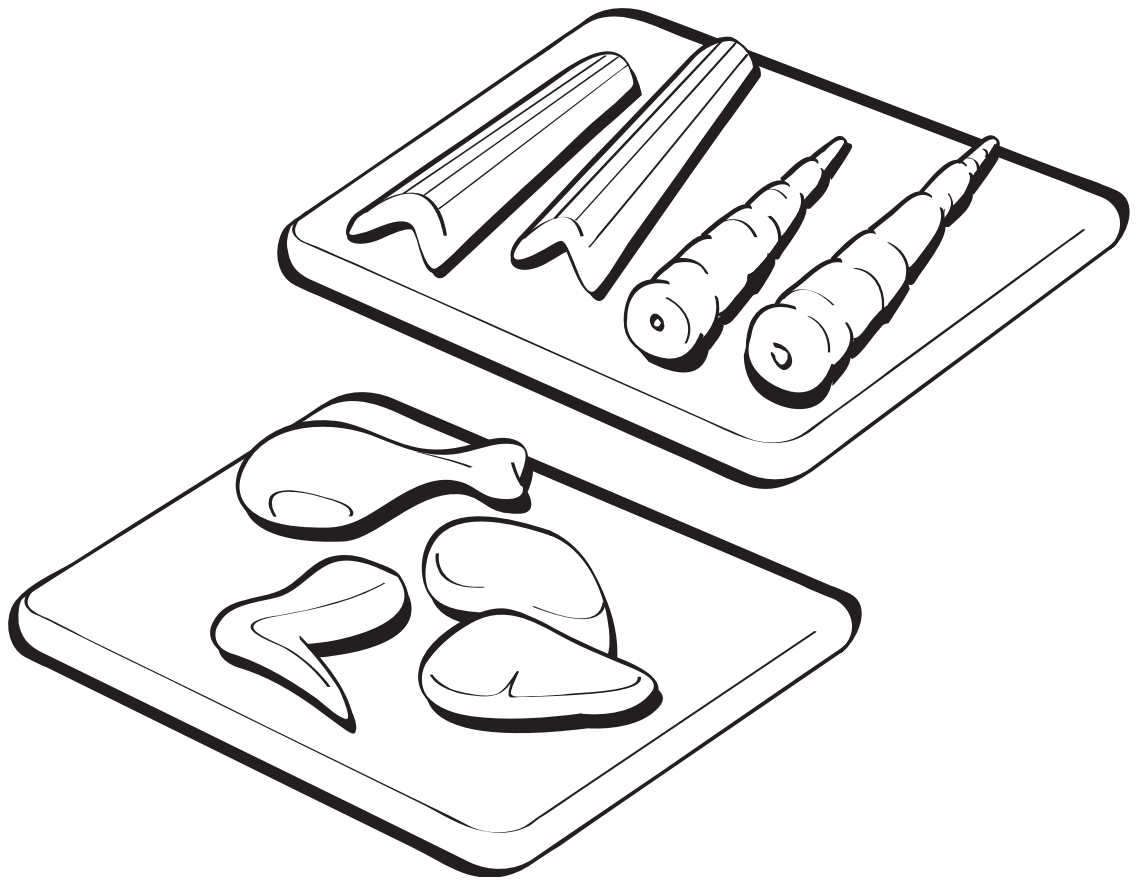
There are four acceptable ways to thaw food safely.

1. In a refrigerator at 41°F (5°C) or lower
2. Under running water at 70°F (21°C) or lower
3. In a microwave oven
4. As part of the cooking process



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Be aware when you prepare



Prevent cross-contamination.

Wash your hands before working with each food. Use different cutting boards to keep raw and ready-to-eat food separate. Clean and sanitize equipment and work surfaces after each task.

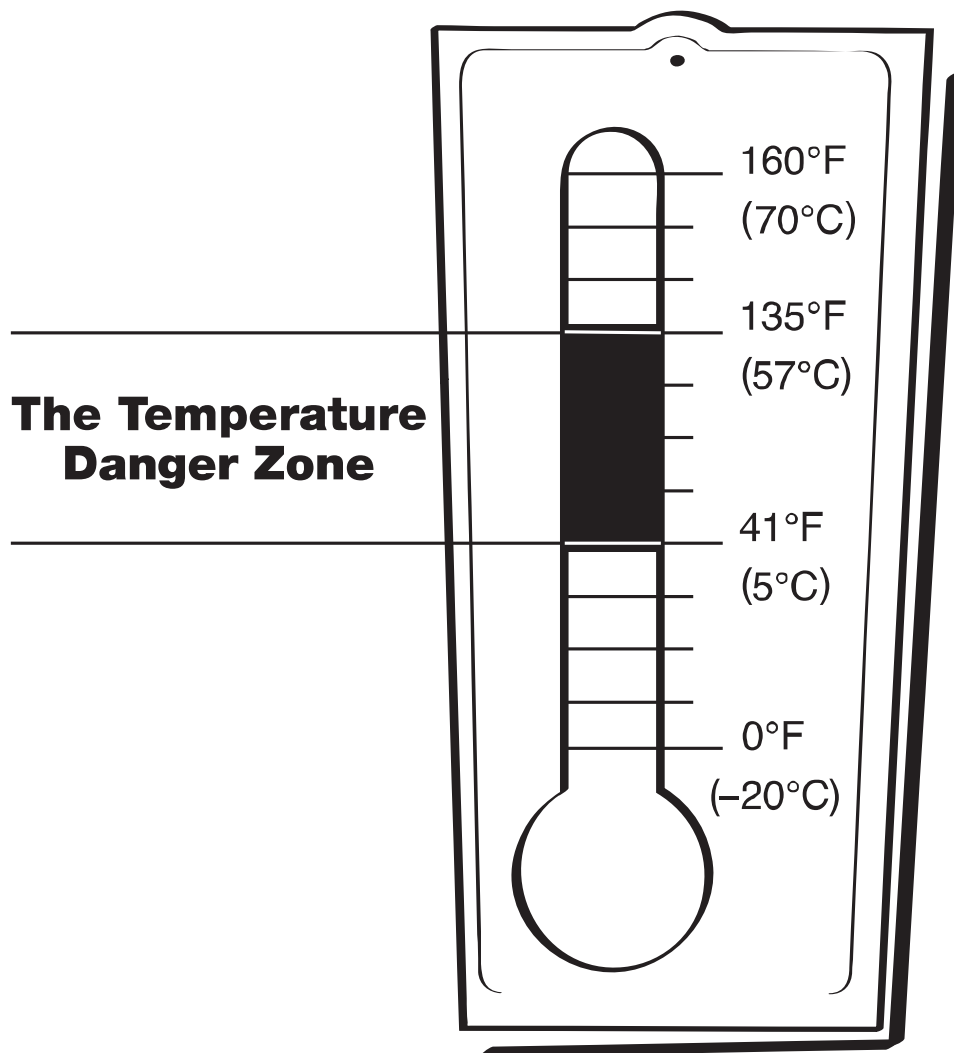


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Be aware when you prepare

Control time and temperature.

Keep food out of the temperature danger zone of 41°F to 135°F (5°C to 57°C) as much as possible. Prepare food in small batches. Refrigerate food if interrupted during preparation. Refrigerate or cook food as soon as you are done with preparation.



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Be aware when you prepare



Always cook food to its required minimum internal temperature to keep it safe.

Check the minimum internal cooking temperature for each food with a thermometer. Temperatures will vary from food to food.

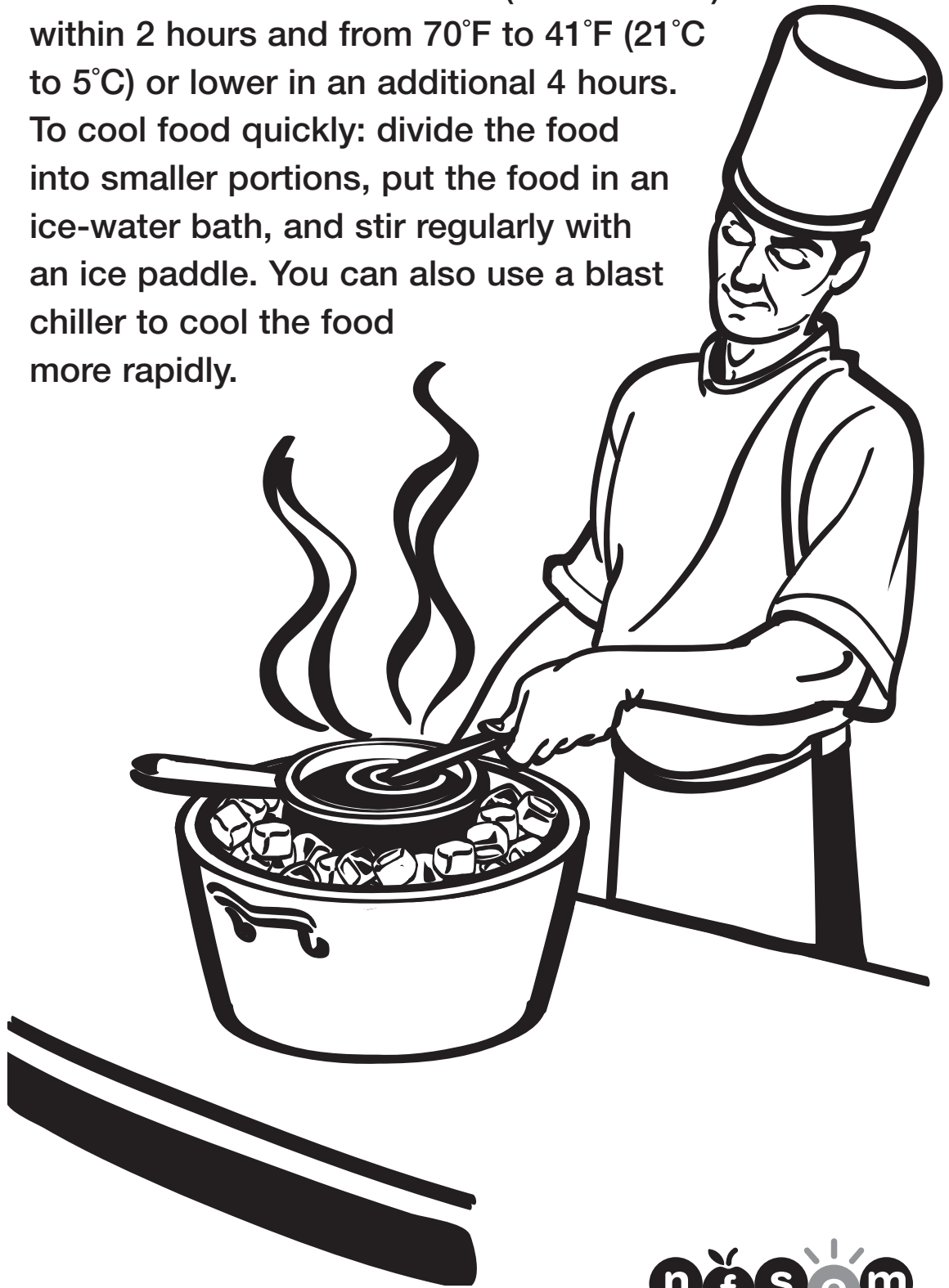


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Be aware when you prepare

Cool food rapidly.

Cool food from 135°F to 70°F (57°C to 21°C) within 2 hours and from 70°F to 41°F (21°C to 5°C) or lower in an additional 4 hours. To cool food quickly: divide the food into smaller portions, put the food in an ice-water bath, and stir regularly with an ice paddle. You can also use a blast chiller to cool the food more rapidly.



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