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’re going to cook the following day.

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

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

Defrosting in warm water or on the counter keeps food in the temperature **DANGER ZONE**!

**DON’T** defrost in lukewarm, warm, or hot water. **DON’T** defrost on the counter.

[Website link] www.solid-ground.org/get-help/food-resources