

Safe Defrosting

Food needs to be kept at safe temperatures while defrosting. Avoid the temperature "danger zone" by defrosting foods safely.



Defrost on the **LOWEST SHELF** of the fridge if you are going to cook the following day.



Defrost in a **BOWL of COLD RUNNING WATER** if you are going to cook the food in the next one or two hours.



Defrost in the **MICROWAVE** if you are going to cook the food right away.



*Defrosting in warm water or on the counter will keep the food in the temperature **DANGER ZONE**.*



DO NOT defrost in lukewarm, warm, or hot water.



DO NOT defrost on the counter.

Solid Ground believes poverty is solvable.

We meet basic needs, nurture success, and spread change.

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WEB: solid-ground.org/get-help/food-resources

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