

# 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.