



## **Butte-Silver Bow Health Department**

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<http://www.co.silverbow.mt.us/135/Health>

Prevent. Promote. Protect.

### **Thawing Foods Safely**

**Never thaw foods at room temperature.** The thawed portion on the outside will support bacterial growth and can result in an unsafe product. The following are ways to thaw food safely:



- In a cooler or refrigerator less than 41 F.



- Under cold (70 F) running water for less than 2 hours.



- During the cooking process with no interruption.



- Microwave. (First step of continuous cooking process.)