

THAWING

Why Is Proper Thawing Important?

- Thawing foods improperly can result in the rapid growth of foodborne illness causing microorganisms.
- Cooking may not eliminate all microorganisms contaminating improperly thawed foods.



In a Refrigerator

How to Thaw Properly:

- **In a refrigerator** so that the temperature of the food does not exceed 41° F.
- **Under potable running water** at a temperature of 70° F or below for no more than 2 hours. Place food in a container and put container in a clean & sanitized food prep sink. There should be enough water velocity to agitate and float off loose food particles into the sink and down the drain. Food should not be above 41° F for more than 4 hours including preparation time.
- **In a microwave** only when the food will be immediately transferred to conventional cooking facilities as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave.



Under Potable Water



In a Microwave

- **As part of the conventional cooking process.**



Part of a Conventional Cooking Process



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