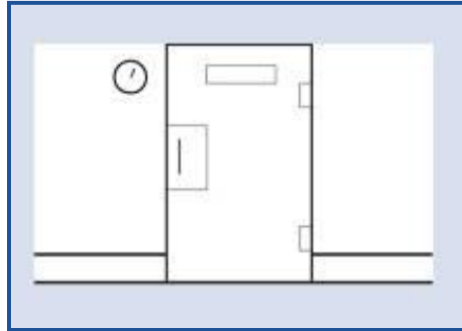


THAWING FOOD

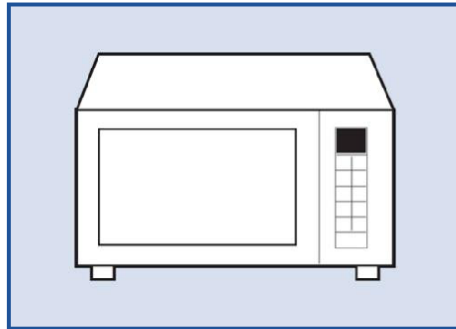
The Four Acceptable Methods for Thawing Food



In a refrigerator, at 41°F (5°C) or lower



Submerged under running potable water, at a temperature of 70°F (21°C) or lower



In a microwave oven, if the food will be cooked immediately after thawing



As part of the cooking process