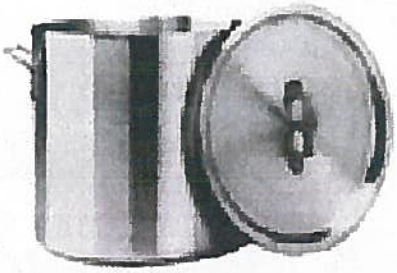
Thawing

Keep frozen foods in a frozen state until ready for preparation. There are 4 safe ways to thaw food:

1. In a refrigerator, at 41°F or below.	**2. Under clean running water at a temperature of 70°F or lower, while being monitored.**
3. As part of a cooking procedure, until food reaches its final temperature. 	**4. In a microwave oven, if the food will be cooked immediately after thawing.**