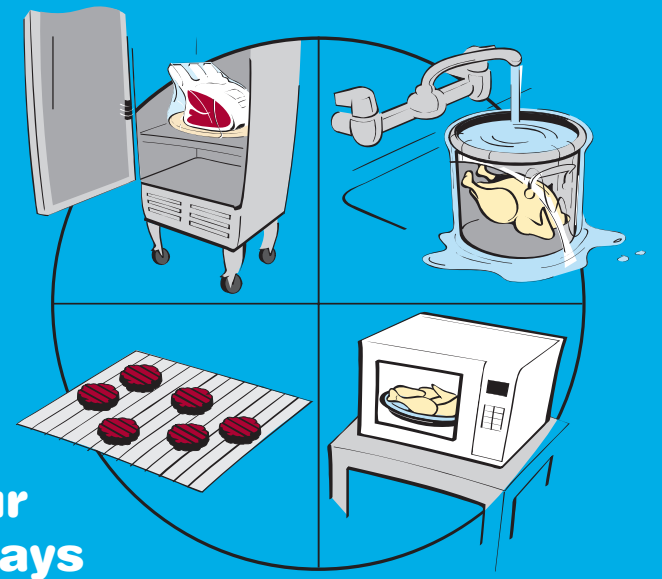
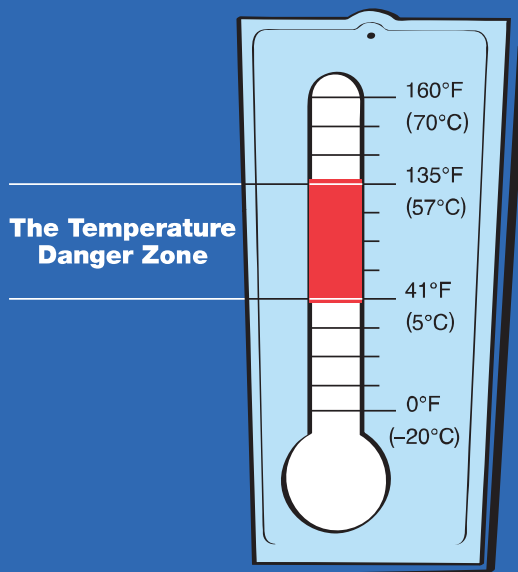


Be aware when you prepare



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



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.

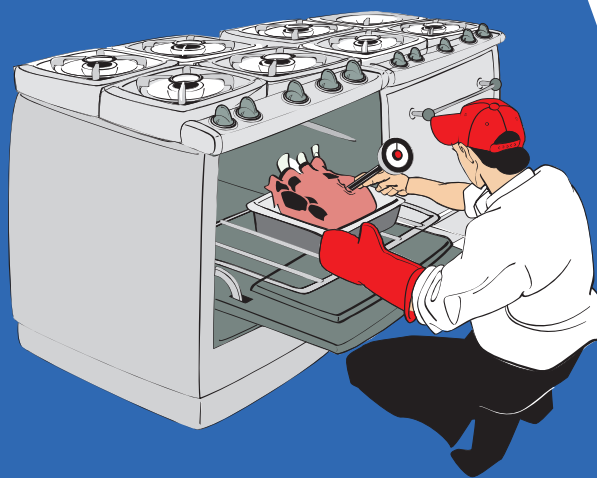
Prevent cross-contamination.

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.



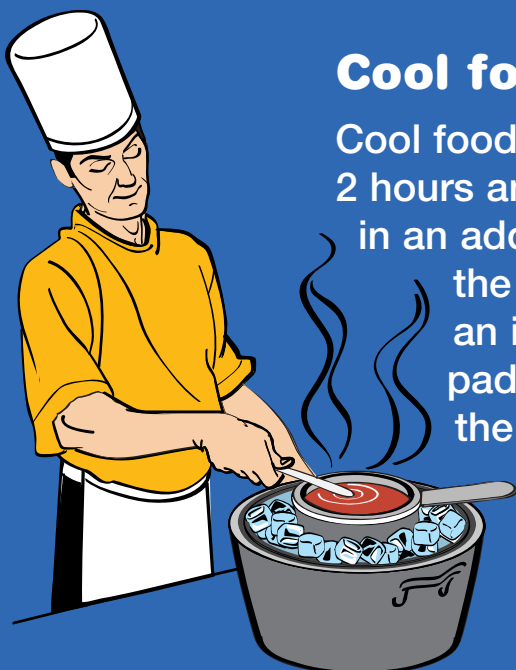
Always cook food to its required minimum internal temperature to keep it safe.

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



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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